Did you know: 1 standard drink contains 10g of pure alcohol

...and some drinks are more than one standard drink

HOW MANY STANDARD DRINKS DO YOU DRINK IN A WEEK ?

FOR DRINKING TO BE CONSIDERED ‘LOW RISK’, THE HSE ADVISES:

11 ADULT WOMEN SHOULD DRINK LESS THAN STANDARD DRINKS PER WEEK

17 ADULT WOMEN SHOULD DRINK LESS THAN STANDARD DRINKS PER WEEK

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Many of our social, family and personal problems are linked with addiction, either to drugs or alcohol or both. As a result, many lives end up in a dark place of poverty, social exclusion, family breakdown and even despair.

It is important to bring light and hope into these situations. This Directory provides a comprehensive list of the services and supports available to all whose lives are challenged by the problems associated with drug or alcohol misuse in Cork and Kerry. This is not just a list, it is a doorway to help and hope.

Behind the name of each organisation or agency is a vision and a mission to respond in whatever way it is most appropriate to the struggles of families and individuals as a result of alcohol or drug misuse. Within each organisation there are also people who are willing to listen in a caring and non-judgemental way, people who will give their time and help, often going the extra mile to provide the necessary support.

As Chairperson of the Cork Local Drugs Task Force I am delighted to be associated with this Directory of Services. I would like to thank and congratulate all who operate so effectively and enthusiastically in this very challenging work.

Gerry Raftery
Chairperson
Cork Local Drugs Task Force
Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930100
Website: www.corkdrugsinfo.ie

To obtain hard or electronic copies of this directory, please contact Cork City Partnership on 021 430 2310 or email: jdaly@partnershipcork.ie or mmagee@partnershipcork.ie
Alternatively, to download copies you can go to: www.corkcitypartnership.ie, www.corkdrugsinfo.ie or www.srdtf.ie
Cork City Partnership Ltd. is funded through the Health Services Executive (South) to implement the Community Outreach Drugs Awareness Project (see pg 7). This project acknowledges the need for a collective community response to the issue of drug and alcohol prevention. The objective of the project is to encourage and support community involvement in drug prevention strategies/actions at local level and city-wide through a range of approaches including education, training, awareness raising, prevention, information sharing and capacity building. All of the above strategies/actions are guided by the National Drug Strategy 2009–2016.

We are delighted to receive support from the Cork Local Drugs Task Force which enables us to update this Directory in 2013. The Directory demonstrates the significant development of drug and alcohol services in Cork and surrounds as a result of the action plans of all relevant local agencies and organisations. It also demonstrates the level of community involvement and the commitment of communities in tackling the drug problem and this is to be commended.

I would like to acknowledge the dedication and commitment of our two CODAP staff here in the Cork City Partnership, Ms Jacqueline Daly and Ms Mella Magee who work closely with the communities in Cork City creating awareness of the challenges facing communities and individuals in the area of drug misuse but who also give support and training to communities in tackling this issue.

The updated information in this Directory will continue to contribute to the development of a collective response between communities and it will also serve to support the work being done by groups across Cork in tackling the drugs issue. Congratulations to all the groups and projects listed in this Directory, and I sincerely hope that in these times of economic challenges that your work, which is needed more than ever now, will continue to be supported and be available to the communities and individuals affected by drug misuse.

Dr. Joan Power
Chairperson
Cork City Partnership Ltd. (Comhar Chathair Chorcaí Teo)
Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City
Tel: 021 4302310
Fax: 021 4302081
Web: www.corkcitypartnership.ie
Contact Information

Co-ordinator of Services for Substance & Alcohol Abuse
Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930100
Email: david.lane1@hse.ie

Role of the Co-ordinator

The role of the Co-ordinator is to co-ordinate the planning and evaluation of services for persons involved with drug and alcohol misuse whether provided by the H.S.E or the voluntary sector and to liaise closely with all service providers. The Co-ordinator does not provide any treatment of Drug and Alcohol misuse directly to the public but is involved in:

- Determining needs within the community
- Developing recommendations and services in the prevention and treatment of drug and alcohol misuse

Currently treatment services are established in Co. Kerry, West Cork, North and East Cork and additional services in Cork City at Arbour House, Douglas Road and Heron House, Blackpool.

As the Co-ordinator does not provide services directly to the public there is no access arrangement. However, considerable contact is maintained through liaison work with voluntary groups, the Local Drugs Task Force and the Southern Regional Drugs Task Force.

ACCESS TO SERVICES ARBOUR HOUSE AND HERON HOUSE

Referrals are accepted from various sources: i.e. Clients and family members, G.P.s, Probation Services, Social Services and Hospital Services. People are seen on an appointment basis only and the service is free to all.

Please note that this is not an emergency service.

SERVICES PROVIDED

The services meet with the following groups:

- People who have concerns about their own alcohol or drug misuse
- People who have concerns about a family member’s alcohol or drug misuse
- Following consultation / assessment, a treatment plan is devised with the client who depending on needs, may indicate a brief intervention, one to one counselling, relapse prevention, non-residential / residential treatment programme, concerned persons programme or other intervention.
Cork Local Drugs Task Force

Contact Information

Co-ordinator, Cork Local Drugs Task Force
Tel: 021 4930102
Mobile: 087 0553157
Email: kate.gibney@hse.ie

Development Worker
Cork Local Drugs Task Force
Tel: 021 4930103
Mobile: 087 0553255
Email: gemma.oleary@hse.ie

Administrator
Cork Local Drugs Task Force
Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930102
Email: norma.madden@hse.ie
Website: www.corkdrugsinfo.ie

Role of the Co-ordinator & Development Worker

- Profiles all existing or planned services or resources available in the Task Force area to address the drugs issue;
- Facilitates multi-sectoral collaboration through increased participation in the Task Force;
- Supports the Task Force in reviewing emerging needs and prioritising responses;
- Disseminates information on local drugs issues, the Task Force plans, services and other responses;
- Establishes mechanisms for monitoring and evaluating the Task Force plans, which are consistent with the overall aims and objectives of the National Drugs Strategy;
- Ensures a proper evaluation framework is put in place for Task Force funded projects, so as to ensure their effective delivery, based on agreed objectives as outlined in the local area plan.

Southern Regional Drugs Task Force

Contact Information

Co-ordinator
Southern Regional Drugs Task Force
Email: chris.black@hse.ie
Mobile: 087 9980558
Tel: 021 4930100

Development Worker
Southern Regional Drugs Task Force
Tel: 021 4930100
Mobile: 087 0553657
Email: gordon.kinsley@hse.ie
Website: www.srdtf.ie

Role of the Co-ordinator & Development Worker

- To work across Counties Cork & Kerry (excluding Cork City) and deliver a Strategic Plan, developed by the Southern Regional Drugs Task Force, under the National Drugs Strategy.
- To develop and support community based responses to drug & alcohol misuse.
- To provide support to existing services, working in the field of drugs & alcohol.
- To provide up to date information to the Southern Regional Drugs Task Force, in order that a cohesive response be developed to issues as they arise.
- To work towards the improvement in service provision for those who are experiencing issues related to drug and alcohol misuse.
- To provide feedback from time to time to the Drugs Programme Unit and feed into national policy.
- To ensure that a real partnership approach is developed in response to drug and alcohol misuse.
Ballincollig Youth Initiative
Village Chambers, Village Shopping Centre,
Ballincollig, Co. Cork

CONTACT
Community Drugs Worker
Tel: 021 4810373
Mobile: 087 2844426
Email: ballincolligyouthinitiative1@gmail.com

SERVICES PROVIDED
• Outreach, referral and support services to parents, families and young people living in Ballincollig
• One to one support and group activities with young people, helping to promote a healthy lifestyle
• Drug and alcohol education and awareness programmes for schools and youth groups in local community
• Parents Support Group
• Acudetox (Ear Acupuncture)
• Harm Reduction, Mindfulness Based Relapse Prevention and Post Treatment Support Programmes

Ballyphehane Action for Youth (BAY Project)
20A Pouladuff Road, Ballyphehane, Cork City

CONTACT
Community Drugs Worker
Mobile: 087 1790689
Email: orla.oshea@foroige.ie
Project Worker:
Mobile: 086 3872041

SERVICES PROVIDED
• BAY is a prevention, education & prevention project which provides confidential, friendly, impartial support, advice and information to young people (14 – 24 years), who are currently using or at risk of using drugs. This service is free of charge and can be contacted by self referral / concerned parents / guardians / family members or other relevant agencies.
• One to one guidance and support for young people and parents

Blackpool - Hillgrove Outreach Project
Room 2, Blackpool Community Centre,
Great William O’Brien St.
Blackpool, Cork City

CONTACT
Project Co-ordinator/ Community Drugs Worker
Mobile: 087 7966020
Tel: 021 4500979
Email: trish.hillgrove@gmail.com

SERVICES PROVIDED
• Counselling, Harm Reduction, Family Support, Education, Information & Referral
• Parents / Concerned Persons Support Group

Carrigaline Youth Initiative
Carrigaline Community Complex,
Carrigaline, Co. Cork

CONTACT
Community Drugs Worker
Tel: 021 4919635
Mobile: 086 3837390
Email: Deirdre.nagle@foroige.ie

SERVICES PROVIDED
• Community based resource providing activities and programmes for 12 – 19 year olds
Club Projects
Health Promotion Department, HSE South, Eye, Ear and Throat Hospital, Western Road, Cork City

CONTACT
Health Promotion Officers:
Cork City
Tel: 021 4921670
County Cork
Tel: 021 4921649
County Kerry
Tel: 066 7184566
For general queries:
Senior Health Promotion Officer:
Tel: 021 4921670
Fax: 021 4921655
Email: hdp.south@hse.ie

SERVICES PROVIDED
The Club Cork Alcohol and Drugs Awareness programme developed by the Health Promotion Department in partnership with An Garda Síochána and local publicans, aims to increase awareness and inform those working in the pub/club environment about the negative effects of drug and alcohol misuse and to explore/identify possible solutions to deal with such issues effectively. All projects work in partnership with communities in raising awareness of harms associated with both alcohol and drugs and in finding local solutions to such issues.

