

## INFORMATION AND SUPPORT FERMOY

|   |                         |
|---|-------------------------|
| Accord Catholic Marriage Care Services                      | 025-31899               |
| Disabled Access to Advocacy (DATA) project                  | 022-51704               |
| Emmaus Bereavement Support Group,<br>Little Company of Mary | 087/6263934             |
| Fermoy Citizens Information Centre                          | 025-32711               |
| Fermoy Drugs Initiative FREE –                              | 025-51887 / 086-6096874 |
| Fermoy Family Resource Centre, McCurtain St.                | 025/32962               |
| Fermoy Family Carers Support Group                          | 025/36185               |
| Fermoy Garda Station  | 025-84833               |

## LOCAL GPs FERMOY

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

## CLERGY

|                                |           |
|--------------------------------|-----------|
| Church of Ireland - Fermoy     | 025-31016 |
| Presbyterian Church - Fermoy   | 025-82953 |
| Queen of Peace Church - Fermoy | 025-31414 |
| St. Patrick's Church - Fermoy  | 025-31414 |

## INTERNET WEBSITES/HELPLINES

|  |   |
|--|---|
| <a href="http://www.Headstrong.ie">www.Headstrong.ie</a>             | (national centre for youth mental health) |
| <a href="http://www.letsomeoneknow.ie">www.letsomeoneknow.ie</a>     |   |
| <a href="http://www.thetimeofmylife.com">www.thetimeofmylife.com</a> | (website for older people)                |
| <a href="http://www.spunout.ie">www.spunout.ie</a>                   | (website for young people)                |
| Heads Up Texting Support:  | Text 50424                                |

Console National 24 Hour  
Suicide Prevention Helpline



**1Life 1800 247 100**

HSE Suicide Helpline - 6-10 pm. daily



**1800 742 745**

This booklet was compiled by the Staying Well Mental Health Alliance – a working group set up to network and address the need for supports and interventions to promote positive mental well being in the North Cork area. For more information contact:

Ballyhoura Development: 025 85213

Fermoy Community Resource Centre: 025-32962

HSE Community Work Department: 022-31825

We would like to acknowledge and thank the sponsorship from the Fermoy Mothers Group which ensured that this booklet would see the light of day.

Staying Well –  
Looking After Our Mental Health  
SUPPORT BOOKLET NORTH CORK



Console National 24 Hour Suicide Prevention Helpline

**1Life 1800 247 100**

HSE Suicide Prevention Helpline  
6-10 PM daily

**1800 742 745**

## EMERGENCY NUMBERS

|                          |              |
|--------------------------|--------------|
| All Emergency Services   | 999 or 112   |
| Fire Brigade / Ambulance | 999 or 112   |
| Garda Confidential Line  | 1800 666 111 |
| Southdoc                 | 1850 335 999 |

## LISTENING AND SUPPORT NUMBERS

|   |                          |
|---|--------------------------|
| Aware (Depression)  | 1890 303 302             |
| Al-Anon and family groups<br>(Support for relatives of problem drinkers)<br>(Mornings and weekends) | 021 4311899<br>01 873699 |
| Alcoholics Anonymous  | 021-4500481              |
| Blackwater Community Connect—<br>Befriending telephone services for older people                    | 025-33490                |
| Childline   | 1800 666 666             |
| Drugs/HIV Helpline  | 1800 459 459             |
| Body Whys (Anorexia & Bulimia Helpline)   | 1890 200 444             |
| Console 1 Life - 24 hrs daily   | 1800 24 71 00            |
| Console (National Bereavement Support Service)<br>9am – 1pm/2.00 – 5.30pm, Mon-Fri                  | 1800 201 890             |

|  |                            |
|--|----------------------------|
| CURA   | 1850 622 626               |
| Gamblers Anonymous (8 – 10 pm )  | 087 2859552                |
| GROW (Mental Health support Group)   | 021-4277520                |
| HSE South, Arbour House Counselling<br>& Advisory Service - Overall                        | 021-4968933                |
| HSE Farm & Rural Stress Helpline 6 – 10pm daily  | 1800-742-645               |
| HSE South Harbour House Counselling and Advisory Service<br>(Adult Victims of Child Abuse) | 021-4861360                |
| HSE Mental Health Resource Office<br>9am - 5pm Mon – Thur                                  | 023-8833297                |
| Irish Friends of the Suicide Bereaved  | 021-4316722                |
| Irish Advocacy Network<br>(Supporting Mental health Service users)                         | 047-38918                  |
| MABS - North Cork Money Advice &<br>Budgeting Service Reg.                                 | 022-43879                  |
| Narcotics Anonymous (Mobile Helpline)  | 087-1386120                |
| North Cork Mental Health Services<br>(St. Stephen's Hospital, Sarsfield Court)             | 021-4821411                |
| Parentline (for parents under stress)  | 01-8733500 or 1890 927 277 |
| Post Natal Depression Ireland  | 021-4923162                |

|   |               |
|---|---------------|
| Protection Service for the elderly (victims of abuse)                           | 022-30200     |
| Samaritans  | 1850 60 90 90 |
| SHINE (Supporting those affected by Mental ill health),<br>Information Helpline | 1890 621 631  |
| Seniors Helpline  | 1850 44 04 44 |
| Sexual Violence Centre, Cork  | 1800 496 496  |
| Southern Gay Men's Health Project   | 021 - 4278470 |
| Suicidal Helpline HSE 6-10pm daily  | 1800 742 745  |
| Suicide Bereavement Support Service   | 087 7986944   |
| Victims of Crime Helpline   | 1850 211407   |
| YANA – You Are Not Alone North Cork<br>Domestic Violence Helpline and support   | 022 - 53915   |

## COUNSELLING SUPPORTS

|  |                     |
|--|---------------------|
| Coisceim Low Cost Counseling service                             | 087/7998602         |
| Le Cheile Family Resource Centre<br>Low Cost Counselling service | 022/42439 022/50001 |
| Irish Association for Counselling and<br>Psychotherapy (IACP)    | 01 2723427          |
| Irish Assoc.of Humanistic &<br>Integrative Psychotherapy (IAHIP) | 01 2841665          |

## INFORMATION AND SUPPORT - MITCHELSTOWN

|  |             |
|--|-------------|
| Ballyhoura Advocacy Services (Disabilities)  | 087 2499090 |
| Citizens Information Mitchelstown  | 025-84600   |
| Living Health Centre, Mitchelstown   | 025-52000   |
| Living with Loss Programme Mitchelstown<br>c/o Pat McCarthy (Support for Teenagers & Adults) | 087-7998602 |
| Mitchelstown Community Based Drugs Initiative  | 025-41511   |
| Mitchelstown Garda Station   | 025-84833   |

## LOCAL GPs MITCHELSTOWN

Living Health Clinic, Fermoy Road, Mitchelstown 025 52020  
Please insert your GP's name here:

## CLERGY

|   |           |
|---|-----------|
| Kingston College Chapel (C of I) - Mitchelstown | 025-85975 |
| Catholic Priest on Duty - Mitchelstown          | 025-84090 |
| St. George's Church of Ireland - Mitchelstown   | 025-31016 |