



St Paul's Secondary School

Care - Inclusion - Respect

HEALTH & SAFETY POLICY

Ratified: 25 March 2019

To be reviewed: March 2022

Safety, Health and Welfare Policy

In accordance with the *Safety, Health and Welfare at Work Act 2005*, it is the policy of the Board of Management of St Paul's Secondary School to ensure, so far as is reasonably practicable, the safety, health and welfare at work of all staff and to protect pupils, visitors, contractors and other persons at the school from injury and ill health arising from any work activity. The successful implementation of this policy requires the full support and active co-operation of all staff, parents, contractors and students of the school.

It is recognised that hazard identification, risk assessment and control measures are legislative requirements which must be carried out by the employer to ensure the safety, health and welfare of all staff.

The Board of Management as employer undertakes in so far as is reasonably practicable to:

- promote standards of safety, health and welfare that comply with the provisions and requirements of the *Safety, Health and Welfare at Work Act 2005* and other relevant legislation, standards and codes of practice;
- provide information, training instruction and supervision where necessary, to enable staff to perform their work safely and effectively;
- maintain a constant and continuing interest in safety and health matters pertinent to the activities of the school;
- continually improve the system in place for the management of occupational safety and health and review it periodically to ensure it remains relevant, appropriate and effective;
- consult with staff on matters related to safety, health and welfare at work;
- provide the necessary resources to ensure the safety, health and welfare of all those to whom it owes a duty of care, including staff, pupils, contractors and visitors.

The Board of Management is committed to playing an active role in the implementation of the occupational safety and health policy and undertakes to review and revise it in light of changes in legislation, experience and other relevant developments.

Signed: _____
Chairperson, Board of Management

School: St Paul's Secondary School, Greenhills, Dublin 12

Date: _____

Organisation Chart – St Paul’s Secondary School

Safety and Health is everyone’s responsibility. The above chart reflects a whole school approach to the promotion and development of safety and health in St Paul’s Secondary School.

SAFETY STATEMENT

1. School Profile

St Paul’s Secondary School is a catholic, voluntary secondary school founded by the Sisters of Charity of St Paul the Apostle, and now under the trusteeship of the Le Chéile Trust.

The school was built in the mid 1960s on a site of approximately 5 acres. It is a three-storey building which has been improved and extended down through the years. In the 1970s two single storey wings were built and in 1994 a further classroom wing was added. In the main, these extensions provided additional classrooms but over the course of time the building was adapted to meet the changing needs of the school, and a number of specialist rooms, resource rooms and offices were created. At the present time there are 29 standard classrooms and two classrooms for small groups. There are two dedicated ICT rooms, three science laboratories and three home economics rooms. Physical education (PE) classes are held in two venues: the main hall and the sports pavilion each of which is located on the second floor. There is a study centre with a capacity for 60 students on the ground floor and a library on the third floor with a similar capacity. The Oratory is located on the ground floor opposite the Deputy Principal’s office. The main dining area is the Pavilion Café on the ground floor which has a seating capacity for 350 students, when the social area immediately outside is included. The study centre on the ground floor, a classroom (also on the ground floor) and the Sports Pavilion on the second floor are also used as dining areas at lunch and break time (see appendix 4).

There are four toilet blocks for students on the ground floor and one on each of the second and third floors.

The Board of Management is committed to the principle of inclusivity. In accordance with St Paul’s Enrolment Policy every effort is made to meet the needs of all students and the Board is cognisant of its increased duty of care to provide for the health, safety and welfare of students with disabilities and other special needs.

The building is wheelchair accessible. There are two designated disabled parking spaces in the front car park. Both the main entrance and a second entrance door are fitted with a purpose built ramp and railings. A wheelchair lift was installed in 2005 together with a stair lift on the second floor leading to the Sports Pavilion. At the same time a wheelchair accessible toilet was created and equipped with an electronic changing table. The home economics room has been fitted with a wheelchair accessible height adjustable sink and hob unit. Height adjustable tables are also installed in the art room.

With regard to the maintenance area, a lock-up storage facility used by the Caretaker is situated on the ground floor. Cleaning materials are locked and stored near the toilet blocks on each floor (accessible to the cleaning staff) and there is a general lock-up storage facility on the 50s corridor on the ground floor.

