



NEED TO TALK?

SAMARITANS

116 123

jo@samaritans.ie

pieta

1800 247 247

Childline

Call . Chat . Text

1800 666 666

text about it

Free text **HELLO 50808**

Bereavement Support

Anam Cara Parent and Sibling Bereavement Support

01 404 5378 / 085 288 8888

Barnardos Children's Bereavement Service

National Helpline (open Mon-Thurs 10am-12)

01 473 2110

Bethany Bereavement Support is a voluntary, community and parish-based service which aims to support bereaved adults

087 990 5299

Emmaus Bereavement Support Group

087 626 3934

Feileacain (Still birth & Neonatal Death Association of Ireland)

085 249 6464

First Light 24/7 Freephone - supporting suddenly bereaved parents and families of a child or young person

1800 391 391

HUGG Suicide Bereavement Support provides information and support supports for anyone over 18 years who have been bereaved by suicide.

087 328 7094 – Office hours

HSE Resource Officers for Suicide Prevention

087 328 7094 - Office hours

Irish Childhood Bereavement Network

01 679 3188

Irish Hospice Foundation - bereavement support line (Mon – Fri 10am – 1pm)

1800 80 70 77

Pieta House Cork - provide specialised suicide bereavement support services

021 439 5333

Suicide Bereavement Liaison Officer Cork/Kerry - provide assistance and support to families and individuals after the loss of a loved one to suicide.

085 870 6714



Child & Adolescent Supports

ADHD Ireland CORK (Adults & Children)

083 201 2640

Childline 24/7 Freephone

1800 666 666 | Text 'Talk' 50101

Cloyne Diocesan Youth Services North Cork - (CDYS) Coordinator Mallow + Youth Counselling service

022 - 53526

Fermoy Resource Centre Adolescent Counselling Service

086 830 6357

Foroige

021 430 8915

Jigsaw - Expert mental health advice and support

021 245 2500

Teen-Line Ireland 24/7 Freephone

1800 83 36 34

Youth Health Service – free & confidential service for young people aged 23 and under.

021 493 7250

Youth Suicide Prevention Ireland

1800 828 030 | Free Text HELP to 50015

Counselling Support

Counselling in Primary Care (CIPC) Over 18s

GP or PHN referrals only

021 468 1006

Coisceim – operated by SHEP

Outreach Low Cost Counselling

021 466 6180 / 087 799 8602

Connect Counselling - free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood

1800 477 477 - 5 to 9pm

Healthy Minds Traveller Mental Health Project

021 492 8381

IRD Duhallow Emotional Support Counselling Service

087 117 9990

Irish Association for Counselling and Psychotherapy (IACP)

01 230 3536 - 9.30am to 1pm

Irish Assoc of Humanistic & Integrative Psychotherapy (IAHIP)

01 284 1665

Le Cheile Family Resource Centre Outreach Low Cost Counselling and Art Therapy for children

022 42439 / 087 373 5000

My Mind Counselling and Psychotherapy

0818 500800 | WhatsApp no – 086 800 6633

National Counselling Service, Cork Kerry - Free face to face counselling for adults who have suffered abuse, trauma or neglect in their childhood, and Mother and Baby Homes

021 - 468 1042

Need to Talk-Free Text service -

Text Hello to 5058 – 24 / 7 Safe space

Post Natal Depression

021 - 492 2083

Together Razem

Support for Polish, Ukrainian and other Eastern European Migrants

021 439 5588

Traveller Counselling Services-Community based counselling service for Travellers

01 868 5761 / 086 308 1476

Victims of Rape and Sexual Abuse National 24/7 Freephone Helpline

1800 778 888



Supports Online:

www.aware.ie

www.belongto.org

www.bodywhys.ie

www.hospicefoundation.ie

www.childline.ie

www.000drugs.ie

www.corkdrugandalcohol.ie

www.oneinfour.ie

www.pieta.ie

www.rapecrisishelp.ie

www.reachout.com

www.spunout.ie

www.turn2me.org

www.yourmentalhealth.ie

Stresscontrol.ie

Health and Well Being Videos

www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html



Staying Well

Looking After our Mental Health



A little about this booklet

Due to demand, this booklet is being reprinted and updated. This is the third edition of 'Staying Well'. The project is co-ordinated by members of Fermoy, Mallow and Mitchelstown Community Networks (Groups of community, voluntary and statutory representatives working across North Cork).

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

Please check out the QR Code on Back Page – This code will direct you to a collection of short videos on topics such as Practicing Self Care, Understanding our Thoughts, Exploring Our Emotions, Building Positive Relationships, and Improving Our Resilience.

