

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
HSE Community Worker
TEL: 021-492 8370

Jacinta McCormack
HSE Community Health Worker
Fermoy Community Health Project

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

Ballyhoura Development Group CLG
Charleville/ Mitchelstown
063 30694

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
063 89442
Blackwater Community Connect - friendly call service for older persons
022 46580
Citizens Information Centre Fermoy
0818 077 970
Citizens Information Centre Mallow
0818 078 000
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
Gay Project - Supports the LGBTQ+ Community
021 4300 430
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
Irish Advocacy Network - provide peer support and information to people with mental health difficulties
01 547 0510

LGBT Ireland is a national organisation underpinned by localised knowledge and responses.

1800 929 539

LINQ Ireland - 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

National Learning Network, Mallow

087 6677002

North Cork Dementia Alliance

022 58700 / 086 787 1818

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

Pieta House

24/7 Freephone Helpline

1800 247 247 (24 hours)

TEXT Support: Text HELP to 51444

Pieta Cork

021 4395333 / 0818111126

Seniors Helpline – is a confidential listening service for older people

1800 80 45 91

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

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

HSE Drugs & Alcohol Freephone Helpline

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

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

Healthy Minds Traveller Mental Health Project

021 492 8370

IRD Duhallow Emotional Support Counselling Service

087 117 9990

Irish Association for Counselling and Psychotherapy (IACP)

01 230 3536

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 50808 – 24 / 7

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

Child & Adolescent Supports

ADHD Ireland CORK (Adults & Children)

083 201 2640

Childline 24/7 Freephone

1800 666 666

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

022 - 53526

Fermoy Resource Centre Adolescent Counselling Service

087 903 0973

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



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

Supports Online:

www.aware.ie

www.belongto.org

www.bodywhys.ie

www.hospicefoundation.ie

www.childline.ie

www.childhoodbereavement.ie

www.drugs.ie

www.corkdrugandalcohol.ie

www.oneinfour.ie

www.pieta.ie

www.rapecrisishelp.ie

www.reachout.com

www.spunout.ie

www.suicidesupportandinformation.ie

www.turn2me.org

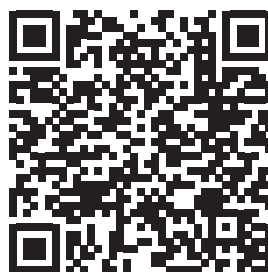
www.yourmentalhealth.ie

www.stresscontrol.ie

Health and Well Being Videos

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

Minding Your Wellbeing



SAMARITANS

116 123

jo@samaritans.ie

pieta

1800 247 247

Childline

Call . Chat

1800 666 666

text about it

Free text
HELLO 50808



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