There are two car parks. The main car park at the front of the building has a capacity for 80 cars. The second car park, accessed from Temple Manor Estate at the rear of the building accommodates approximately 20 cars. Safety measures in recent years include the installation of a barrier separating the two car parks to eliminate through traffic, and the creation of a pedestrian walkway in the front car park.

The building is well maintained and has gas central heating. In recent years a major window replacement project was completed, and with the exception of the windows in the main hall, all are now double-glazed. Extensive repairs to the roof of both the main building and wing extensions have also been completed. A total refurbishment of the three science laboratories was carried out in 2010.

In an effort to improve safety and security, a new burglar alarm system was installed in 2010 together with a high security fob system for the door at the back entrance.

2. Roles and Responsibilities for Health, Safety and Welfare

2.1 Board of Management

The Board of Management is responsible for ensuring as far as is reasonably practicable, the safety and health at work of all employees and the safety and protection of pupils, contractors and visitors to the school.

The Board may delegate duties to the Principal, Deputy Principal and other staff members for the management of day-to-day safety, health and welfare in the school. In compliance with its statutory obligations under the *Safety, Health and Welfare at Work Act 2005*, the Board of Management of St Paul's Secondary School will:

- oversee the implementation of a health, safety and welfare management system in the school;
- ensure that the school has an up-to-date safety statement which will include written risk assessments;
- identify safety and health objectives;
- allocate adequate resources to deal with safety and health issues;
- appoint competent persons as necessary, to advise and assist the BOM on safety and health in school;
- review the implementation of the safety statement and the school's safety and health performance.

2.2 The Principal

Overall responsibility for safety and health rests with the Board of Management. The Principal of St Paul's Secondary School acting on behalf of the BOM, has responsibility for the co-ordination, planning, implementation and management of safety and health in the school.

The Principal will:

- manage safety and health in the school on a day-to-day basis;
- communicate regularly with all members of the school community on safety and health matters;

- ensure that all accidents and incidents are investigated and all relevant reports completed;
- carry out safety audits and report to the Board of Management on safety and health performance;
- in compliance with Section 8 of the *Safety, Health and Welfare at Work Act 2005*, ensure that the school has a formal procedure in place to deal with emergency situations and that this is clearly communicated to staff and pupils;
- in accordance with Section 47 (1) of the Public Health (Tobacco) Act, 2002 as amended by Section 16 of the Public Health (Tobacco) (Amendment) Act, 2004, implement a strict no-smoking policy in the school;
- delegate certain functions to individual members of staff as appropriate to their respective roles within the school;
- establish a safety committee and facilitate the work of that committee;
- identify and plan to address health and safety training needs within the school.

2.3 Deputy Principal

The Deputy Principal has an important leadership role in the day-to-day management of safety and health in the school. The Deputy Principal will:

- collaborate with the Principal in the planning and implementation of safety and health policy and procedure;
- work with the Safety Officer to ensure the effective implementation of the school's safety and health management system;
- deputise for the Principal when necessary.

2.4 Safety Officer

The Teaching Staff have elected a Safety Officer. The Safety Officer works closely with the Principal, and as a member of the safety committee to support the implementation, review and maintenance of the school's health, safety and welfare management system. Although the ultimate responsibility for safety, health and welfare rests with the Board of Management, working in conjunction with the Principal, the Safety Officer will:

- ensure that required protocols for fire-drills, accident reporting etc. are fulfilled;
- ensure that precautionary notices in respect of safety matters are displayed as appropriate;
- ensure that the first aid kit is accessible and fully stocked;
- respond to safety and health reports, events and issues;
- assist in the co-ordination and review of risk assessments;
- liaise with all visiting safety inspectors.

2.5 Safety Committee

A safety committee will be established to help maintain and improve safety in the school. This committee will be composed as follows:

- Principal
- Deputy Principal
- Safety Officer
- Bursar
- Teacher(s) with a special interest in safety e.g. a member of the PE, Science, Home Economics department etc.

- Caretaker
- Elected Safety Representative
- Special Needs Assistant

The Committee will:

- convene as necessary (usually once per term);
- assist in drafting and reviewing the safety statement, risk assessments, and safety procedures;
- conduct safety audits;
- review the school's current safety documentation;
- plan fire drills;
- identify priorities;
- agree on actions to be taken and a timeframe;
- make reports to the Board of Management and whole staff;
- provide on-going evaluation of safety and health practice within the school.

