



**CLANN: IRELAND'S UNMARRIED MOTHERS AND THEIR CHILDREN:  
GATHERING THE DATA**

**Information Form**

*Justice for Magdalenes Research is a not-for-profit organisation whose main aim is to provide for the advancement of education of the general public by researching the Magdalene Laundries and similar institutions and by providing information and support to the women who spent time in the Magdalene Laundries and their families.*

*Adoption Rights Alliance is a not-for-profit advocacy organisation which campaigns for the enshrinement of the rights of the adopted child and Ireland's estimated 100,000 adopted adults in legislation. In the absence of adoption information legislation, Adoption Rights Alliance provides practical advice and advocacy to those affected by Ireland's closed, secret adoption system.*

## What is Clann?

Clann: *Ireland's Unmarried Mothers and their Children: Gathering the Data* ('Clann') is a joint initiative by [Adoption Rights Alliance](#) (ARA) and [JFM Research](#) (JFMR). The purpose of Clann is to help establish the truth of what happened to unmarried mothers and their children in 20<sup>th</sup> century Ireland.

- Clann will assist those who wish to give evidence to Ireland's [Commission of Investigation into Mother and Baby Homes and Certain Related Matters](#) by arranging free legal assistance for individuals to make full written statements.
- Clann will also anonymise shared statements, and will gather documentary and archival materials, in order to make a public group report to (1) the Commission of Investigation, (2) the Irish Government, and (3) international human rights bodies.
- Clann will also disseminate archival and contemporary documentary materials via its website.

As part of the Clann initiative, ARA and JFMR are working with [Hogan Lovells](#), a global law firm which is providing pro bono (free) assistance to us in compiling statements, documentary materials and legal analysis.

[Below](#), you will find detailed information on how Clann can assist you and how you can contribute to the Clann group report if you wish. We also strongly encourage you to read our *Guide to the Commission of Investigation* which is available on the [Resources](#) page of our website.

The Clann project is led by Maeve O'Rourke and Claire McGettrick (hereafter '**the Clann Project Team**'), who have developed its policies and procedures in cooperation with Hogan Lovells over the past year. They have overall responsibility for the administration and coordination of the project. Where there are any changes to the Project Team, this document will be revised to reflect those changes.

JFMR and ARA are committed to ensuring that the confidentiality of witnesses is upheld and we therefore undertake to strictly adhere to our Ethical Protocols, which are available at this link: <http://clannproject.org/wp-content/uploads/Clann-Ethical-Protocols.pdf>.

### **Why did ARA and JFMR decide to establish Clann?**

1. Although the Commission of Investigation is beginning its work by focusing on 14 Mother and Baby Homes and 4 County Homes, at least 170 institutions, organisations, agencies and individuals were involved with unmarried mothers and their children in 20<sup>th</sup> century Ireland. The Commission has statutory powers to request a widening of its focus and ARA and JFMR believe that if a thorough and transparent investigation is to be made, the Commission will need to include all relevant bodies. ARA and JFMR have made submissions in this regard to the Commission and have supplied the Commission with details of the 170+ bodies. Clann aims to enable individuals who were affected by any of the 170+ institutions, organisations, agencies or individuals to contribute to the public record and is not limiting its assistance to the 18 institutions being investigated initially by the Commission. ARA and JFMR will continue to request that the Commission of Investigation takes a sufficiently comprehensive approach.
2. Although the Commission of Investigation into Mother and Baby Homes and Certain Related Matters will not pay for legal assistance, ARA and JFMR believe that it is crucial that those who wish to give evidence to the Commission of Investigation nonetheless have access to legal assistance, at no cost. The assistance of a lawyer will enable people to make a comprehensive statement, setting out all relevant matters, so that they are under less pressure on the day of giving 'live evidence' to the Commission (if they wish to meet the Commission in person), and so that they can still give evidence to the Commission even if they do not wish to do so in person. In addition, everyone who compiles a witness statement with Hogan Lovells' assistance will retain a copy of their witness statement and will be free to use it for any other purpose.
3. ARA and JFMR believe that it is important for those affected by Ireland's treatment of unmarried mothers and their children to give evidence collaboratively to the Commission of Investigation (which Clann will do by analysing statements alongside documentary materials). The benefit of a group submission, which draws on the evidence of many individuals, is that Clann will be able to highlight patterns of treatment, as each person's experience may shed further light on another's.
4. Finally, ARA and JFMR are concerned that the Commission of Investigation into Mother and Baby Homes and Certain Related matters has no current plans to hold any public hearings or to allow public access (or access to those affected) to the documentary/archival evidence that it is considering. The Commission has statutory