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 8370

Crisis Support

Anyone in crisis can get support for themselves or a loved one through their GP (Doctor), 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)
0818 355 999

North Cork Rural Community Health Project



The Rural Health Project is a collaboration between the three Local Development Companies in North Cork and the HSE.

Focus on improving the health and wellbeing of the Rural Communities.

Providing Support and Intervention for those affected by suicide.

Training workshops in SafeTALK/ ASIST and Minding your Well-being. Register on bookwhen.com / Suicidepreventiontraining

Avondhu Blackwater Partnership CLG Fermoy/Mallow

(022) 46580 | 086 440 4050

Ballyhoura Development Group CLG Charleville/ Mitchelstown

087 184 0938

IRD Duhallow Group CLG Newmarket/ Kanturk

029 60633

Adults / Older Persons Supports

Accord Catholic Marriage Care Service
025 31899

Anew Cork Children and Family service
021 427 0445

ALONE – supporting older people to age at home
0818 222 024

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

BRS Befriending Service for Older People
022 59984

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

Citizens Information Centre Fermoy
0818 077 970

Citizens Information Centre Mallow
0818 078 030

Cork Gay Project
021 430 0430 / 087 164 6072

Cork Mental Health Foundation & Housing Association
021 451 1100

EmployAbility Services Cork - Supporting people with Disabilities and members of the Travelling Community into employment
021 429 4949

Family Carers Ireland Freephone
1800 240 724

Fermoy Community Health Project
085 874 2320

Fermoy Community Resource Centre
025 32962

GROW - promoting positive mental health
0818 474 474

HSE HIV & Sexual Health Freephone
1800 459 459

HSE Safeguarding and Protection Team Cork/ Kerry. Work with Elder Abuse / vulnerable adults (disability or +65)
021 492 7550 - 9am to 4 pm

Irish Advocacy Network - provide peer support and information to people with mental health difficulties
01 547 0510 - 9am to 5pm Mon to Fri

LGBT Ireland is a national organisation underpinned by localised knowledge and responses.
1800 929 539 - 6.30pm to 10pm Mon to Thur 4pm to 10pm Fri

LINC - Advocating for Lesbian & Bisexual women in Ireland
021 480 8600

Love and Care Group, North Cork – Supporting the immigrant community in North Cork
087 710 6715

MABS – North Cork Money Advice & Budgeting Service
0818 072 440

Mens Aid Ireland – dedicated support service for male victims of domestic abuse
01 554 3811

My Options Crisis / Unplanned Pregnancy Support Freephone Helpline
1800 828 010

NASC – Migrant and Refugee Rights centre
021 - 4273594

National Advocacy Service for People with Disabilities (NAS)
0818 073 000

North Cork Dementia Alliance
022 58700 / 086 787 1818 - Office Hours

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 is a confidential helpline offers parents support, information and guidance
01 8733500 - 10am to 9pm Mon to Thur 10am to 7pm Fri

Pieta House
24/7 Freephone Helpline
1800 247 247 (24 hours)

TEXT Support: Text HELP to 51444
Pieta Cork
021 4395333 / 0818111126 (Mon-Fri / 8 to 9pm)

Seniors Helpline – is a confidential listening service for older people
1800 80 45 91- 10am to 10pm daily

Sexual Health Centre Cork
021 427 6676

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

Shine Cork - supporting people affected by mental ill Health)
01 860 1610 / 086 040 7701

St Vincent de Paul Cork
021 - 427 0444

TENI Transgender Equality Network Ireland
01 873 3575 - 10am to 5pm daily

The Next Step - supports people with depression & mental health issues
085 716 1960

Travellers of North Cork (TNC)
022 71035

Victims of Crime Freephone Helpline
116 006 | Text No – 085 1337711

YANA - North Cork Domestic Violence Project
022 53915

Women's Aid - 24/7 National Freephone Helpline. Can request return call from a private number
1800 341 900



Addiction Supports

Al-Anon National Helpline (10am-10pm daily)
01 873 2699

Alcoholics Anonymous Helpline North Cork Area (to find an AA meeting go to alcoholicsanonymous.ie)
01 842 0700

Anchor Treatment Centre, Mallow
022 - 42559

Arbour House Addiction Counselling & Advisory Service
021 496 8933

Coolmine Drug and Alcohol services for adults and adolescents - **022 - 42559**

Eating Disorder Centre, Cork
021 453 9900 / 085 245 1401

Gamblers Anonymous. To find a GA meeting go to gamblersanonymous.ie
087 285 9552 - 8 to 10pm

HSE Drugs & Alcohol Freephone Helpline.
Mon-Fri 9.30am – 5.30pm
1800 459 459

Narcotics Anonymous Mobile Helpline (to find an NA meeting go to na-ireland.org)
087 138 6120

Tabor Lodge 24/7 Treatment Centre-**021 488 7110**