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2.6 Teaching and non-teaching staff

'The school is a unique work environment but it is not generally high risk. Those on the ground, carrying out the day-to-day work of managing and co-ordinating school activities know this environment best.' - Guidelines on managing safety and health in Post Primary schools. (DES, State Claims Agency, SDPI and HSE,) 2010.

Everybody in the school has a role to play and a responsibility to ensure that the school is a safe and healthy environment, both in terms of the physical infrastructure and the way in which people operate and interact within it.

All members of the staff of St Paul's Secondary School are expected to co-operate fully with the management of the school so that appropriate safety and health policies are established, implemented and followed.

Each member of staff has a responsibility to take reasonable care to protect his or her safety, health and welfare and the safety, health and welfare of any other person on whom his or her work impinges. Teachers are required to:

- ensure that their own subject specific safety procedures are included in their subject department plan and updated as necessary;
- inform pupils of the safety procedures associated with their particular subject e.g. Science, Physical Education (PE), Home Economics, Art, ICT;
- ensure that pupils follow safe procedures and comply with regulations;
- conduct risk assessments of their immediate work environment.

All members of staff are required to:

- report any fault or defect which presents an immediate danger to the Principal/Office Staff;
- record in the hazard book, which is located at Reception, any fault or defect in their classroom or work area;
- record in the hazard book, any defect in equipment which might pose a threat to safety or health;
- report to relevant persons (as outlined in the safety statement) accidents, near misses or dangerous occurrences;
- complete accident report forms as necessary (see appendices 2&3);
- use the safety equipment provided.

2.7 Students:

Students have a vital role to play in maintaining safety within the school environment. All students are expected to:

- take reasonable care to protect their own safety and the safety and welfare of others in the school community;
- comply fully with the Code of Behaviour of St Paul's Secondary School;
- respect and co-operate fully with the school's Anti-bullying Policy;
- follow teachers' instructions with regard to safety procedures in all classrooms and especially in the science laboratories, home economics rooms, PE, art, drama and ICT classes;
- behave in a safe and responsible manner on the stairs and corridors and enter and leave the building as directed;
- refrain from engaging in dangerous pranks or hazardous activities;
- adhere fully to all instructions in relation to fire drills and general fire safety;
- take a positive and supportive approach to all health and safety measures which are in place in the school.

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2.8 Other school users

All visitors to the school should comply with school regulations and instructions relating to health and safety. This includes:

- observing and adhering to signage in the school car parks;
- entering and exiting through the main door only;
- reporting to Reception on arrival to the school;
- groups using school premises at night, weekends or during school holidays must be authorised by the Board of Management.

2.9 Contractors

Contractors will not be allowed on the premises to carry out work until the School Principal or designated representative has checked and is satisfied with their insurances. The provisions of the *Safety, Health and Welfare at Work (Construction) Regulations, 2006*, must be adhered to in the case of all major contracts. The contractor must liaise with a School-appointed official and discuss and agree the safety precautions deemed necessary by either party. Contractors must take all due care of their own safety, the safety of their employees and all others affected by their work. Contractors must not use any equipment or the service of personnel belonging to or engaged by the Board of Management, without the prior approval of the School-appointed official. Every contractor working on School premises must comply with all applicable statutory requirements, best industry practice and any special safety rules or conditions imposed by the school. In this regard, it is the responsibility of the contractor to:

- provide all necessary instruction, training and information on health and safety matters to their employees;
- provide competent and adequate supervision of their employees and activities;
- provide all necessary safety equipment and clothing for their employees;
- ensure that all plant and equipment brought onto the School site is safe and in good working order and that all necessary certificates are available for checking;
- ensure that all accidents and dangerous occurrences are reported to the Principal;
- ensure that all school safety notices and alarms are followed at all times;

- ensure that hazardous substances are not brought on to the premises without prior notice and permission;
- ensure that ‘approved’ hazardous substances are stored and used safely whilst on the premises;
- ensure that all hazardous substances are removed from the premises;
- monitor and assess the safety performance of their employees.

The degree of risk assessment that must be carried out before work begins will depend on the nature and extent of activities associated with each individual contract.

