



connect

Professional Telephone Counselling & Support

Free and Confidential Service

Freephone 1800 477 477

UK and Northern Ireland 00800 477 477 77

Wednesday to Sunday, 6pm – 10pm

www.connectcounselling.ie

- Professional telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.
- The service is also available to partners or relatives of people with these experiences.