Community Outreach Drug Awareness Project (CODAP)
Cork City Partnership Ltd.
Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City
Tel: 021 4302310
Fax: 021 4302081
Web: www.corkcitypartnership.ie

CONTACT
Community Drugs / Development Workers
Mobile: 087 1962022 / 087 1962030
Email: mmagee@partnershipcork.ie / jdaly@partnershipcork.ie

SERVICES PROVIDED
Cork City Partnership Ltd. implements the Community Outreach Drugs Awareness Project. This project aims to encourage and support communities to develop drug prevention strategies at local level.

• Prevention and Education, including short-term (unaccredited) and accredited e.g.,
  – Substance Use Issues in Youth & Community Work Course (FETAC Level 5) which is run in conjunction with Cork College of Commerce. This course components are designed to promote good practice among those who work (in a paid or voluntary capacity) with young people and communities who are affected by substance use.
  – Parent to Parent Training Programme (P-2-P). The programme is to help parents to develop an awareness and the confidence to guide their children through adolescence.
  – Other positive health, parenting and mental health and concerned persons’ training/education sessions as required.
  – Community Drugs Library: facilitates community access to drug and alcohol information. Computer and wi-fi access. Open Monday to Thursday, 9am to 5pm by appointment only.

• Awareness Raising:
  – Produces and maintains an up to date ‘Directory of Drug & Alcohol Services’ and other occasional publications / leaflets, available from Cork City Partnership, Tel: 021 430 2310
  – Seminars and workshops in response to emerging needs i.e. Cork Alcohol / Drug Awareness Events.

• Networking, Information Sharing and Capacity Building:
  – Facilitates networking of community, minority and at-risk groups to promote good practice e.g., Cork Family Support Network *(see support groups section 6) and Community Representatives on the CLDTF.
  – Technical assistance to community and minority groups to prepare local strategies, funding applications etc.
Cork Simon’s Youth Homeless Drug Prevention Project
Cork Simon Day Centre, Andersons Quay, Cork City

CONTACT
Community Drugs Worker
Tel: 021 4278728
Mobile: 087 6185907
Fax: 021 4278732
Email: youthdrugsproject@corksimon.ie
Website: www.corksimon.ie

SERVICES PROVIDED
The Youth Homeless Drugs Prevention Project, works as part of Cork Simon’s Day & Outreach Team, offering individually tailored responses to marginalised young people aged between 18 and 26. The YHDPP operates on a one to one basis with young people, helping to re-establish contact with family, offering support, advice and information on addiction and supports. It has an emphasis on supporting young people back into education and training and is closely linked with Cork Simon’s Employment and Training Project. The YHDPP is funded by Cork VEC through the Young Peoples’ Facilities and Services Fund. It also works closely with the CLDTF.

DAYS Project
(Douglas Area Youth Services)
Ardagh House, Old Carrigaline Rd., Douglas, Cork City

CONTACT
Project Co-ordinator/ Community Drugs Worker
Mobile: 087 1209001
Email: andrew.fiddow@foroige.ie

A community – based drug intervention project, which is committed to addressing the drug/ alcohol problem in the Douglas area.

SERVICES PROVIDED
• One to one support to young people who are actively involved in substance misuse

• Support and information for young people and parents living in the Douglas area
• Assessment service; making appropriate referral to other relevant services when required
• Diversionary activities to minimise the use of alcohol and drugs in the community

Dublin Hill / Ballyvolane Initiative for Youth
Portacabin Kempton Park, Ballyhooley Rd. Cork City – next to tennis courts
(Post c/o Foróige Offices, Level 1, Heron House, Blackpool Retail Park, Cork City)

CONTACT
Project co-ordinator/Community Drugs Worker
Mobile: 086 3668049
Email: stephen.connolly@foroige.ie
Community Drugs Worker
Mobile: 087 2933283
Email: yvonne.otoole@foroige.ie

SERVICES PROVIDED
We provide people in the Dublin Hill/ Ballyvolane area with the following services:
• Confidential support to individuals and families affected by Alcohol & Drug misuse
• Drug education/harm reduction/ prevention work in the community including the delivery of Drug Awareness workshops
• Referrals to relevant agencies, ongoing community support pre/post treatment
Farranree Alcohol and Drugs Awareness (FADA)
Farranree Community Resource Centre, Pophams Road, Farranree, Cork

CONTACT
Community Drugs Worker
Mobile: 086 1591507
Tel: 021 4212328
Fax: 021 4212329
Email: fadaproject@eircom.net

SERVICES PROVIDED
- The project can provide support, information and a referral service to individuals, parents and families in the Farranree area of Cork City
- An outreach/intervention service which aims to target young people at risk of misusing substances
- Education and prevention programmes which can provide individuals with the knowledge and skills, to help them make more informed choices

Glen Neighbourhood Youth Project
23 Mangerton Close, The Glen, Cork City

CONTACT
Project Co-ordinator/Community Drugs Worker
Tel: 021 2397599
Mobile: 087 7625985
Email: lisaksheehan@gmail.com

SERVICES PROVIDED
- Outreach, referral and support services to young people, their families and the community living in the Glen and surrounding districts
- One to one and small group work for young people presenting with drug/alcohol related issues
- Education and prevention work
- Family support

Glanmire Drugs Project
c/o Glanmire Youth Project, GAA Pavillion, Sallybrook, Glanmire, Co. Cork

CONTACT
Community Drugs Worker
Mobile: 087 2182821
Email: cora.coleman@foroige.ie

SERVICES PROVIDED
- Outreach, referral, support, information & education services to young people & their families in the Glanmire area
- Outreach, referral & support services to parents, families & young people with alcohol/substance misuse issues
- Confidential one to one support
- Delivering drug awareness workshops within the wider community

Greenmount Community Drugs Initiative
‘We Made This’, South Presentation Convent, Evergreen St., Cork City

CONTACT
Community Drugs Worker
Mobile: 086 8364366
Email: sinead.mcgrath@foroige.ie

SERVICES PROVIDED
- Outreach, referral and support services to young people, parents and families living in the Greenmount area
- Confidential one to one guidance and support service
- Group activities with young people to raise awareness of drug and alcohol issues
- Drug and alcohol education and awareness programmes for schools
Gurranabraher / Churchfield Community Drugs Project
c/o Youth Work Ireland – Cork
Gurranabraher Youth & Community Resource Centre, Gurranabraher Rd. Cork City

CONTACT
Community Drugs Worker
Mobile: 087 6294784
Tel: 021 4399862
Fax: 021 4399204
Email: outreach@ywicork.com

SERVICES PROVIDED
Gurranabraher Arts Programme is designed:
• To introduce young people to the arts and allows them access to different mediums.

Community Outreach Drugs Project provides:
• Outreach, referral and support services for young people aged 15-25 and parents/ families etc.
• Provides programmes in consultation with young people 15-25 with a drug and alcohol related issue focus
• Concerned Persons Programme
• Aftercare Group
• Recovery / Social Group

Knocknaheeny Drugs Project
Hollyhill Shopping Centre,
Knocknaheeny, Cork City

CONTACT
Project Co-ordinator/Community Drugs Worker
Tel: 021 4303902
Fax: 021 4399550
Mobile: 087 1224794
Email: celinehurley@eircom.net

SERVICES PROVIDED
• Outreach, referral and support services to parents, families and young people living in Knocknaheeny/Hollyhill area
• Confidential one to one support to young people/parents/families
• Making appropriate referrals to other relevant agencies
• Group activities with young people to raise awareness of drug and alcohol issues
• Delivering drug awareness workshops within the wider community e.g. schools & training centres
• Community addiction counselling service
• Personal development programmes / Parent support groups
• Youth Café for secondary school pupils in the area
Mayfield Youth 2000 – Phase 1
Kerrigan Tyrell Youth Centre, Tinker’s Cross, Mayfield, Cork City. (Post c/o Foróige Offices, Level 1, Heron House, Blackpool Retail Park, Cork City).

CONTACT
Community Drugs Worker
Mobile: 086 8523077
Email: deirdre.dennigan@foroige.ie

SERVICES PROVIDED
• Programmes & activities for young people with an alcohol and drugs focus
• Support, outreach & referral services for young people, parents and families in Mayfield area
• Confidential one-to-one support for young people, parents & families
• Drug & Alcohol Awareness Workshops available to the wider community on request
• Community Addiction Counselling Service available in centre weekly
• Family Support Group runs weekly

Mayfield Youth 2000 – Phase 2
Family Centre, 20 Lotamore Park, Lotamore, Mayfield, Cork City

CONTACT
Project Co-ordinator/Community Drugs Worker
Tel: 021 4530898
Mobile: 086 3682061
Email: martina.okeeffe@foroige.ie

SERVICES PROVIDED
• A drugs information and resource base within the Lotamore and surrounding area
• Support service and information for young people, parents, families and other interested groups
• Programmes which are educational and preventative
• Addiction counsellor service available on a weekly basis in the Lotamore Family Centre

Togher Link-Up Ltd.
13 Tramore Rd, Togher, Cork City

CONTACT
Project Co-ordinator/Community Drugs Worker
Mobile: 086 8251561
Email: kerry.dineen@foroige.ie
Project Worker
Mobile: 086 8240140
Email: kieran.oconnell@foroige.ie

SERVICES PROVIDED
• A link between the services available and the person experiencing difficulties either through their own or a significant other’s drug/alcohol misuse
• Provides the community with a range of drug/alcohol support services through crisis intervention, harm reduction, one to one and family support
The (TVG) Traveller Support Project on Drugs and Alcohol
25 Lower John St., Cork City

CONTACT
Community Drugs Worker
Mobile: 086 6084659
Tel: 021 4503786
Email: tvgdrugsproject@gmail.com

The TVG Support Project is a Community Drugs project which is committed to prevention, education, intervention and information based work.