All contractors and self-employed persons shall provide their safety statement when requested to do so and shall:

- conform generally with the duties and responsibilities as for employees;
- provide evidence when requested, showing that appropriate employer’s liability and public liability insurances are in place;
- bring to the attention of the Principal, designated liaison person and anyone else who may be affected by any process or use of materials, which may endanger health and safety while at work;

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- comply with the requirements of this Safety Statement, and co-operate with the Board of Management in providing a safe place of work and a safe system of operation;
- ensure all their employees and others under their care are provided with and wear protective clothing and equipment appropriate to the task;
- report any defect in the plant and equipment, place of work, or system of work without unreasonable delay;
- employ only competent and suitable persons on site;
- obtain the consent of the Principal or designated liaison person before engaging persons other than their direct employees on site;
- ensure that their managers, supervisors and employees are aware of the obligations placed upon them with regard to health and safety.

3. Resources for safety and health in the school

The Board of Management of St Paul’s Secondary School is committed to ensuring in so far as is reasonably practicable, the safety of all employees, pupils, contractors and visitors to the school. In doing so the Board is cognisant of the need to allocate resources which will support safe systems of work as well as safe plant and equipment. Resources therefore may be considered under two headings: systemic and structural.

3.1 Systemic supports

Measures to support safety and health in the school will include the following:

- Safety and Health Policy;
- Safety Statement;
- Safety Committee;
- Staff elected Safety Officer;
- written risk assessments which are reviewed regularly;
- a whole school approach to safety;

- reporting procedures for accidents and dangerous occurrences;
- formal procedures to deal with emergency situations;
- mechanisms for auditing and reviewing the safety management system (SMS);
- other relevant St Paul's Secondary School policies as outlined in appendix 1

This list is not exhaustive.

3.2 Structural supports

While the Board of Management is responsible ultimately for the allocation of resources in the school, it will be the task of the safety committee to review the safety needs of the school and identify priorities. Resources currently available in the school include the following:

- a wheelchair lift;
 - a stairlift on the second floor;
 - a wheelchair accessible toilet;
 - a wheelchair accessible ramp and railings at each of the two front entrances;
 - two designated disabled parking spaces;
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- fire emergency exit doors located on each corridor on the ground floor and a fire exit stairway leading from the school Hall on the second floor;
 - fire extinguishers strategically located throughout the school;
 - standard safety equipment in each of the three science laboratories including three mobile fume cupboards and chemical storage presses;
 - first-aid kits in the reception area and in the dinette;
 - freezer containing ice packs located in reception;
 - mobile first-aid kits in the staffroom, art rooms, home economics rooms and science labs;
 - mobile first-aid kit in the PE department together with fridge for ice packs;
 - mobile kit for school tours;
 - lock up storage facilities for cleaning equipment and utensils.

This list is not exhaustive.

4. Risk Assessment

The Board of Management, in accordance with its obligations under Section 19 of the *Safety, Health and Welfare at Work Act 2005*, will ensure that risk assessments are carried out and that any control measures considered necessary as a result of such assessments will be implemented. Putting in place control measures means that the Board will do all that is reasonably practicable to ensure that the hazard identified does not cause actual harm or is less likely to cause harm. Risk assessments will be carried out at least on an annual basis and should ideally become a routine part of the overall safety management system in the school. When written risk assessments are carried out they will form an important part of this safety statement.

4.1 What is Risk Assessment?

Risk Assessment is central to the successful management of safety and health in the school. It is a three step process:

- (i) identify the hazard
- (ii) assess the risk in proportion to the hazard

- (iii) put in place appropriate measures to eliminate or reduce the risk

4.2 Who will carry out risk assessments?

The task of completing risk assessments will be delegated as appropriate e.g. a science teacher is the most appropriate person to carry out a risk assessment in the science laboratory, a PE teacher is best qualified to carry out a risk assessment in the area of PE etc.

The Principal, in conjunction with the safety officer and the safety committee, will prioritise the areas where formal risk assessments are needed and delegate the task accordingly. To facilitate this work, a risk assessment template will be made available and staff will be consulted on the procedures and timescale involved. All actions that cannot be closed off by the person(s) carrying out the risk assessment should be brought to the attention of the appropriate person(s) e.g. the Principal, Deputy Principal, Safety Officer, Caretaker etc.

In identifying hazards and assessing risks, the Board takes into account the school context; it cannot eliminate every minor hazard or risk that would ordinarily be accepted as a normal part of life.

4.3 The role of the safety committee

Completed written risk assessments will be returned to the safety committee. The committee will draw up a plan outlining priorities and setting objectives for eliminating hazards. The Principal will report to the Board of Management on issues arising from the risk assessment process.

