

ABOUT US

In response to increasing suicides in Finglas, the FSN was jointly established in 2004 by volunteers and community agencies to provide access to support services for those who are in crisis and in distress. Working with kindred organisation's we foster a community led approach to the provision of mental health care and support, particularly in suicide prevention.

We reach out to help people by Reacting Early And Creating Hope. This response has resulted in the development of alliances with other professional services so that immediate access to help and support is available to all.



When you feel like you can't cope,
don't suffer in silence....we
are here to listen.

LOCATION

We are located across from Finglas swimming pool and FYRC in a small estate next to Finglas Garda Station. (off Mellownes crescent)

46-47 Mellownes Court
Finglas West
Dublin 11

Tel: 01 8648899

W: www.fsnsupport.ie

E: reception@fsnsupport.ie



LONELY?
ANXIOUS?
DEPRESSED?
SUICIDAL?



01 - 8648899

OUR COUNSELLORS

The FSN is a voluntary organisation that provides professional counselling services in Finglas for the people of Finglas and surrounding areas.

We provide affordable counselling. Where appropriate counselling is free, however we do encourage donations to help fund our services.

Our service is provided by fully accredited professional counsellors and psychotherapists affiliated with nationally recognised accrediting bodies.



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ABOUT YOUR VISIT

We invite you to arrive 5 minutes prior to your appointment. Appointment times begin promptly. Our team of professionals strive to welcome, listen and support you during your visits. 24 hours' notice of cancellation is greatly appreciated. We offer you time and space to talk openly in a comfortable, safe and confidential setting that is supportive and encouraging.



OPENING TIMES

Our service runs from Monday to Friday
9am – 5pm

OUR WORK

Confidentiality is at the heart of our service and we comply with Data Protection regulations.

We also organise training and seminars on a wide range of mental health care, particularly cultivating positive coping skills to help people overcome problems.

Our main focus is support and focus on suicide prevention and raising awareness so that suicide is not used as a solution to life's difficulties

MISSION

The FSN mission is “to reduce suicide through inspiring, organising and sustaining a community response to increase mental health and wellness, and to provide support for suicide prevention in Finglas, Dublin North West and surrounding areas”.



[.fsnsupport.ie](http://fsnsupport.ie)