SERVICES PROVIDED
• Provides outreach, referral, support, information and education services to Travellers
• One to one and confidential support to persons presenting with substance misuse/abuse issues and support to persons in recovery from addiction
• Drugs and alcohol education and awareness programmes
• Group work, e.g. Prison group, Men’s group, Social and Health group
• Liaise with the existing support services, agencies, projects and referring agencies

Yew Tree Project
22 Lakeland’s Crescent, Mahon, Cork

CONTACT
Project Co-ordinator/Community Drugs Worker
Mobile: 086 3801698
Tel: 021 4350445
Email: theresa.clifford@foroige.ie

SERVICES PROVIDED
• Provide outreach, referral and support services to young people, their parents/ families living in the Mahon and Blackrock area
• Confidential one to one guidance and support
• Making appropriate referrals to relevant agencies
• Drug and alcohol education awareness programmes in small group settings

YMCA (Cork)
11 – 12 Marlboro Street, (opp. Clancy’s)
Cork City

CONTACT
Project Worker
Tel: 021 4270187 / 021 4273056
Mobile: 085 1268985
Email: ymcahealth@yahoo.co.uk
ymcahealth@gmail.com

SERVICES PROVIDED
HEART & SOUL is a holistic Health Education programme for youth groups. The twenty available sessions cover concepts of health in its broadest form i.e. physical, mental, emotional, social and spiritual health with individual sessions focusing on the following topics: Introduction, Nutrition x 4, Stress, Body Image, Addiction, Alcohol/Drugs, Tobacco Entitlements & Services, Hygiene, Physical, Mental, Social & Sexual Health, Relationships Spirituality, and Evaluation Session.

D.I.O.N. Project
Project Worker
Tel: 021 4270187
Email: dion.ymca@gmail.com

SERVICES PROVIDED
An Independent Living Skills Programme for Young people covering areas such as:
• Budgeting and finance
• Health and Hygiene
• Loneliness and Support
• Career Guidance Issues
• Tenancy Rights
• Information
Bandon Community Drugs Initiative

Room 6, Town Hall, North Main St., Bandon, Co. Cork

CONTACT
Community Drugs Worker
Tel: 023 20721
Mob: 086 8251215
Email: Julie.cummins@foroige.ie

SERVICES PROVIDED
This Initiative aims to help and support young people aged between 14 and 23 in the Bandon and surrounding area who are experiencing problems in their lives as a result of their alcohol and/or drug experimentation and misuse. The focus of the Project is on those young people who are at ‘high risk’ of misusing, who are currently misusing and who are in need of support with their recovery from substance misuse.

- Outreach and one to one support in a safe, confidential environment
- Information, advice and support for both young people and their families
- Assistance in accessing relevant referral services such as counselling, assessment, treatment, further education and training programmes
- Ongoing support and continuing care for both the young person and their family as appropriate

Cobh Community Drugs Initiative

C/o Cobh YMCA, 8 Westbeach, Cobh, Co. Cork

CONTACT
Community Drugs Worker
Tel: 021 4814060
Mob: 086 8283760
Email: gemma@ymca-ireland.org

SERVICES PROVIDED

- Work with 14-23 year olds from Cobh, on a one to one basis, whose lives are affected by drugs and/or alcohol
- Support young people in recovery from drug and/or alcohol addiction
- Tailor make a plan for each young person encouraging change, growth, healthy lifestyle choices and fulfilling their potential
- Support/provide information for loved ones and family members of young people referred to service
- Provide a safe, confidential environment where young people are listened to and free to discuss issues
- Provide a link between young people in Cobh and other services where appropriate i.e. treatment centres, health clinics, assessment and counselling services etc.
- Aim to act as an advocate for the young person
- Auricular Acupuncture
- HEAL – Concerned Persons Group
Fermoy Community Based Drugs Initiative (FREE)

Cloyne Diocesan Youth Services,
2 Fitzgerald Place, C/o Family Resource Centre,
MacCurtain St., Fermoy, Co. Cork

CONTACT
Community Drugs Worker
Tel: 025 51887
Mob: 086 6096874
Email: siobhan@cdys.ie

SERVICES PROVIDED
• Free and confidential service
• One to one support to those aged 12-25 who are misusing drugs/alcohol
• Advice and information in relation to drugs and alcohol
• Supports for concerned persons, families etc. affected by drug/alcohol misuse
• Referral pathways to treatment and other significant services
• Advocacy for young people i.e. linking in with support services

Mallow Community Based Drugs Initiative

Cloyne Diocesan Youth Services,
Mallow Youth & Community Centre,
New Road Mallow, Co. Cork

CONTACT
Community Drugs Worker
Tel: 022-53526
Mobile: 086-3836414
Email: nicola@cdys.ie

SERVICES PROVIDED
• Free and confidential advice and information in relation to drug and alcohol queries
• One to one support for young people and their families affected by drugs and alcohol
• Provide a link to other services that can help e.g. addiction treatment centres, counselling services, health clinics, complimentary therapies
• Be an advocate for young people in dealing with other agencies and services e.g. training centres, employers, housing etc.
• Further information and referral forms can be found on: www.cdys.ie

Macroom Community Based Drugs Initiative

Cloyne Diocesan Youth Services,
Fitzgeralds House, Macroom, Co. Cork

CONTACT
Community Drugs Worker
Mob: 086 8031109
Email: catherine@cdys.ie

SERVICES PROVIDED
The project provides a one to one listening service for young people and their families whose lives have been affected by alcohol and/or other drugs. The project aims to act as an advocate for young people. The worker can offer support with reducing the use and harmful effects of alcohol and other drugs and in preventing relapse. This is done mainly through one to one meetings, family meetings, home visits, information and advice, complimentary therapies and referral on to other services such as counselling, detox and rehabilitation programs.
Mitchelstown Community Based Drugs Initiative
1 Thomas St., Mitchelstown, Co. Cork

CONTACT
Community Drugs Worker
Tel: 025 41511
Mob: 086 0439702
Email: mary@cdys.ie

The project offers outreach services, one to one support, information on drug and alcohol misuse, educational programmes in-line with best practice and ongoing support when accessing relevant services.

SERVICES PROVIDED
The initiative aims to work primarily with young people aged 12 - 23 in the Mitchelstown and surrounding area who:
- Are at high risk of using/experimenting with drugs/alcohol
- Are currently misusing drugs/alcohol
- Are in need of support with their recovery from substance misuse
- We also support Families to cope with their children’s drug/alcohol misuse

Youghal Community Based Drugs Initiative
C/o Nagle House, South Abbey, Youghal, Co. Cork

CONTACT
Community Drugs Worker
Tel: 024 90673
Mob: 086 3842183
Email: edward.mcbride@foroige.ie
Website: www.youghalcommunitydrugsinitiative.ie

SERVICES PROVIDED
- One to one support to those aged 14-24 years for those misusing drugs and concerned persons
- Assessment, care planning and onwards referrals
- Guidance, information, advice and support on accessing services, community supports etc.
- Active concerned person/family support group
Killarney Community Drugs Initiative
C/o KDYS Youth Centre, Fairhill, Killarney, Co. Kerry

CONTACT
Community Drugs Worker
Tel: 064 31748
Mob: 086 7364605
Email: desbailey@kdys.ie

SERVICES PROVIDED
The initiative aims to provide low-threshold intervention to young people, aged between 17 and 22, who:
- are currently using drugs
- have recently stopped and need ongoing support
- are at risk of drug/alcohol misuse
also
- One to one support
- Information for young people, parents and their families
- Help in getting further support if needed
- Family / Concerned Persons Support

Listowel & North Kerry Community Drugs Project
C/o Upper Church St., Listowel, Co. Kerry

CONTACT
Community Drugs Worker
Tel: 068 23744
Mob: 087 9263803
Fax: 068 23206
Email: gerardlowe@kdys.ie

SERVICES PROVIDED
- Supporting young people aged between 12 and 21 who are at risk due to drug/alcohol misuse
- One to one counselling
- Group work and activities
- Family support group

Tralee Community Drugs Initiative
C/o North & East Kerry Development Company Ltd., Ashe Street, Tralee, Co. Kerry

CONTACT
Community Drugs Worker
Tel: 066 7180190
Mob: 087 6708702
Fax: 066 7129562
Email: drugworker@nekd.ie

SERVICES PROVIDED
Support and information for young people aged between 16 and 21 in the Tralee area, who are experiencing problems in their life because of drug misuse.
Before 5 Family Centre
Churchfield Hill, Churchfield, Cork City

CONTACT
Project Worker
Tel: 021 4303561
Fax: 021 4307863
Email: before5centre@gmail.com
Web: www.before5familycentre.ie

SERVICES PROVIDED
Access to community counselling services.

CIT Careers & Counselling Service
2nd Floor, Student Centre, Cork Institute of Technology, Rossa Avenue, Cork
Tel: 021 4335752

SERVICES PROVIDED
Free and confidential counselling service for current registered students of CIT.

Community Based Addiction Counselling Service
Cork Local Drugs Task Force, Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930100

CONTACT
Addiction Counsellors:
Mobile: 087 0688486
Email: Liam.OMahony@hse.ie
Mobile: 087 4155404
Email: Pat.ORiordan2@hse.ie

SERVICES PROVIDED
The addiction counsellors employed in this project provide outreach support to clients of the Cork Local Drugs Task Force community based projects in Cork City.

