



# Shine



Supporting people affected by mental ill health

All Shine services are available to adults with self-experience of mental health illness and to their family members/supporters.



### Information Line

Call us if you need information and support on mental health supports, services and rights



### Individual Support

Work with us in choosing and working towards recovery goal/s of your choice.



### Support Groups

Join your local Shine group, meet people with similar experiences as you for a chat and support over a cuppa



### Education Courses

Learn with Shine about recovery through our Recovery Education Programmes

For information, support or to  
join Shine

Call: 086 040 7701 or 01 860 1610

E-mail: [support@shine.ie](mailto:support@shine.ie)

W: [WWW.SHINE.IE](http://WWW.SHINE.IE) | T: 01 860 1610 & 086 040 7701 | REGISTERED CHARITY NUMBER: 20011512 CHY 6380

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Shine: Supporting People Affected by Mental Ill Health