



I / CAN

**CABHRU: CULTURALLY
SENSITIVE COUNSELLING
FROM HOME**

[August 2019]

Cabhrú: a free online counselling service for the Irish abroad

Cabhrú is provided by Helplink Support Services, an Irish based non-profit organization, and is part funded by the Department of Foreign Affairs Emigrant Support Fund.

Each client can receive a minimum of 6 (culturally sensitive) counselling appointments - provided by qualified, insured and Garda-vetted Counsellors who are available 7 days a week.

See [here](#) for more information on the support available for Irish living abroad.

To **book an appointment** email helplinksupport@helplink.ie

To avail of appointments, you must have a current Irish passport - this and other Ts & Cs apply.



The poster features a green header with the text "Irish Abroad Online Counselling Service". Below the header is a photograph of a bridge at night with city lights in the background. A thought bubble containing a white map of Ireland and a green shamrock is overlaid on the image. At the bottom of the poster, it says "Free Appointments 7 Days a Week", "Visit www.helplink.ie for more Information", and "#helpfromhome #IAOCS". The footer includes social media icons for Twitter (@HelplinkSupport) and Facebook (/HelplinkSupportServices).