powers to conduct public hearings and Clann hopes that in the interest of accountability and transparency of procedure the Commission will allow for regular public hearings and allow public access to the non-sensitive documents it is viewing. ARA and JFMR have made submissions to the Commission in this regard.<sup>1</sup> Clann aims to provide public access to as much non-sensitive documentary evidence as possible, via the Clann website, in order to create public awareness of the Commission's investigations and in the hope that this in turn will encourage members of the public to contribute documentary evidence to both the Commission and Clann.

### **Who can provide information via Clann's partnership with Hogan Lovells?**

We are interested in interviewing those with a connection to adoption, Mother and Baby Homes, Magdalene Laundries and similar institutions in Ireland, including:

- Adopted people, including those who were:
  - adopted to the US/elsewhere
  - born in and/or adopted from the UK to Ireland
  - registered as the natural child of their adoptive parents
- Natural mothers
- Natural fathers
- Adoptive mothers and fathers
- Adoption agency employees, both lay and religious, past and present
- Former nurses/employees of:
  - Mother and Baby Homes
  - County Homes
  - Other institutions e.g. Temple Hill, Stamullen, St. Rita's
- Any others who may have information to offer (e.g. if you escorted a baby on a flight to the US or visited a Mother and Baby Home)

We would also like to interview those who have information to share about:

- Infant mortality rates
- Adoption practices
- Vaccine trials and medical experimentation
- Forced labour and incarceration of unmarried girls and women who gave birth to babies or were seen to be 'at risk' of becoming mothers

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<sup>1</sup> ARA/JFMR's correspondence with the Commission is available at this link: <http://clannproject.org/visit-contribute-to-the-archive/correspondence-with-the-commission-of-investigation/>

- Conditions in the institutions, including neglect, denial of adequate medical care and inhuman or degrading treatment or punishment of unmarried mothers and their infants and children
- Burials of unmarried mothers and their children and other women who remained in recarceral institutions
- Difficulties in obtaining information about time spent in an institution or details of natural parents or adoption process

### **How will my statement be used?**

This process is operating under strict ethical protocols; information gathered will be kept in the strictest confidence and you have full control over how your statement is used. (Our Ethical Protocols are available for download at this link: <http://clannproject.org/wp-content/uploads/Clann-Ethical-Protocols.pdf>). All drafts of your statement (and any supporting documents you provide) will be confidential to you and Hogan Lovells. JFMR and ARA will not have access to your statement and documents unless you sign a Consent Form giving your permission.

You will have several options in relation to your statement:

1. Once your statement is finalised, Hogan Lovells will send a final copy to you and you will have the choice either to send it to the Commission of Investigation yourself, to ask Hogan Lovells to send it on your behalf or to retain it yourself. You can discuss the matter further with Hogan Lovells if you wish and we would invite you then to complete the Consent Form which will be provided at the end of the process as regards the use of the statement. It is not possible to anonymise statements that are sent to the Commission as they must be signed. However, it is possible to avoid naming third parties in your statement if you wish.
2. Hogan Lovells will ask you whether you wish to give 'live evidence' to the Commission's Investigation Committee or its Confidential Committee (which does not involve any questioning of the witness), in addition to sending your statement to the Commission. You are under no obligation to do so.<sup>2</sup> If you wish to do so, Hogan

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<sup>2</sup> Please note that if you wish simply to send your statement to the Commission but not give 'live evidence' to the Commission in person, the statement will need to be attached to an affidavit and sworn by you in front of a solicitor. Hogan Lovells will provide you with more information about how to do this, if needed.

Lovells will send you the application forms for giving 'live evidence' to the Commission if you have not already obtained them yourself from the Commission (e.g. via its website). The Commission has said that there is no requirement to bring a legal representative to hearings before the Investigation Committee, and the Commission will not reimburse the costs of retaining such representation. Nonetheless, we recommend that you bring a legal representative to the Investigation Committee. If you are availing of the free witness statement drafting assistance provided by Hogan Lovells, let them know if you would like to have legal representation at a hearing and they will do their best to organise local lawyers who will be able to provide pro bono (free) legal representation for you at the hearing.