Cork Counselling Service
Level 1, Heron House, Blackpool Retail Park Blackpool, Cork City

CONTACT
Counsellor on Duty
Tel: 021 4928300
Fax: 021 4399801

ACCESS TO SERVICES
The Community, Counselling and Advisory Service accepts referrals from various sources: i.e. Clients and family members, G.P.s, Probation Services, Social Services and Hospital Services. People are seen on an appointment basis only and the service is free to all.

Please note that this is not an emergency service.

SERVICES PROVIDED
The services meet with the following groups:
• People who have concerns about their own alcohol or drug misuse
• People who have concerns about a family member's alcohol or drug misuse
• Following consultation / assessment, a treatment plan is devised with the client who depending on needs, may indicate a brief intervention, one to one counselling, relapse prevention, non – residential / residential treatment programme, concerned persons programme or other intervention.

Please see all community based C.L.D.T.F Projects under (Section 1) of the directory
Cosicéim Counselling Programme (SHEP)
Village Chambers, The Village Centre, Station Road, Ballincollig, Co. Cork

CONTACT
Coiscéim Service
Tel: 021 4666180
Fax: 021 4870104
Email: socialandhealth@eircom.net
Website: www.socialandhealth.com

SERVICES PROVIDED
One to one, group and family counselling (Coiscéim Counselling Programme).

Dual Diagnosis (addiction and mental health) Community Service
Togher Community Centre, Togher Road, Togher, Cork

CONTACT
Dual Diagnosis Coordinator
Tel: 021 4321002
Mobile: 087 6486432 / 087 9054640
Email: John.Connolly@hse.ie / Natalya.Mayes@hse.ie

SERVICES PROVIDED
A comprehensive community based assessment and treatment for the co occurrence of addiction and mental health issues (dual diagnosis) is provided by the integration of the South Lee Primary Care Addiction Service and the South Lee Mental Health Services in the area of Togher/Ballyphehane, Cork.

UCC Student Counselling and Development Unit
Ard Patrick, College Road, Cork City

CONTACT
Student Counselling and Development Unit
Tel: 021 4903565
Fax: 021 4205168
Email: counselling@ucc.ie

SERVICES PROVIDED
Access to counselling services, also advice and support for UCC students who may be experiencing issues around drug/alcohol misuse.

U-Clinic
Together-Razem Centre, 17 Georges Quay, Cork City

CONTACT
U-Clinic Service
Tel: 021 4967743
Mobile: 086 3231184 / 089 4998610
Email: poradnia@together-razem.org
Web: www.together-razem.org

SERVICES PROVIDED
Project ‘U-Clinic’ was launched in early 2013 and provides services mostly for Polish Migrants with addiction problems. The Project deals with alcohol addiction, drug misuse, gambling and co-dependancy issues. U-Clinic offers: one to one counselling, group counselling, psycho education, prevention workshops, consultation, social advice and legal clinics.
Anchor Treatment Centre Limited
Spa Glen, Mallow, Co. Cork

CONTACT
Counsellor on Duty
Tel: 022 42559
Fax: 022 43843
Email: anchor@anchorcentre.ie

SERVICES PROVIDED
- Assessment and problem diagnosis
- Twelve-Week Treatment Programme for persons with dependency on alcohol/drugs/gambling
- Twelve-Week Family Programme for concerned persons
- Continuing Care Programme following completion of the above programmes
- Individual Counselling
- Acudetox Programme – Auricular (ear) Acupuncture
- Complementary Therapy

Arbour House & Community Counselling Services
Health Service Executive (HSE) South, Substance & Alcohol Misuse Services, St. Finbarr’s Hospital, Douglas Road, Cork City

CONTACT
The Administrator
Tel: 021 4968933
Fax: 021 4923276
Email: AddictionTreatment@hse.ie

SERVICES PROVIDED
- Consultation and assessment
- Treatment Programmes for adults who are addicted to drugs or alcohol, or both, on an out-patient basis
- Treatment programme for young people who are addicted to drugs, alcohol or both on an outpatient basis
- Family Support and Concerned Persons Information mornings
- Assessment and provision of methadone treatment

Cuan Mhuire Treatment Centre
Farnanes, Co. Cork

CONTACT
Nurse on Duty
Tel: 021 7335994
Fax: 021 7336377
Email: cuanmhuirecork@eircom.net

SERVICES PROVIDED
Cuan Mhuire, Farnanes, offers a comprehensive twelve week and twenty week residential treatment and rehabilitation programme for females suffering from addiction(s).
- Women only
- Detoxification Programme
- Residential Programme
- Transition House – 3 to 6 months
- Educational/Training/Development
- Two Year After-Care Programme
- Group Therapy and Individual Counselling
- Family Support Programme

Edward Court Treatment Services
HSE South, Edward St. Tralee, Co Kerry

CONTACT
The Administrator
Tel: 066 7184968 / 0761 083000
Fax: 066 7184969

SERVICES PROVIDED
- Client Centred Treatment Services
- Consultation and Assessment
- Provision of Methadone Treatment
- Relapse Prevention
- Family Support
Kerry Addiction Services
HSE South, Brandon House, Upper Rock St. Tralee, Co. Kerry

CONTACT
Reception
Tel: 0761 08 3000
Fax: 066 7186579
Email: Laura.Brosnan@hse.ie

SERVICES PROVIDED
A Non-Residential Treatment Programmes for Young People under 18. Treatment programs for adults who are addicted to drugs / alcohol / gambling.
• Assessments
• Individual Counselling
• Group Therapy
• Relapse Prevention
• Concerned Persons Programmes
• After Care Programme
• Outreach Counselling (Caherciveen, Dingle, Kenmare, Killarney, Listowel)

Matt Talbot Services (Non-Residential)
‘Rockview’, Trabeg Lawn, Douglas, Cork City

CONTACT
Reception
Tel: 021 4896400
Fax: 021 4896419
Email: infotrabeg@mtas.ie

SERVICES PROVIDED
• Tier 3 Service
• Referral
• Engagement
• Assessment
• Treatment
• Pre – Residential Programme
• Family Programme
• Aftercare

Matt Talbot Services (Residential)
‘Cara Lodge’, Ahiohill, Enniskeane, Co. Cork

CONTACT
Reception
Tel: 023 8839000
Fax: 023 8839590
Email: infocaralodge@mtas.ie

SERVICES PROVIDED
• Tier 4 service
• Residential treatment for adolescent boys between the ages of 14 – 18 years with serious substance misuse and collated psycho – social challenging behaviour
• A highly structured and diverse treatment programme focused on youth development and rehabilitation

Health Service Executive (HSE) South, Substance & Alcohol Misuse Services, St. Finbarr’s Hospital, Douglas Road, Cork City

CONTACT
the Administrator
Tel: 021 4968933
Fax: 021 4923276
Email: Addictiontreatment@hse.ie

SERVICES PROVIDED
This service can provide access to residential detoxification facilities for all age groups at four different locations. For information on the entry criteria and details of assessment please contact the administrator.

Tabor Lodge Addiction and Housing Services Ltd.
Ballindeasing, Belgooly, Co. Cork

CONTACT
Administration/Reception
Tel: 021 4887110
Fax: 021 4887377
Talbot Grove
Castleisland, Co. Kerry

CONTACT
Reception
Tel: 066 7141511
Email: info@talbotgrove.ie
Web: www.talbotgrove.ie

SERVICES PROVIDED
• 30 Day Residential Programme for Alcohol, Drugs, Gambling, Food and other addictions for those 18+ both Male or Female
• Assessment / Problem Diagnosis / Counselling
• Two year Continuing Aftercare Programme
• Family / Concerned persons Programme
• Education, Training & Development for Employers /Employees, Helping Professionals, Community and Voluntary Groups

Fellowship House
Spur Hill, Doughcloyne, Togher, Cork City

CONTACT
Counsellor on Duty
Tel: 021 4545894
Fax: 021 4344471
Email: fellowshiph@eircom.net

SERVICES PROVIDED
Fellowship House provides a residential supportive environment for addicted men in early recovery. Duration of programme is twelve weeks. It also provides a monthly in-house meeting for men who have completed the programme. The aim is to facilitate the development of a contented, healthy, sobriety, enabling a transition to independent living, accommodation and re-integration into the workplace.

ADMISSION CRITERIA
• Diagnosis of addiction and have completed a primary treatment
• Willingness to participate in a work/training programme on a part-time basis
• Be 18 yrs of age or older
• Be free of alcohol/drugs for at least 72 hours prior to admission

THREE MONTH PROGRAMME
• The programme at Fellowship House includes individual and group counselling
• Provides education on personal development and relapse prevention
• Its emphasis is on personal responsibility, peer support, health care, participation in a Twelve Step Group and lifestyle changes
• Residents participate in a FÁS funded training programme at Northside Community Enterprises for 20 hrs per week
• Residents are encouraged to develop health/recreational skills
• Family participation is welcomed
• Residents are encouraged and supported in securing suitable ‘move on’ accommodation
Link Workers

Drug and Alcohol Services, HSE South, Floor 1, Kinvara House, Dublin Hill, Cork City

CONTACT
Link Workers – Drug and Alcohol Services, HSE South
Tel: 021 4930100

SERVICES PROVIDED
The Link Workers, one for Cork City & County and one for County Kerry, work with Treatment Centres to support and assist clients in the treatment and rehabilitation process by engaging with other agencies to establish links with a wide variety of statutory and community/voluntary agencies.

The Link Workers will negotiate access to services for the clients with any agencies that can help them address their needs. Dealing with the clients’ additional needs (other than treatment), which can allow the client to concentrate on their addiction problems.