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5. Emergency Procedures

In accordance with its obligations under Section 8 of the *Safety, Health and Welfare at Work Act 2005*, the Board of Management of St Paul's Secondary School will outline procedures to be followed in the event of an emergency.

The Board will ensure that the school has a *Critical Incident Management Plan* to assist in dealing with a major crisis or incident which could arise and that this plan is regularly reviewed, clearly communicated and accessible to all staff. In this context a '*critical incident*' can be defined as '*any incident, or sequence of events which overwhelms the normal coping mechanisms of the school and disrupts the normal running of the school*' Guidelines on managing safety and health in Post Primary schools. (DES, State Claims Agency, SDPI and HSE,) 2010.

5.1 Emergency Contact Services

An up-to-date list of emergency telephone numbers is kept in the general office (see Appendix 4) and a copy will be distributed to the relevant personnel in the school.

5.2 Fire Safety

Fire safety is of paramount importance. Fire drills are held as often as is deemed necessary by the safety officer and safety committee, and at least twice yearly. The Board of Management will ensure that the school is equipped with appropriate fire fighting and detecting equipment, that escape routes are kept

clear and that emergency exits are unlocked. The electrical system is checked periodically and any defects in the fire alarm system will be prioritised for repair or replacement.

5.3 Emergency evacuation plan

The school has an emergency evacuation plan and all members of staff are briefed on this. Evacuation routes and assembly points have been identified for all areas. It is the responsibility of all to familiarise themselves with these. Evacuation drills take place at least twice yearly. Directional signs are displayed throughout the school and fire exits are kept clear at all times. The evacuation plan outlines procedures for those with disabilities or other special needs. After every fire drill, the efficacy of the plan is reviewed. In the event of a fire emergency the following evacuation procedure will be followed:

5.3 (i) Staff

- the teacher will instruct pupils to leave belongings behind, to leave the room in an orderly fashion and proceed to the nearest exit;
- the teacher will count pupils as they leave the room;
- the teacher will then leave the room and close the door;
- pupils arrive at the designated fire assembly point and line up in alphabetical order in their form groups;
- VS Ware Roll (Including LATE Register & SIGN OUT Register) are brought to the assembly areas by a member of the office staff;
- form teachers call the register;

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- numbers in attendance and any absences are reported to the Year Head, Deputy Principal or Principal;
- staff members who are not in class when the alarm sounds should check offices, toilets etc to ensure that no-one is left in the building;
- the lift should not be used.

If the alarm sounds outside of class time:

- staff should guide students out of the building through the nearest exit;
- students will assemble in their form groups and the form teacher will call the roll.

5.3 (ii) Students

- students must follow teachers' instructions;
- stand up quietly;
- walk in single file from the classroom to the assembly point;
- at the assembly point line up in form group and in alphabetical order;
- remain silent while the teacher calls the roll;
- the lift should not be used;
- students must not return to the building for any reason until instructed to do so by a teacher.

If the alarm sounds outside of class time:

- students will assemble in their form group;
- the form teacher will call the roll.

5.3 (iii) Persons who are wheelchair bound

Students who are wheelchair bound will leave the room accompanied by the special needs assistant or a delegated responsible person.

The safety committee will liaise with support agencies such as Enable Ireland, with a view to reviewing and improving safety systems for students with disabilities and other special needs. The committee will, as a priority, research emergency evacuation policies pertaining to students with disabilities, and consider how best to implement appropriate recommendations in St Paul's Secondary School. The Safety Statement will outline the agreed procedures that emerge from the work of the committee.

6. Instruction and training

The Board of Management, in compliance with Sections 8 & 10 of the *Safety, Health and Welfare at Work Act 2005*, is committed to facilitating staff training in safety and health matters. A training needs analysis will form an essential part of the school's safety and health management plan. When training needs have been identified, a training plan will be drawn up outlining the type of training to be provided and a schedule. This will be implemented within the constraints of resources and time.

Safety and health training applicable to the school environment may include the following:

- an overview of the safety and health management system (SMS) presented to the whole staff;
- induction training for all new staff;
- first-aid training;
- training for the Safety Officer;
- fire safety training for all staff;
- stress management.

The list is not exhaustive.

A record of training, information and briefing sessions will be kept.