3. You will have the option to agree that ARA and JFMR can use anonymous extracts from your statement and any documents provided by you to form part of the Clann group submissions. These group submissions will be submitted to the Commission of Investigation, the Irish Government and international human rights bodies, and may also be used elsewhere in public in an effort to raise awareness about the treatment of unmarried mothers, their children and their family members in Ireland. Those who consent to extracts from their statements or documents being included as part of our submissions will not have their identities revealed and we will do all we can to avoid anyone being able to identify you. For an example of how this works, please see Justice for Magdalenes' [Principal Submission](#) to the Inter-Departmental Committee on the Magdalene Laundries. If you consent to extracts from your statement being used by ARA and/or JFMR, this will happen only in the manner to which you agree on the Consent Form.

## **Frequently Asked Questions**

### **How does the witness statement gathering process work?**

- a) Those who would like help in compiling their witness statements should contact Clann at [statements@clannproject.org](mailto:statements@clannproject.org) or via post at Rod Baker, Hogan Lovells International LLP, Atlantic House, Holborn Viaduct, London, EC1A 2FG, UK;
- b) Hogan Lovells will then send you a Preliminary Questionnaire to fill in;

- c) The Preliminary Questionnaire will enable you to provide certain basic information to Hogan Lovells and indicates that by returning it to Hogan Lovells you consent to that basic information being shared with ARA and JFMR;
- d) Once the completed questionnaire is received, Hogan Lovells will make arrangements to interview you;
- e) Hogan Lovells will compile the statement and send a draft to you;
- f) You return the draft statement to Hogan Lovells with any amendments;
- g) Hogan Lovells will then send you a finalised statement, along with a Consent Form to complete and sign.

### **How does the interview process work?**

Once you have returned your Preliminary Questionnaire, Hogan Lovells will contact you to arrange an interview. With your permission, your interview might be recorded by a representative from Hogan Lovells. You can ask the interviewer to stop the recording at any time. A draft statement will then be prepared and a copy will be sent to you for your approval. At this point you may wish to amend the draft statement. As the Commission appears to be interested in reviewing supporting documentation, Hogan Lovells will ask you to consider providing relevant documentation to attach to your statements. When your statement is finalised, a copy will be sent to you for final approval and signature.

### **I live outside Ireland – can I still provide information?**

Yes, Hogan Lovells are happy to interview people who fall into the categories above, regardless of where they live. Most interviews will be conducted by telephone in any event.

### **Does it matter that my agency/institution is not listed on the Schedule to the Terms of Reference for the Commission of Investigation?**

While the Schedule to the Terms of Reference for the Commission lists just 14 institutions (and the Commission has added 4 County Homes),<sup>3</sup> Section 6 of the Terms of Reference states that:

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<sup>3</sup> The list of 18 institutions is available at this link:  
<http://clannproject.org/index.php/resources/institutions-in-the-commissions-current-terms-of-reference/>

*The Commission may include in its reports any recommendation that it considers appropriate, including recommendations in relation to relevant matters identified in the course of its investigation which it considers may warrant further investigation in the public interest. In any event, on the completion of the Report on the wider social and historical context required under Article (11) the Commission shall report to the Minister on whether it considers specific matters not included in the existing scope may warrant further investigation as part of the Commission's work in the public interest.*

JFMR and ARA have urged the Commission to ask the Minister to broaden the scope of its Terms of Reference, and we will continue to do so. With this in mind, we are interested in interviewing anyone with a connection to adoption, Mother and Baby Homes, Magdalene Laundries and similar institutions in Ireland, regardless of whether your institution was listed on the Schedule. Please be advised that ARA, JFMR and Hogan Lovells have no control over the outcome of the Commission of Investigation or whether the Commission will seek to have its scope broadened but we intend to continue to advocate the extension of the Commission's terms of reference.

Those who did not attend one of the listed institutions should be aware that the Commission might reject their statement or refuse to invite them to give oral evidence. However, ARA and JFMR will still use this evidence in their group submissions.

**I have already given evidence to the Commission, can I still provide information?**

Yes, Hogan Lovells are happy to interview people who have already given evidence to the Commission of Investigation. Additional details may come to mind during the interview and in this instance you may wish to send the statement into the Commission, to add to the evidence you have already submitted. You may also find it helpful to have a written statement for safe-keeping or future use, even if you have already been to the Commission of Investigation. In addition, if you consent to your statement being used by ARA and JFMR, your information could greatly assist the ARA and JFMR group submissions.