Renewal – Women’s Residence

Shanakiel, Blarney Road (Near Calvary), Cork City

CONTACT
Counsellor on Duty
Tel: 021 4300844
Fax: 021 4391395
Email: renewal@eircom.net

SERVICES PROVIDED
The primary mission of Renewal is to provide a residential supportive environment for addicted women in early recovery. The programme at Renewal emphasises personal responsibility, peer support, participation in a Twelve Step Programme and lifestyle changes which includes participation on an Outreach Employment Programme Scheme (CE). This scheme is designed to assist residents to re-integrate back into the workplace/education.

ADMISSION CRITERIA
• Diagnosis of addiction and have participated in a primary treatment programme.
• Aged 18 or older
• Free of alcohol and drugs for 72 hours prior to admission
• Willingness to obtain employment or voluntary work
• Willingness to participate in the programme of recovery and in employment (part or full time)

OTHER SERVICES PROVIDED
• Group Therapy
• One to one counselling
• Personal Development and Health Care
• Development of sober support system
• Learning sober recreational skills
• Relapse Prevention
• Weekly Support Group
• Monthly aftercare meetings
• Assistance in securing suitable accommodation upon leaving Renewal if required
Access Housing Unit

2nd Floor, 89-90 South Mall, Cork City

CONTACT
Reception
Tel: 021 4321133
Fax: 021 4966518
Email: infocork@ahu.ie
Website: www.threshold.ie/accesshousingunit/accesshousingun.html

SERVICES PROVIDED
• The Access Housing Unit works to reduce the number of homeless people in emergency accommodation in Cork and Kerry by supporting these people to access and maintain private rented accommodation through tenancy sustainment.
• Provides advice to and proactively works with individuals and families whose tenancies are at risk, to salvage such tenancies and prevent people from becoming homeless.

Big Brothers Big Sisters of Ireland (BBBS)

Foróige Offices, Level 1, Heron House, Blackpool Retail Park, Cork City

CONTACT
Project Workers
Tel: 086 8513347
Email: brenda.keating@foroige.ie
Tel: 086 0412946
Email: susan.delaney@foroige.ie
Website: www.bbbsireland.ie

SERVICES PROVIDED
BBBS is a national youth mentoring programme operated by Foróige which has been running successfully in Cork since 2007. BBBS aims to make a positive difference in the lives of young people (10-18yrs) through a professionally supported one to one relationship with a caring older volunteer.

The volunteers, as Big Brothers or Big Sisters, are friends, mentors and positive role models who assist these young people in achieving their unique potential. Referrals can be made directly to Brenda and Susan or through Youth Work, Social Work, School etc.

The Bridge Recovery Group Ltd.

21A, South Parish Community Centre, Sawmill Street, Cork City

CONTACT
Supervisor
Tel: 021 4313411
Fax: 021 4313574
Email: bridgerecoverygroup@eircom.net

SERVICES PROVIDED
Provides a recovery programme to people over 25 recovering from the misuse of alcohol and/or drugs. Services include:
• Training and Employment
• Ongoing support
• One to one and group counselling
• Parents support group

Cork Alliance Centre

Robert Scott House, 6 St. Patrick’s Quay, Cork City

CONTACT
Project Co-ordinator
Mobile: 087-6890210
Tel: 021 4557878
Fax: 021 4557880
Email: sheila@corkalliancecentre.com

SERVICES PROVIDED
The Cork Alliance Centre provides a range of services to support prisoners and former prisoners to make a ‘fresh start’, both in terms of reducing offending and increasing positive participation in individual, family and community life. For service users who want to make a fresh start on their release, the Cork Alliance Centre helps them achieve their aims through a
range of resettlement services, tailored to individual needs. As the Centre works with service users on all aspects of their life, a better ‘wrap around’ service is provided, linking in where appropriate with other agencies and departments in a more joined up service for the service user.

The work of the Cork Alliance Centre relates to activities which seek to facilitate service users to become generally better equipped to manage their lives positively. The goal of these activities is to reduce the risk of re-offending by directly targeting service user’s motivation, attitudes, awareness and general personal, social and occupational functioning.

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Churchfield Community Trust Ltd.
109 Knockfree Avenue, Churchfield, Cork City

CONTACT
Project Worker
Tel: 021 4210348
Fax: 021 4210034
Email: cctrust@eircom.net

SERVICES PROVIDED
A Community Based Project for young men. We offer training, work and enterprise skills with a focus on woodwork, painting and horticulture. We endeavour to bridge the gaps in formal education through skills such as literacy, computer (IT), cookery, metalwork and mechanics. Sports and leisure activities are also included.

Personal development is a key component of our programme as it can be a significant key to changes in attitudes, beliefs and behaviours. We can offer intensive support in a very safe and structured environment, thus providing the participants with the opportunity to grow and develop.

We also offer an alternative health programme – aromatherapy, massage and yoga. All of our clients are in different stages of recovery and therefore their needs vary and these are assessed and met accordingly.

Cork City Local Employment Service (CCLES)

Head Office – Cork City Partnership, Level 1, Heron House, Blackpool Retail Park, Cork City

CONTACT
CCLES Co-ordinator
Tel: 021 4302310
Fax: 021 4302081
Email: info@ccles.ie
Website: www.corkcitypartnership.ie

SERVICES PROVIDED
The CCLES is a citywide service (7 LES Outreach Offices throughout Cork City) aimed at supporting job seekers in their efforts to find suitable work. The service was set up specifically for those who experience most difficulty in accessing work, education or training opportunities in Cork City.

• One to One Meetings,
• Ongoing support in the search for employment
• Information on jobs & information on training and educational opportunities

The Dillon’s Cross Project

The Glen Resource Centre, The Glen, Cork City

CONTACT
Project Worker
Mobile: 086 8530895

SERVICES PROVIDED
Training and information for female relatives and partners of ex-prisoners through the following services:

• 30 week programmes for women
• Individual and group counselling
• Childcare, Parenting courses and Crafts (FETAC)
• Women’s Health
• Communication Skills (FETAC)
• Work Preparation
• Access to CE schemes and further education
• Mentoring
• Assertiveness & Stress Management
• Computers
The Grattan Project

c/o Probation Services, St. Nicholas Church, Cove St., Cork

CONTACT
Project Administrator
Mobile: 086 7928332
Tel: 021 4836727
Fax: 021-4845146
Email: liz.grattonproject@gmail.com
Website: www.probation.ie

SERVICES PROVIDED
Provides one to one and group counselling to clients of the Probation & Welfare service, Cork Prison, and ex-offenders experiencing alcohol and drug related problems.

H.O.P.E. Project

Northside Community Enterprises, Farranferris Education Campus, Redemption Rd., Cork City

CONTACT
Project Workers
Tel: 021 4228100
Email: hopeproject2011@yahoo.com

SERVICES PROVIDED
Support services for juvenile offenders and their families through:
• Access to Youthreach, CE Schemes and further education / training / work opportunities
• Support and guidance for those with drug and/or alcohol problems and treatment needs, housing issues etc.
• Training Courses in woodwork skills / work preparation, literacy, numeracy and guitar
• Linkages with community agencies

Post Release Services

Cork Prison, Rathmore Road, Cork City

CONTACT
Project Worker
Tel: 021 4518814
Fax: 021 4503279
Email: fjrussell@irishprisons.ie

SERVICES PROVIDED
The co-ordinator provides a post release programme to support the reintegration and resettlement of ex-prisoners by liaising with statutory and voluntary services on their behalf. The project provides information, advice on education and training services and a mentoring role in relation to the above is also provided to ex-prisoners and their families.

The Samaritans

Coach Street, Cork City

CONTACT
Volunteer
Tel: 1850 609090
Tel: 021 4271323
Email: jo@samaritans.org
Websites: www.corksamaritans.ie & www.samaritans.org

SERVICES PROVIDED
• 24-hour confidential, emotional support helpline for people who are experiencing feelings of distress or despair, including those which may lead to suicide
• Talks to community and interested groups about emotional health promotion, the value of listening and the signs and symptoms of suicide
• Facilitated external training programmes also available for community and interested groups
The Sexual Health Centre
16 Peter’s Street, Cork City

CONTACT
Reception
Tel: 021 4276676
Fax: 021 4274370
Helpline: 021 4276676
Email: info@sexualhealthcentre.com
Website: www.sexualhealthcentre.com

SERVICES PROVIDED
• Training and support for young people on sexual health and drugs, so that they can act as peer educators
• Free Pregnancy Testing, Post Abortion Counselling and Post Medical Check-up in a safe, respectful and supportive environment in which to explore options and discuss feelings
• Rapid HIV Testing, Personal Support, Education and counselling to people with HIV and their significant others in a safe and welcoming environment
• Skills based Sexual Health workshops for Schools, Youth and Community Groups.
• Professional Training in Cork and Kerry so as to promote positive sexual health
• Multi- sessional Schools based mentoring programme

SHINE
Supporting People Affected by Mental Ill Health
14A Washington St. West, Cork City

CONTACT
Regional Development Officer
Tel: 021 4949833
Fax: 021 4949834
Mobile: 086 8525 755
Email: info@shineonline.ie
Information Helpline: 1890 621 631
Website: www.shineonline.ie
Information Resource: www.recover.ie

SERVICES PROVIDED
SHINE supports people affected by mental ill-health. SHINE runs self help support groups for people with mental health difficulties, called ‘Phrenz’ groups. SHINE also runs self help support groups for relatives and carers of people experiencing mental ill health. SHINE also runs Recovery courses, Healthy Lifestyle courses, and Family Education courses. All services can be accessed through self-referral:
• Regional Office - offers one to one support, information, and options.
• Advocacy - information on Social Welfare benefits, housing, other benefits and entitlements etc.
• Counselling (contact 086 0401657)
• 'The Basement' Resource Centre – those experiencing mental health difficulties can join as members, and take part in activities and classes run daily in the centre.

