

# Need to talk?

**SAMARITANS**

Free-call 116 123  
Text 087 2609090

Pieta  House  
Free-phone  
1800 247 247

  
ISPCG  
Free-call 1800 666 666  
Text 'Talk' to 50101

## Bereavement Support

Anam Cara Parent and Sibling Bereavement Support  
[085 2888888](tel:0852888888)

Barnardos Children's Bereavement Service  
National Helpline (open Mon-Thurs 10am-12)  
[01 4732110](tel:014732110)

Drop-in for people bereaved by Suicide (SBN)  
[087 9974076](tel:0879974076)

Emmaus Bereavement Support Group  
[087 6263934](tel:0876263934)

Feileacain (Still birth & Neonatal Death Association of Ireland)  
[085 2496464](tel:0852496464)

First Light 24/7 Freephone - supporting suddenly bereaved parents and families of a child or young person  
[1850 391 391](tel:1850391391)

HSE Resource Officers for Suicide Prevention  
[021 482 1411](tel:0214821411)

Irish Childhood Bereavement Network  
[01 679 3188](tel:016793188)

Pieta House Cork - provide specialised suicide bereavement support services  
[021 4395333](tel:0214395333)

## Child & Adolescent Supports

ADHD Child & Family Support Group  
[021-4515032](tel:0214515032)

Body whys - Anorexia & Bulimia helpline  
[1890 200 444](tel:1890200444)

Childline 24/7  
Freephone 1800 666 666

Text 'Talk' 50101

Cloyne Diocesan Youth Service (CDYS) Fermoy  
[086 8031200](tel:0868031200)

Cloyne Diocesan Youth Service (CDYS) Mitchelstown  
[086 8031227](tel:0868031227)

Cloyne Diocesan Youth Service (CDYS) Outreach Counselling  
[086 1841860](tel:0861841860)

Eating Disorders Centre Cork  
[021 4539900](tel:0214539900)



Fermoy Resource Centre  
Adolescent Counselling Service  
[087 9808176](tel:0879808176)

Teen-Line Ireland Freephone  
(7pm - 10pm)  
[1800 83 36 34](tel:1800833634)

Youth Health Service - free & confidential service for young people aged 23 and under.  
[076 1084150](tel:0761084150)

Youth Suicide Prevention Ireland  
[021 2427171](tel:0212427171)

Free Text HELP to 50015



## Counselling Support

Counselling in Primary Care (CIPC)  
GP or PHN referrals only  
[021 4681006](tel:0214681006)

Coisceim - operated by SHEP  
Outreach Low Cost Counselling  
[021 4666180 / 087 7998602](tel:0214666180)

Connect Counselling - free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood  
[1800 477 477](tel:1800477477)

Healthy Minds Traveller Mental Health Project  
[021 4928381](tel:0214928381)

HSE South, Harbour Counselling Services - free face to face counselling for adults who have suffered abuse, trauma or neglect in their childhood  
[1800 234 116](tel:1800234116)

Le Cheile Family Resource Centre Outreach Low Cost Counselling  
[022 42439 / 087 3735000](tel:02242439)

Irish Association for Counselling and Psychotherapy (IACP)  
[01 2303536](tel:012303536)

Irish Assoc of Humanistic & Integrative Psychotherapy (IAHIP)  
[01 2841665](tel:012841665)

My Mind Counselling and Psychotherapy  
[076 680 1060](tel:0766801060)

Pieta House 24/7 Freephone - provides free therapeutic services to people who are in suicidal distress and those who engage in self-harm  
Freephone 1800 247 247 24/7  
Text HELP to 51444

Together - Razem - Polish Counselling and Addiction services  
[021 4395588](tel:0214395588)

Victims of Rape and Sexual Abuse  
National 24/7  
Freephone Helpline  
[1800 778 888](tel:1800778888)

www.aware.ie

www.belongto.org

www.bereaved.ie

www.childline.ie

www.childhoodbereavement.ie

www.drugs.ie

www.corkdrugandalcohol.ie

www.oneinfour.ie

www.pieta.ie

www.reachout.com

www.spunout.ie

www.suicidesupportandinformation.ie

www.turn2me.org

www.yourmentalhealth.ie

www.hse.ie/eng/services/publications

## Supports Online:

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## Staying Well

Looking After our  
Mental Health



## A little about this booklet

The first edition of this booklet was printed and distributed in 2010. During the spring of 2018 members of the Fermoy Community Network formed a working group to update the information within the booklet.

No one needs to experience that they are alone, particularly when going through difficult times and this booklet provides you with information about the wide range of services and supports available to you. We believe this booklet will be an invaluable practical support for local community services, professionals, individuals and family members in the Fermoy and Mitchelstown area.