**Can I avail of assistance with my statement if I do not wish to share it with ARA and JFMR?**

Yes. You are under no obligation to share your statement with ARA and JFMR and your information will only be used in the manner to which you agree.



### **Can the team assist me in obtaining redress/compensation?**

JFMR and ARA have no control over the outcome of this process, nor do we have any control over what the Commission might recommend in terms of providing redress.

If you wish to seek legal advice regarding any potential claim that you might have regarding your experiences that is entirely your choice. Hogan Lovells will be able to suggest specialist solicitors whom you may wish to contact. Once your statement has been compiled by Hogan Lovells, you will be free to use it however you choose.

### **Should I make a complaint to the Gardaí?**

JFMR and ARA encourage those who believe that their witness statement contains evidence of criminal behaviour to make a complaint to the police (An Garda Síochana). JFMR and ARA cannot give legal advice. However, if an individual would like free legal advice about any matters contained in their witness statement, JFMR and ARA encourage those individuals to ask the solicitors from Hogan Lovells, who will be assisting them in drafting a witness statement, for further direction.

### **How will my confidentiality be protected?**

Your identity and contact details will be kept in confidence under strict security protocols (available here: <http://clannproject.org/wp-content/uploads/Clann-Ethical-Protocols.pdf>) and only ARA, JFMR and Hogan Lovells will have access to them. If any use is made of your statement this will be done in a way that ensures your anonymity is protected. Witnesses are free to use their own statements for any purpose they see fit, and if they choose, they can identify themselves, however it will not be possible for individuals to be identified in ARA and JFMR's group submission.

Your statement will only be used in the manner to which you have agreed on the Clann Consent Form. When consent has been given, Clann will use anonymised extracts from your statements in its legal submissions and other materials. Additionally and also if you consent, we will use the information you supply in the Preliminary Questionnaire to produce anonymised statistics and to inform our research and advocacy work. No names or other identifying details will ever be used when this data is published. If you would rather not have your non-identifying information used in this manner, we will respect your wishes. You can note your preference on the Preliminary Questionnaire when you receive it.

If you ask Hogan Lovells to send your statement to the Commission on your behalf they will be happy to do so. If that occurs, the Commission will also receive your identifying

information and contact details. The Commission has stated that it will keep your details entirely confidential (subject only to the possibility that any party 'affected' by your evidence might be given the opportunity to review your evidence and ask questions about it).

Your completed Preliminary Questionnaire(s), Consent Form and all audio files and transcripts will be kept securely at the offices of Hogan Lovells and/or in encrypted format if the materials are in digitised format.

All digital files held by ARA and JFMR are encrypted and stored on secure laptops (with password-protected external back-ups) and on an encrypted Tresorit cloud storage account. All hard copy materials are stored by ARA and JFMR in a locked office. All email addresses for ARA/JFMR representatives have rigorous security protocols implemented, including 'two-step verification' to prevent hacking. Any materials placed on USB drives or CDs/DVDs created are always encrypted.

Clann's full Ethical Protocols are set out in a detailed document which is available at this link: <http://clannproject.org/wp-content/uploads/Clann-Ethical-Protocols.pdf>

### **Can I withdraw my consent?**

Your participation in this process is voluntary and you are free to withdraw your consent at any time. However, if you have opted for anonymised extracts from your testimony to be included as part of the publicly redacted version(s) of ARA and JFMR's legal submission to the Commission of Investigation in the Consent Form, it will not be possible to entirely withdraw your redacted testimony from public circulation. Though we will work to try and achieve its withdrawal from the public domain, we are not in a position to guarantee that this can be successfully achieved.

### **How to Participate**

If you would like to participate, please send an email to [statements@clannproject.org](mailto:statements@clannproject.org) or write to **Rod Baker, Hogan Lovells International LLP, Atlantic House, Holborn Viaduct, London, EC1A 2FG, UK** with your contact details which we will use to keep you informed about developments. Your message and contact details will be received by ARA, JFMR and Hogan Lovells. Hogan Lovells will then contact you with a short Preliminary Questionnaire which you will be asked to fill out and return. Arrangements will then be made to interview you and take your statement.