Teen Parents Support Programme (TPSP)
34 Paul St., Cork City

CONTACT
Project worker
Tel. 021 4222987
Mobile: 086 8278774
Email: tpspcork@eircom.net
Website: www.teenparents.ie

OPENING HOURS
Mon. – Fri. 9.30 a.m. – 4.30 p.m.

SERVICES PROVIDED
• A resource centre and home visiting service for young parents during pregnancy until baby is two years old
• Provide information and support on parenting, relationships, accommodation, benefits, managing money, education options and much more
• Opportunities to meet other young parents
• Links and referrals to other support services etc.
Youth Health Service (YHS)
73 Shandon Street, Cork City
(Across the Bridge from the Gate Cinema)

CONTACT
Project Co-ordinator
Tel: 021 4220490/1
Fax: 021 4220498
Email: yhs@hse.ie

OPENING TIMES
Monday – Friday: various, including late opening on Wednesdays

SERVICES PROVIDED
A free and confidential, sexual health and related counselling service for young people under the age of 21.

YHS Services Include:
• Contraceptive Clinic
• STI Clinic
• Crisis Pregnancy Counselling
• Pregnancy Testing
• Post Abortion Medical Check-ups
• Drug and Alcohol Counselling
• Youth Work Support and Advice
• Health Promotion

Alcoholics Anonymous (AA)

CONTACT
(AA) Public Information Number / Answering service
Mobile: 086 733229
South Parish Community Centre, Rutland St.
Cork City
(For full list of meeting see www.alcoholicsanonymous.ie)

SERVICES PROVIDED
Alcoholics Anonymous (AA) is a ‘Twelve Step’ fellowship, self-help support group network dedicated to helping anyone suffering because of their drinking. The Twelve Step Programme is the suggested format for recovery from alcoholism and its effects. AA is for anyone with a desire to tackle their own drinking problem.

(AA) Multi-lingual Groups Cork City & County

Multi-lingual AA Group
C/o 12 Patrick’s Hill, Cork City

CONTACT
For meeting times and locations, contact: 087 1202155
This group is multi-lingual, with Russian and Polish speakers also.

Lithuanian Language AA Group
Eason’s Hill Community Centre

CONTACT
For meeting times and locations, contact: 087 1202155

Polish Language AA Group
C/o Saint Augustine Church, Washington St.,
Cork City

CONTACT
For meeting times and locations, contact: 087 6469175

SERVICES PROVIDED
• Support group
• Unity, service and recovery
Churchfield Community Trust Outreach Support Group
Churchfield Community Trust Ltd.
109 Knockfree Ave, Churchfield, Cork City

CONTACT
For meeting times and locations
Tel: 021 4210348
See pg. 24 for Churchfield Community Trust’s other services

Cork City Partnership – Knocknaheeny Project
(Formerly ‘We The People’)
Drug Support Group

Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny, Cork City

CONTACT
Project Worker
Tel: 021 4399503
Fax: 021 4399866
Email: noregan@partnershipcork.ie
wethepeople1@eircom.net

SERVICES PROVIDED
- Information and support around drugs/alcohol issues
- Links to relevant resources and supports are signposted
- Organised activities for young people from local target groups

Dual Recovery Anonymous (DRA)
c/o Room 6, Dominican Centre, Popes Quay, Cork City

CONTACT
DRA Member / Helpline: 085 7843414
Email: dracork@gmail.com
Website: www.dualrecoveryanonymous.org

SERVICES PROVIDED
Dual Diagnosis Anonymous is a 12 step fellowship support group for people who are in difficulty with substance misuse and who also have mental health issues. Please check www.dualrecoveryanonymous.org for Cork meeting locations etc.

Gamblers Anonymous (GA)
c/o Quaker House, Capwell / Summer Hill South, Cork City

CONTACT
For information, location and meeting times:
Member of Gamblers Anonymous
Tel: 087 2859552 (8 p.m. – 10 p.m.)
Email: info@gamblersanonymous.ie
Web: www.gamblersanonymous.ie

SERVICES PROVIDED
Self help group for those who are or have been affected by a gambling problem.
HADD Child & Family Support Group

Bessboro Estate, Blackrock, Cork City

CONTACT
Project Co-ordinator
Tel: 021 4515032
Fax: 021 4515062

SERVICES PROVIDED
Working for families living with A.D.H.D
• Parents Support Group
• Supports for Children & Families
• One to One Meetings with Parents
• Awareness and Information Meeting
• Referrals to Counselling Services
• Networking to improve services
• Parent to Parent listening service

Polish Sobriety Club ‘Pomost’

Cork Migrant Centre, South Presentation Centre,
Evergreen St., Cork City

CONTACT
Project Co-ordinator
Mobile: 086 2641434
Email: kclub.pomost@gmail.com

SERVICES PROVIDED
The club is a safe place where addicted people and their families learn to live with a sense of safety and mutual respect. They can also learn about being sober and how to live life without drugs.

Other services:
• Providing information and assistance about addiction and treatment options to people who are not members of ‘Pomost’ Club.
• Organising club members meetings along with cultural, integration, education, motivational and occasional meetings.
• Organising meetings and information sessions with addiction specialists
• Sports and recreational activities

Narcotics Anonymous (NA)

CONTACT
Member of Narcotics Anonymous/ Answering Service
Helpline: 087 1386120
Email: info@nasouth.ie
Website: www.nasouth.ie

SERVICES PROVIDED
Self-help support group for people who are addicted to substances.
Meetings in various locations across the city and county please check www.nasouth.ie or contact 087 1386120 for full list.
Family Support Groups – Who are we?
Family Support Groups provide support and information for families affected by drugs and alcohol.

FAMILY SUPPORT GROUPS

ACoA (Adult Children of Alcoholics & Dysfunctional Families)
CONTACT
Centre Office, Tel: 021 450 2267
for meeting times and locations

Al-Anon Family Groups
CONTACT
Answering Service Tel: 021 431 1899
for meeting times and locations

Bridge Recovery Parents / Concerned Persons Support Group
CONTACT
Tel: 021 431 3411
for meeting times and locations

FADA - Family Support Group
CONTACT
Tel: 086 1591507
for meeting times and locations

Mahon Family Addiction Support Group
CONTACT
Tel: 021 435 8866
for meeting times and locations

Matt Talbot Father’s Group
CONTACT
Tel: 021 489 6400
for meeting times and locations

Matt Talbot Mother’s Group
CONTACT
Tel: 021 489 6400
for meeting times and locations

Mayfield Family Support Group
CONTACT
Tel: 086 8523077 or 086 3682061
for meeting times and locations

Nar Anon
CONTACT
Tel: 086 1755 122
for meeting times and locations
Parents Aware Ballincollig Family Support Group

CONTACT
Tel: 085 1265876 or 021 4876295
for meeting times and locations

St. Nicholas’ Trust (for Families of Prisoners)

CONTACT
Tel: 086 1768266 or 086 1768267
for meeting times and locations

Tabor Lodge Family Support Groups

CONTACT
Tel: 021 4887110 or
Email: kgreaney@taborlodge.ie
for meeting times and locations

‘The Hut’ Family Support Group

CONTACT
Tel: 087 6294 784
for meeting times and locations

FOR FURTHER INFORMATION ON FAMILY SUPPORT GROUPS IN YOUR AREA PLEASE CONTACT:

• THE COMMUNITY BASED LOCAL & REGIONAL DRUGS TASK FORCE PROJECTS PG: 6-16

• THE VARIOUS TREATMENT CENTRES PG: 19 -20

For further information on meeting times etc. of support groups, including family support / concerned person’s groups, please contact the Community Outreach Drug Awareness Project (see page 7).

CONTACT
Community Development / Drugs workers:
Tel: 087-1962022 / 087-1962030
Email: mellamagee@partnershipcork.ie / jdaly@partnershipcork.ie
Cork Foyer
Assumption Road, Blackpool, Cork City

CONTACT
Foyer Manager
Tel: 021 42 88 524
24-Hr Mobile: 086 8531755
Fax: 021 42 88 536
Email: barry_waddingham@corkcity.ie
Web: www.corkfoyer.ie

SERVICES PROVIDED
Cork Foyer is an accredited Foyer that is owned and managed by Cork City Council. Offers safe and secure, supported accommodation for young adults aged 18-25 that are homeless or at risk of becoming homeless. Cork Foyer has 18 single, fully furnished en-suite rooms with shared kitchen facilities, including 3 adapted rooms for wheelchair users. The Foyer is equipped with an IT suite and a conference room, designed to ensure training and education remain at the heart of the project.

Cork Foyer offers:
• Furnished en-suite accommodation with shared kitchens
• Staff support with a range of personal support issues
• Assistance with move on accommodation
• Advice and guidance, access to training and employment opportunities
• Internal & external training & development opportunities
• External workshop & Garden project
• Fully furnished computer suite and training room
• Resident participation opportunities through organised events or via the Resident Committee
• A safe and secure environment to live, which is staffed 24 hours a day, 365 days of the year
• Toddler Play park (2 – 5yr olds) & Café seating area

Cork Simon Community
General Post to:
St. Nicholas House, Cove Street, Cork City

CONTACT
Head of Emergency Support Services:
Tel: 021 4226029
Mobile: 086-0258344
Email: eleanor@corksimon.ie
Web: www.corksimon.ie

SERVICES PROVIDED
Cork Simon Community works in solidarity with men and women who are homeless or at risk of homelessness in Cork, offering housing and support in their journey back to independent or supported living. Cork Simon provides accommodation, housing support, access to addiction and health services, activities and training and employment opportunities to enable people to move out of homelessness.