Staff trained in Cardiac First Response:

- **Kayleigh Mooney**
- **Ann Griffin**
- **Mary Gilligan**
- **Sarah Barrett**
- **Eleanor Moloney**
- **Eoin Mc Loughlin**

7. Communication and Consultation

In accordance with Sections 20(3) of the *Safety, Health and Welfare Act 2005*, the Board of Management will ensure that the safety statement is brought to the attention of all staff and that pupils, parents/guardians and visitors to the school will have access to it.

Staff will receive regular briefings on safety policies and procedures, risk assessments, outcomes of safety committee meetings, audits and reviews. All staff are encouraged to bring their concerns regarding health and safety to the attention of the relevant staff member e.g. Principal, Deputy Principal, Safety Officer, Safety Representative, Caretaker etc.

8. Review

The Principal in collaboration with the safety committee will establish monitoring structures and procedures to ensure that the planned actions have actually taken place or where they have not, that they have been scheduled.

The Board of Management will formally evaluate the plan on an annual basis, taking into account feedback from the school community, significant incidents, dangerous occurrences and new regulatory or legislative developments.

The Safety & Health policy together with the Safety Statement will be reviewed periodically and revised as necessary.

This policy was ratified by the Board of Management on: 10th March 2011

This policy was reviewed and revised by the Board of Management: March 2013

This policy was reviewed and revised by the Board of Management: March 25th 2019

Signed: _____
Chairperson: Board of Management

Signed: _____
Principal/Secretary: Board of Management

Date: _____

Date: _____

Appendix 1

Other relevant school policies:

The following school policies have a direct link to Safety and Health. While most of these policies are in place, some are in the process of development:

Child Protection Guidelines
Enrolment
Code of Discipline and Behaviour
Anti Bullying
Dignity in the Workplace
Attendance

Information & Communication Technology (ICT) and Acceptable User Policy (AUP)
School Tours Policy
Critical Incident Policy
Guidance Plan
Substance Use
Relationship & Sexuality (RSE)
Subject Department Plans

This list is not exhaustive.

Appendix 2

ACCIDENT REPORT

Name of Injured Person: _____

<u>Date</u>	<u>Time</u>	<u>Class</u>	<u>Subject</u>	<u>Room</u>	<u>Teacher</u>

Others involved: _____

Witnesses(s): _____

Brief description of accident: *(Please continue over leaf if necessary)*

1. How the accident occurred:

2. Nature of injuries sustained: _____

3. Was the student under supervision at time of accident? *(give details)*

4. Suggestions *(if any)* to prevent a re occurrence: _____

Description of First Aid administered: *(if any)*

Emergency services contacted: *(if any)* _____

Was the Principal Informed? _____ Time/Date: _____

Any additional relevant information: _____

Signed: _____ Date: _____

Appendix 4

Emergency telephone numbers

Ambulance	999
Fire	999
Crumlin Children's Hospital	4096100
Tallaght Hospital	4142000
Dr G Cantwell/Dr L McEniff	4504168 - 133 St Peter's Road
Gardai Crumlin	6666200/ 6666220/1
Community Garda (Richard Garvey)	086 8168988
ESB (emergencies)	1850 372 999 – 24 hour/7day service
Bord Gáis (Gas leaks etc.)	1850 205050 - 24 hour emergency services
SKM Electrical (Electrical emergencies)	087 2473795 (Stephen Brock)
MGM (Plumbing & Heating)	087 2615227 (Michael Murphy)
<i>(New name with auditor)</i>	8317100 (school code 1143)–(to cancel fire alarm)
Chubb Ltd (Fire Alarm repairs)	2953333
Phoenix Alarm (Burglar)	087 2555395 - After hours (01) 2002967
Whelanapier Alarms (CCTV System)	2952555
G4S Monitoring Ltd (keyholders)	7077203 (control No. 7077270) (for burglar break ins)

Accel Lifts (Wheelchair/stair lift)	4067580 - <i>24 hour/7day emergency service</i>
Allianz plc (Accident Reporting)	6133762
NEPS Psychologist	2833028
NEPS (Head Office)	8892700
Pieta House	6010000 / 087 9368633
Console	1800 201890
Samaritans	1850 609090 / txt 087 2609090
Rape Crisis Centre	1800 778888
National Office for suicide prevention (HSE)	6352139 / 6352179
Sólás- (Bereavement Counselling for Children-Barnardo's)	4530355
Aware	1800 303302
Al-Anon	8732699
A A	8420700
Narcotics Anonymous (Helpline)	086 8629308
Nar-Anon (for Relatives & Friends)	8748431