When you are emailing us with your contact details please let us know which of the categories below you fall into and which questionnaire you require (please state all that apply):

**Questionnaire 1: Adopted/fostered/boarded out people**

This questionnaire applies to:

- All adopted people whether pre or post-1952
- Those who were adopted to the US/elsewhere
- Born in and/or adopted from the UK to Ireland
- Those who were registered as the natural child of their adoptive parents

**Questionnaire 2: Women who spent time in a relevant institution**

This questionnaire applies to:

- All natural mothers, whether pre or post-1952, whether or not you spent time in a Mother and Baby Home and regardless of the circumstances of the adoption(s) in question.
- All women who spent time in a Magdalene Laundry.
- All women who spent time in institutions other than Magdalene Laundries or Mother and Baby Homes (e.g. private nursing homes) because they had a child outside marriage.

**Questionnaire 3: Natural fathers and relatives of adopted people**

This questionnaire applies to:

- All natural fathers whether pre or post-1952 and regardless of the circumstances of the adoption(s) in question
- All other natural family relatives of adopted people (excluding natural mothers)

**Questionnaire 4: Adoptive parents**

This questionnaire applies to adoptive parents, whether pre or post-1952 and regardless of the circumstances of the adoption(s) in question.

**Questionnaire 5: Those who worked at or had a connection with relevant institutions**

This questionnaire applies to:

- Those who may have information to offer in relation to Magdalene Laundries and Mother and Baby Homes, e.g. if you visited the institutions or if you were a former employee

- Those who may have information to offer in relation to adoption and children, including children's institutions (e.g. Temple Hill or Stamullen).
- Adoption agency employees, both lay and religious, past and present
- Any others who may have information to offer (e.g. if you escorted a baby on a flight to the US or visited a Mother and Baby Home).

Please note that by emailing [statements@clannproject.org](mailto:statements@clannproject.org) you confirm that you agree to share your contact details with ARA, JFMR and Hogan Lovells so that you can be provided with a Preliminary Questionnaire and so that Hogan Lovells can contact you to arrange an interview. Your contact details will be kept in the strictest confidence and they will not be shared with others.

We hope this Information Form is of help to you. If you have any questions or concerns or if you are unsure of anything, please contact us via our website [www.clannproject.org](http://www.clannproject.org).

**Please note: nothing in this Information Form should be taken as legal advice.**

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Distribution of this document is encouraged, but no alterations are permitted.**

## Resources and Counselling Services

There are a number of organisations and services listed below that provide a range of supports that might be of interest to you. This document is not necessarily an endorsement of any particular service.

### Resources and services in the Republic of Ireland

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#### National Counselling Service

The National Counselling Service was set up by the HSE and was established initially to provide counselling to adults abused as children in state institutions but also offers support to adults abused in other settings. The counselling service is free of charge.

<b>North East:</b>	1800 234 117
<b>North Dublin:</b>	1800 234 110
<b>North West:</b>	1800 234 119
<b>West:</b>	1800 234 114
<b>Mid-west:</b>	1800 234 115
<b>Midlands:</b>	1800 234 113
<b>Dublin South West/Kildare/West Wicklow:</b>	1800 234 112
<b>South Dublin &amp; East Wicklow:</b>	1800 234 111/1800 234 116
<b>South East:</b>	1800 234 118

#### Connect

Connect is an additional service to the HSE's National Counselling Service and provides free telephone counselling and support for any adult who has experienced abuse, trauma or neglect in childhood.

<b>Telephone:</b>	1800 477 477
<b>UK and Northern Ireland:</b>	00800 477 477 77
<b>Outside ROI and UK:</b>	+353 1 865 7495 (International call rates apply)
<b>Website:</b>	<a href="http://connectcounselling.ie/">http://connectcounselling.ie/</a>

## **Irish Association for Counselling and Psychotherapy**

You may also wish to visit the website of the Irish Association for Counselling and Psychotherapy at <http://www.irish-counselling.ie> to find a counsellor or therapist in your area in the Republic of Ireland. These services are not likely to be free of charge; however some counsellors and psychotherapists operate on a sliding scale.