Homeless Emergency Support Services:
• Cork Simon’s Emergency Shelter provides care, accommodation and support
• The Soup Run 365 nights a year
• An Outreach Team provides care, advice and information on addiction services, harm reduction supports and safe practices.
• Adult Homeless Integrated Service Team (AHIS) provides primary health care services at Cork Simon’s Emergency Shelter/Day Service.
• An Employment and Training Programme works on a one-to-one basis with people identifying education, training, work experience and employment opportunities.
• An Activities Programme helps people build self-confidence, providing positive alternative (harm reduction) activities for those who are hard to reach and/or heavily addicted. Creating social networks and linking people with the wider community.

Housing Support:
• 5 High Support Houses provide round-the-clock care for people whose health and other needs are such that they are not able to live independently.
A Housing Support Team supports people to return to independent-living in their local communities.

*see PAGE 8 CORK SIMON YOUTH HOMELESS DRUG PREVENTION PROJECT

Good Shepherd Services
Convent Avenue, Sunday’s Well, Cork City

CONTACT
Service
Tel: 021 4309505
Fax: 021 4305250
Email: jmurphy@gsscork.ie
Website: www.goodsheperdservice.ie

SERVICES PROVIDED
Good Shepherd Services has worked with women and children who are vulnerable to homelessness in Cork for the last 40 years. It is the only service dedicated to women and children, providing comprehensive support to this vulnerable group.

Edel House
Grattan Street, Cork City
Tel: 021 4274240
Fax: 021 4274160
Email: edelhouse@gsscork.ie

Provides emergency residential accommodation and support to women and children who are homeless.

Bruac Eile Training & Education Centre
Redemption Road, Farranferris, Cork City
Tel: 021 4397314
Email: bruac@gsscork.ie

Bruac Eile Training & Education Centre is a place where girls and women who are early school leavers, unemployed, or vulnerable to homelessness can engage in meaningful education, training and development. A range of formal FETAC courses are offered in addition to many social and life skills programmes.

Good Shepherd Services Aftercare / Outreach Service
Hearth, Henry Street, Cork City
Tel: 021 4283890
Email: lmulcahy@gsscork.ie

Good Shepherd Services Aftercare and Outreach Team assist women who have been homeless to move into sustainable housing and live independently. It is a confidential service offering emotional support and a range of practical services. A ‘Drop-In’ service is provided where vulnerable girls and women are supported.

Riverview
3 North Mall, Cork City
Tel: 021 4304205
Email: elowe@goodsheperdservices.ie

Riverview provides short to medium term accommodation for girls (15 to 20 years of age) who are out of home or vulnerable to being homeless.

St. Helen’s Care Association
Missionaries of Charity, Blarney, Cork

CONTACT
Sister on Duty
Tel: 021 4381687
Convent: 021 4382041

SERVICES PROVIDED
• Hostel for homeless men
• Home for recovering alcoholics, drug and gambling addicts
• Counselling: one to one and group therapy
• Men’s support group
St. Vincent de Paul (SVP)
Ozanam House, 2 Tuckey Street, Cork City

CONTACT
Tel: 021 4270444
Fax: 021 4270644
E-mail: info@svpcork.ie

SERVICES PROVIDED
The Society (SVP) has 90 branches (conferences) in the region and has 750 members. The Society (SVP) offers many services including:
- Providing support to people in need through home visitation
- Provides hostels for homeless men
- Offers a range of educational supports

Wellsprings
Wandesford Quay, Cork City

CONTACT
Tel: 021 4318953
Fax: 021 4321193
Email: wellsprings@eircom.net

SERVICES PROVIDED
- Residential service for young women between the ages of 16 and 23. The service provides accommodation and support for those who are out of home, or require further assistance to make the transition from residential or foster care to independent living.
- An Outreach Service is offered to those who have moved on to live in the community.

Threshold Ltd.
22 South Mall, Cork City

CONTACT
Tel: 021 4278848
Fax: 021 4805111
Email: advicecork@threshold.ie
Web: www.threshold.ie

SERVICES PROVIDED
- Provides free information, advice and advocacy services for people with housing problems.
Cork City Partnership Ltd.,
Community Outreach Drug Awareness Project (CODAP)

Please see pg: 7 for information on training / education opportunities offered by CODAP

Cork Institute of Technology

Department(s): Social and General Studies, Rossa Avenue, Bishopstown, Cork City

CONTACT
Department(s): Social and General Studies
Tel: 021 4347800
Email: gus.murray@cit.ie

Mobile: 087 6691584
Email: ucoakley@yahoo.co.uk

SERVICES PROVIDED
Counselling & Psychotherapy Certificate / Degree course

NCE Outreach Ltd.

Farranferris Education and Training Campus, Redemption Rd., Cork City

CONTACT
Project Worker
Tel: 021 4228100
Fax: 021 4228199
Email: info@nce.ie

SERVICES PROVIDED
Community Employment Programmes for post-treatment referral

Health Promotion Department, HSE South

Eye, Ear and Throat Hospital, Western Road, Cork City

CONTACT
A/ Senior Health Promotion Officer
Tel: 021 4921641

Fax: 021 4921655
Email: Sandra.Coughlan@hse.ie

SERVICES PROVIDED
The following supports are offered in the context of the Health Promoting Schools Initiative:

- Support available to both primary and post primary schools to develop/review a School Substance Use Policy.
- Alcohol / Drug awareness training provided to both staff and parent groups within the school community
- Information and resources available on Alcohol, Tobacco and other drugs, as well as a range of other health related issues.

The Social & Health Education Project (SHEP)

Village Chambers, The Village Centre, Station Road, Ballincollig, Co. Cork

CONTACT
Reception
Tel: 021 4666180
Fax: 021 4870104
Email: socialandhealth@eircom.net
Web: www.socialandhealth.com

SERVICES PROVIDED
Training and Development:
- Training in personal and social awareness
- Training in group facilitation
- Training in personal development tutoring
- Training in community advocacy
- Training in applied facilitation for Communities and Organisations
- Specialised supports to organisations i.e. (supervision / consultations)

Therapeutic Support:
- One to one, group and family counselling (Please see Coiscéim Counselling Programme pg. 18)
- Psychotherapist – supported training
- Facilitation of support groups
- Cork Advocacy Services
Cork City Partnership Ltd., Community Outreach Drug Awareness Project (CODAP)
Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City

Please see pg. 7 for further details on publications produced by CODAP or go to: www.corkcitypartnership.ie to download copies of this ‘Directory of Drug and Alcohol Services in Cork and Surrounding Areas’ and other publications.

Cork Youth Information Centre
11-12 Marlboro Street, Cork City

CONTACT
Centre Co-ordinator
Tel: 021 4270187
Fax: 021 4274726
Email: yic@ymcacork.net
Website: www.notalone.ie

SERVICES PROVIDED
- Caters to age range 13 – 25 years
- Provides comprehensive and user friendly information service specialising in such issues as education and training, employment rights, health and social services, travel and summer work abroad
- Produces a credit card sized guide of useful addresses for young people entitled notalone.ie

Health Promotion Department, HSE South
Eye, Ear and Throat Hospital, Western Road, Cork City

CONTACT
Tel: 021 4921641
Website: www.healthpromotion.ie

SERVICES PROVIDED
A wide range of publications can be ordered online from www.healthpromotion.ie including information on drugs and alcohol, mental health, sexual health, smoking and other health topics. If you are working in the area of health, education, youth /community work or similar, publications can be ordered in large quantities following registration on the website. Information can also be sourced through the Health Promotion Department, Eye, Ear and Throat Hospital, Western Road, Cork.
Asylum Seekers Outreach Service

Cork City Partnership Ltd.,
Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

CONTACT
Project Worker
Tel: 021 4302310
Mobile: 087 9209478
Email: sgabor@partnershipcork.ie

SERVICES PROVIDED
• A free service providing information to asylum seekers at different stages of the asylum determination process
• To help asylum seekers interface with various service providers (state agencies, public and community and voluntary organisations) on issues relevant to them.
• Weekly Outreach Clinics in: Glenvera Hotel, Wellington Road, Cork City and Kinsale Road Accommodation Centre. Also by appointment.

Cork Gay Project

8 South Main Street, Cork City

CONTACT
Main Office / Administration
Tel: 021 4278470
Email: info@gayprojectcork.com
Web: www.gayprojectcork.com & www.gayyouthcork.com

SERVICES PROVIDED
The Cork Gay Project provides information, support and education on issues relating to sexual health, lifestyle and sexuality. Other services include one to one counselling, support, drop-in, prevention, outreach, helpline, referral, addiction services and a variety of support and self-awareness groups. This project also operates a number of youth initiatives including the Unite Youth Group. See gay youth website above for details.