## For more information contact

### Brendan Scahill

Community Worker,  
Cork Kerry Community Healthcare, HSE

### Jacinta McCormack

Community Health Worker,  
Fermoy Community Health Project

TEL: 021-492 8870

## Crisis Support

Anyone in crisis can get support for themselves or a loved one through their G.P., the SouthDoc service out of hours or in the Accident & Emergency (A&E) Department of your nearest hospital.

## Emergency Numbers

All Emergency Services 24/7

**999 or 112**

Fire Brigade / Ambulance 24/7

**999 or 112**

Fermoy Garda Station 24/7

**025 82100**

Southdoc (Out of Hours Service)

**1850 335 999**

## G.P. Support Service

The G.P. is an important part of your long-term health support. Your G.P. can talk to you about such things as those which you can do for yourself, talking therapies, medication, psychology services and access to mental health services. He or she will develop a "big picture" of how you are being cared for by a variety of services if this is necessary.

Please insert your GP's name and phone number here:

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Please insert your ICE (In Case of Emergency) name and phone number here:

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## Adults / Older Persons Supports

Accord Catholic Marriage Care Service  
025 31899

Amen - dedicated support service for male victims of domestic abuse  
046 9023718

Anew Cork Children and Family service  
021 4270445

Aware Freephone (10am - 10pm Daily)  
1800 80 48 48

Ballyhoura Rural Service  
022 59984

Blackwater Community Connect - friendly call service for older persons  
022 46580

Citizens Information Centre Fermoy  
076-1 07 7970

Citizens Information Centre Mitchelstown  
076-1 07 8030

Cork Gay Project  
021 4300430 / 087 1646072

Cork Mental Health Foundation & Housing Association  
021 4511100

Cork Sexual Violence Centre  
(formerly Cork Rape Crisis Centre)  
Freephone 1800 496 496

EmployAbility Services Cork - Supporting people with Disabilities and members of the Travelling Community into employment  
021 4294949

GROW - promoting positive mental health  
1890 474 474

Family Carers Ireland Freephone  
1800 240 724

Fermoy Community Health Project  
085 8742320

Fermoy Community Resource Centre  
025 32962

HSE Farm & Rural Stress 24/7 Freephone Helpline  
1800 742 645

HSE HIV & Sexual Health Freephone  
1800 459 459

HSE Safeguarding and Protection Team Cork/ Kerry (Elder Abuse)  
021 4923967

HSE Suicide Prevention 24/7 Freephone Helpline  
1800 742 745

Irish Advocacy Network - provide peer support and information to people with mental health difficulties  
01 872 8684

LINC - Advocating for Lesbian & Bisexual women in Ireland  
021 4808600

MABS - North Cork Money Advice & Budgeting Service  
076-1 07 2440

National Advocacy Service for People with Disabilities (NAS)  
076-1 07 3000

North Cork Mental Health Services (St. Stephen's Hospital, Sarsfield Court)  
021 4821411

One in Four National Helpline for victims of rape and sexual abuse  
01 662 4070

Parentline (for parents under stress) LoCall  
1890 927 277

Post Natal Depression Ireland  
021 492 2083

Samaritans 24/7 Freephone 116 123  
Text 087 260 9090

Seniors Helpline (10am - 10pm Daily)  
1800 80 45 91

Sexual Health Centre Cork  
021 4276676

Shine Cork - supporting people affected by mental ill Health)  
021 422 6064 / 086 8525755

St Vincent de Paul - Fermoy & surrounding areas  
086 7831728

St Vincent de Paul - Mitchelstown  
025 84733

The Next Step - supports people with depression & mental health issues  
085 7161960

Travellers of North Cork (TNC)  
022 71035

Victims of Crime Freephone Helpline  
116 006

YANA - North Cork Domestic Violence Project  
022 53915

Women's Aid - 24/7 National Freephone 1800 341 900

## Addiction Supports

Al-Anon National Helpline(10am-10pm daily)  
01 8732699

Alcoholics Anonymous Helpline North Cork Area (to find an AA meeting go to alcoholicsanonymous.ie)

087 6657105

Arbour House Addiction Counselling & Advisory Service  
021 4968933

Community Based Drug & Alcohol Initiative Project Worker, Fermoy  
086 6096874

Community Based Drug & Alcohol Initiative Project Worker, Mitchelstown  
086 3836414

Gamblers Anonymous (8 - 10pm)  
087 2859552

HSE Drugs & Alcohol Freephone Helpline  
1800 459 459

Narcotics Anonymous Mobile Helpline (to find an NA meeting go to na-ireland.org)  
087 1386120

Tabor Lodge 24/7 (closes for one week each year during Christmas period)  
021 4887110