## **Samaritans**

Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Telephone:** 1850 60 90 90  
**Text:** 087 2 60 90 90  
**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)  
**Website:** <http://www.dublinsamaritans.ie/>

## **Adoption Rights Alliance**

The mission of Adoption Rights Alliance is to advocate equal human and civil rights for those affected by Ireland's closed secret adoption system. There are a number of self-help guides available on our website and links are provided below.

**Email:** [info@adoptionrightsalliance.com](mailto:info@adoptionrightsalliance.com)  
**Website:** <http://www.adoptionrightsalliance.com>  
**Postal Address:** The Mill House, Millview Road, Malahide, Co. Dublin.

Please visit <http://www.adoptionrightsalliance.com/searchandreunion.htm> to download our Tracing Handbooks which are a step-by-step guide to obtaining your birth certificate and which will assist you through the tracing process.

We also encourage adopted people, natural parents and relatives to register with the National Adoption Contact Preference Register (NACPR), which is run by the Adoption Authority of Ireland and which is available here:

<http://www.aai.gov.ie/index.php/information-a-tracing/contact-preference-register.html>

## **Justice for Magdalenes Research (JFMR)**

The main aim of Justice for Magdalenes Research (JFMR) is to provide for the advancement of education of the general public by researching the Magdalene Laundries and similar institutions and by providing information and support to the women who spent time in the Magdalene Laundries and their families. There are a number of self-help guides available on our website and links are provided below.

**Email:** info@magdalenelaundries.com  
**Website:** <http://www.magdalenelaundries.com>  
**Postal Address:** Crocknahattina, Bailieborough, Co. Cavan.

JFMR has made the following resources available to Magdalene survivors and their families:

### *Survivor Guide to Magdalene Restorative Justice Scheme*

<http://magdalenelaundries.com/Survivor%20Guide%20to%20Magdalene%20Restorative%20Justice%20Scheme.pdf>

### *Supplementary Guide to the Magdalene Restorative Justice Scheme*

<http://magdalenelaundries.com/press/Supplementary%20Survivor%20Guide%20to%20Magdalene%20Restorative%20Justice%20Scheme.pdf>

### *Research Guide for Magdalene Survivors*

<http://magdalenelaundries.com/Research%20Guide%20for%20Magdalene%20Survivors%20April%202016.pdf>

### *Research Guide for Relatives of Magdalene Women*

[http://magdalenelaundries.com/Research%20Guide\\_Relatives%20April%202016.pdf](http://magdalenelaundries.com/Research%20Guide_Relatives%20April%202016.pdf)

## **Citizens Information**

The Citizens Information service provides information on the social and civil rights of everyone in Ireland.

**Telephone:** 0761 07 4000

**Email:** <https://www.citizensinformation.ie/en/contactus>

**Website:** <http://www.citizensinformation.ie/en>

### **Dublin Rape Crisis Centre**

The Dublin Rape Crisis Centre is a national organisation offering a wide range of services to women and men who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse

**Telephone:** 1 800 778 888

**Email:** [rcc@indigo.ie](mailto:rcc@indigo.ie)

**Website:** <http://www.drcc.ie>

**Postal Address:** 70 Lower Leeson Street, Dublin 2.

### **Aislinn Centre**

The Aislinn Centre provides a mixture of certified, therapeutic, and recreational adult education classes to survivors of institutional abuse and their families.

**Telephone:** 01 8725771

**Email:** [aislinned@eircom.net](mailto:aislinned@eircom.net)

**Postal Address:** Jervis House, Jervis street, Dublin 1.

### **Family Resource Centres**

The aim of the Family Resource Centres is to help combat disadvantage by supporting the functioning of the family unit. Centres provide services and supports to families, lone parent families, men, women, youth, the elderly and others in need of support. Many Family Resource Centres also provide counselling services or can refer enquirers to appropriate services.

**Telephone:** 01 4200580

**Email:** [info@familyresource.ie](mailto:info@familyresource.ie)

**Website:** <http://www.familyresource.ie/centres.php>

### **Health Service Executive (HSE)**

People without medical cards can still access a wide range of community and hospital health services, either free of charge or at reduced cost. The HSE website contains a detailed directory of the services and information on how to access them.



**Please note: Information on the enhanced medical card for Magdalene survivors will be added to this document as soon as it is available.**

**Telephone:** 1850 24 1850  
**Email:** [info@hse.ie](mailto:info@hse.ie)  
**Website:** <http://www.hse.ie/eng>

### **Aware**

Aware provides support groups for people with depression through its program '**Aware Defeat Depression**'. **Aware's** support groups are nationwide for both individuals with depression and also family members and friends.

**Telephone:** Dublin: 01 661 7211  
Cork: 066 7194 713  
**Email:** [info@aware.ie](mailto:info@aware.ie)  
**Website:** <http://www.aware.ie>

### **GROW**

GROW is a mental health organisation that helps people with mental health problems. It has a national network of over 130 groups in Ireland.

**Telephone:** 1890 474474  
**Email:** <http://grow.ie/contact>  
**Website:** <http://www.grow.ie/meetings.html>

### **Shine**

Shine provides support to reduce the risk of suicide through confidential counselling and special education initiatives such as Life Hope and ASSIST training.

**Telephone:** Dublin: 01 8601620  
Cork: 021 4929210  
**Email:** <http://www.shineonline.ie/index.php/main-contact>  
**Website:** <http://www.shineonline.ie/index.php>

**Postal Address:** Dublin: 38 Blessington Street, Dublin 7  
Cork: 32 South Terrace, Cork

### **Drugs.ie**

Drugs.ie is an independent website managed by The Ana Liffey Drug Project. Its mission is to work with people affected by problem substance use - to reduce harm, improve overall quality of life and promote human rights.

**Telephone:** 01 878 6899

**Email:** [info@drugs.ie](mailto:info@drugs.ie)

**Website:** [http://www.drugs.ie/find\\_services](http://www.drugs.ie/find_services)

**Postal Address:** The Ana Liffey Drug Project, 48 Middle Abbey Street, Dublin 1.

### **Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

**Telephone:** 01 8420700

**Email:** [gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie)

**Website:** <http://www.alcoholicsanonymous.ie>

**Postal Address:** General Service Office of Alcoholics Anonymous, Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9.

### **Barnardos**

Barnardos runs the Origins service which is for people (and their families) who spent all or part of their childhood in an Irish industrial School and are interested in tracing information about their parents, siblings or other relatives. The service is available to people in Ireland and abroad.

**Telephone:** 01 453 0355

**Callsave:** 1850 222 300

**Email:** [origins@barnardos.ie](mailto:origins@barnardos.ie)

**Website:** <http://www.barnardos.ie>

**Postal Address:** Barnardos, Hyde Square, 654 Sth. Circular Rd. Dublin 8

### **Money Advice and Budgeting Service (MABS)**

The Money Advice and Budgeting Service (MABS) is a free, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt, in Ireland.

**Telephone:** 0761 07 2000  
**Email:** [helpline@mabs.ie](mailto:helpline@mabs.ie)  
**Website:** <http://www.mabs.ie>

### **Resources and services available to UK residents**

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#### **Connect**

Connect is an additional service to the HSE's National Counselling Service and provides free telephone counselling and support for any adult who has experienced abuse, trauma or neglect in childhood.

**UK and Northern Ireland:** 00800 477 477 77  
**Website:** <http://connectcounselling.ie/>

#### **Samaritans**

Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Telephone:** 08457 90 90 90  
**Text:** 07725 909090  
**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)  
**Website:** <http://www.samaritans.org>

### **Irish Survivors in Britain**

Website providing links to UK based survivor groups.

**Telephone:** 0121 622 4169

**Email:** [info@irishsurvivorsinbritain.org](mailto:info@irishsurvivorsinbritain.org)

**Website:** <http://www.irishsurvivorsinbritain.org/survivors-networks-and-support-services-in-britain/>

### **UK Citizens Advice Bureau**

The Citizens Advice Bureau provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.

**Website:** <http://www.citizensadvice.org.uk>

### **Rape Crisis (England & Wales)**

Information and support for those affected by rape and sexual abuse.

**Telephone:** National Freephone Helpline 0808 802 9999

**Email:** [info@rapecrisis.org.uk](mailto:info@rapecrisis.org.uk)

**Website:** <http://www.rapecrisis.org.uk>

**Postal Address:** Rape Crisis (England & Wales), BCM Box 4444, London, WC1N 3XX.

### **Services and resources available to individuals residing outside the UK and ROI**

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#### **Connect**

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**UK and Northern Ireland:** 00800 477 477 77

**Outside ROI and UK:** +353 1 865 7495 (International call rates apply)

**Website:** <http://connectcounselling.ie/>