OTHER FACILITIES
Drop in Centre: The Other Place Café
Meeting Space (with Wi-Fi & LCD Projector) available for community groups
G.U.M. / STI Clinic
(Genito – Urinary Medicine)
South Infirmary Victoria University Hospital, Old Blackrock Road, Cork City

CONTACT
Clinic Nurse Manager
Tel: 021 4966844
Fax: 021 4320667

SERVICES PROVIDED
• Free and confidential service offering screening, diagnosis and treatment of sexually transmitted infections.
• Appointment system only
• 24 hour Voice Mail Service

Mná Feasa Women’s Domestic Violence Project
Block 8, St Marys Campus, Gurranabraher, Cork City

CONTACT
Tel: 021 4212955
Fax: 021 4212955
Mobile: 085 8888576
Email: mnafeasa@eircom.net

SERVICES PROVIDED
Mná Feasa provides support to women who have in the past, or are currently experiencing domestic violence. The services we provide are:
• Helpline 021 4211 757
• One to one support
• Support groups for women
• Awareness Raising and Public Education Work
• Schools Education Programme
• An accompaniment service for women attending courts, Garda Stations, doctors, hospitals, and mediators.
LINC (Advocating for Lesbian and Bisexual Women in Ireland)

11A White St., Off Douglas St., Cork City

CONTACT
Co-ordinator
Tel: 021 4808600
Email: info@linc.ie
Web: www.linc.ie
Confidential Help Line Wed 7:00 – 9:00 p.m
Tel: 021 4318318

LINC aims to improve the quality of life, health and well-being of all women who identify as Lesbian or Bisexual

SERVICES PROVIDED
• One to one support
• Education & Training
• Awareness around Sexual Orientation
• Equality & Diversity Training
• Access to Peer Support Services
• The UP Youth Project
Who we are ……
The UP Project supports and resources gay, lesbian; bisexual and transgender young people aged 15–24 to make informed decisions which positively affect their lives through various activities and workshops etc. For further details ring: 021 4300430 / 021 4808600 or email: youthworker@theotherplacecork.com

Northside Community Health Initiative (NICHE)

HSE Building, (beside Credit Union), Harbour View Road, Knocknaheeny, Cork City

Community Garden, Hollyville (behind Discount Fuel Station), Harbour View Road, Hollyhill, Cork City

CONTACT
Project Manager
Tel: 021 4300135
Fax: 021 4300137
Email: info@nicheonline.ie
Web: www.nicheonline.ie

Niche provides a large range of services aimed at improving the health & quality of life of people living in the Knocknaheeny/Hollyhill area. The programme includes therapeutic services - massage, acupuncture, counselling, art therapy; women’s & men’s health groups, social & physical activity programmes; family health supports and information; health information & advocacy; Arts for Health Programme & Community Garden.

You can just call or drop in and arrange to talk with a community health worker (CHW). The CHW can give you information on Niche programmes and support services.
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USEFUL NUMBERS

HSE South
North Lee Office: 021 496 3822
South Lee Office: 021 496 5511

Cork/Kerry Mental Health Resource Office, Clonakilty, Co. Cork
023 33297

CONSOLE
National Bereavement Support Helpline 1800 201 890
USEFUL WEBSITES / INFORMATION SOURCES

YOUTH GENERAL

www.spunout.ie
Irish online youth information centre covering all aspects of health, lifestyle and culture. Includes magazine, health clinic, services directory, youth media forum, take action initiative and more. The website is endorsed by all major Irish youth agencies.

www.gayswitchboard.ie
Site provides information on ‘Gay Switchboard Dublin’ phone line and service. Tel: 01 872 1055 Mon–Fri 6.30–9 pm, Sat & Sun 4–6pm

www.belongto.org
Support for lesbian, gay, bi-sexual and transgender (LGBT) young people in Ireland, aged 14 – 23. Provides information on nationwide LGBT groups, discussion forums, and weekend online support through secure email link. Mon–Fri, 10am–6pm Tel: 01 670 6223

www.antibullyingcampaign.ie
Downloadable anti-bullying tools for secondary school teachers. Includes materials, links, discussion forums etc.

www.besomeonetell.org.uk
A Parentline Plus website for parents worried about bullying in their child’s life. Provides advice, guidance, tools and confidential email support for parents.

www.youthinformation.ie
A site that provides information and links to a variety of services for young people.

YOUTH HEALTH

www.bodywhys.ie
This site offers support and information for people affected by eating disorders and their families and friends. Operated by the Eating Disorder Association of Ireland. Helpline Tel. 1890 200 444

www.reachout.com
A web based service that inspires young people to help themselves through tough times and improve their mental health and well-being. Site is operated by Inspire Ireland

Foundation. Provides links to Teenline Ireland, a confidential listening service for young people: Tel. 1800 833 634, 7–10pm

www.headstrong.ie
Site for information on youth mental health and well-being (ages 12 – 25 years). Provides mental health resources, links to accessing supports etc. Tel: 01 4727010

www.sexualhealthcentre.com
Site details the work of Cork based centre that promotes and supports sexual health without judgement. Includes resources, links, information on sexual health and training, education and prevention programmes for young people.

www.b4udecide.ie
This campaign website encourages young people to delay having sex for the first time by providing information and ‘the facts without the lectures’. Developed by the Crisis Pregnancy Agency.

DRUGS & ALCOHOL

www.drugs.ie
Provides information on all types of drugs and their effects. ‘Live Helper’ – an online chat information / support service provides free, confidential, online help from 9am to 1pm Monday to Friday. News, information, podcasts, links to services, resources for young people, parents and workers. Website is operated by Crosscare Drug and Alcohol Awareness Programme, supported by the HSE. Drugs Helpline Freephone: Mon–Fri 10am–5pm, Tel: 1800 459 459

www.talktofrank.com
A UK version of the above site, packed with information on drugs for young people. Also has online, email, text and phone support services providing support and information.

www.drinkaware.ie
The alcohol awareness website developed by MEAS (Mature Enjoyment of Alcohol in Society). The site challenges anti-social drinking behaviour and provides details on alcohol effects, unit consumption etc.

www.yourdrinking.ie
A HSE Health Promotion website providing information on alcohol, its effects, information resources, publications and links to support services for alcohol problems.

www.alcoholicsanonymous.ie
Irish site of the Alcoholics Anonymous fellowship. Provides information on the 12 step programme for recovery from alcoholism, details of local meetings etc. Cork phone service: 12 noon – 10pm, Tel: 086 733229

www.nasouth.ie
Narcotics Anonymous fellowship website, for people in recovery from substance misuse. Provides information about NA in Southern Ireland, including local meetings, conventions, events etc. Helpline tel. 087 1386 120

www.fsn.ie
Website of the Family Support Network, a self-help organisation that supports family members living with drug use in Ireland. Contact details of Family Support Groups around the country, news, events etc.

www.corkdrugsinfo.ie
Cork Local Drugs Task Force website. Contains information on taskforce membership, community based project details, current events, planning etc. Dial to Stop Drug Dealing / Crimestoppers Tel: 1800 25 00 25

www.srdtf.ie
Southern Regional Drugs Task Force website. Contains information on taskforce membership, community project details, initiatives, news etc. DIAL TO STOP DRUG DEALING / CRIMESTOPPERS 1800 250025

www.pobail.ie/en/Officeofthe
MinisterforDrugs
Website of the Office of the Minister for Drugs. You can access policy documents like ‘Ireland’s National Drug Strategy 2009 – 2016’, find out about regional and national initiatives, budgets etc. Site also lists contact details of all local and regional Drug Task Forces in Ireland.
MENTAL HEALTH

www.samaritans.org
Website for the Samaritans, providing confidential emotional support for people in UK and Ireland through helpline, email, SMS or face to face support.
Helpline no. tel.: 1850 60 90 90

www.letsomeoneknow.ie
Site targeted at teenagers to help them understand mental health difficulties and access help for themselves or friends who may be feeling down. Provides tips and advice, contact details for GPs and support organisations. Site provided by HSE National Office for Suicide Prevention.

www.yourmentalhealth.ie
An information resource about mental health and well being. Includes advice on minding your mental health, coping with problems and accessing support for yourself and others. Provided by HSE.

www.headsup.ie
Interactive website of the HeadsUp mental health promotion project, run by the RehabCare group. Targeted at 15 – 24 year olds, the website provides information on mental health, well being, training etc. Also provides contact details for support services countrywide and the HeadsUp text support service available through mobile phone. Text HeadsUp to 50424.

www.nosp.ie
Website of the National Office for Suicide Prevention, HSE. The site details national suicide prevention strategy, resources, research, training etc. Links to local GP finder: www.icgp.ie
Console Helpline: 1800 201 890

www.psychotherapy-ireland.com
Website of the Irish Council for Psychotherapy. Contains a search option ‘Find a Psychotherapist’ to help locate local therapists. Also explains various approaches to psychotherapy.

www.hse.ie
Website of the Health Service Executive, statutory health care provider for all public health services in Ireland.
For queries contact the HSE INFOLINE tel. 1850 241 850 Mon to Sat 8 a.m. to 8 p.m.

www.sexualviolence.ie
Website of the Cork Rape Crisis Centre. Details its free, confidential services to the survivors of rape, sexual assault and child sexual abuse.
Freephone Helpline tel. 1800 496 496

CHILDREN

www.barnardos.ie
Website detailing the organisation’s support for children whose well being is under threat, their work with children, families and communities and campaigns for the rights of children.

www.ispcc.ie
Website of the Irish Society for the Prevention of Cruelty to Children. Details the organisation’s range of services supporting children including Childline (see below), Teenfocus, Childfocus and Leanbh.

www.childline.ie
Childline is a 24-hour listening service for children and young people up to 18 years of age. Access through free phone, email or online chat. Chat service is available every day 2 p.m. to 10 p.m., except Monday and Tuesday 6 to 10 p.m.
Freephone tel. 1800 666 666

COMMUNITY

www.pclocalise.com
Site for youth & community development organisations.

www.flac.ie
Free Legal Advice Centre is an independent human rights organisation dedicated to the realisation of equal access to justice for all. FLAC campaigns on a range of legal issues and provides basic, free legal services. Information and Referral line: 1890 350 250

www.corkcitypartnership.ie
Website details the work of Cork City Partnership, a local development company which operates:
• local and community development programmes
• local employment services
• TUS – community work placement initiative

MULTI-CULTURAL

www.nascireland.org
Website of NASC, the Irish Immigrant Support Centre, a Cork based NGO responding to the needs of immigrants, refugees and asylum-seekers.
Tel: 021 431 7411

www.coistine.ie
Website of Cois Tine, a multicultural Cork based organisation that works primarily with asylum seekers and refugees particularly those of African origin. Cois Tine is an outreach project of the Society of African Missions (with the support of other religious congregations and the local Church) with a remit of pastoral/religious care of immigrants. Monday – Friday 9.30am – 4.30pm Tel: 021 4316537

www.welcomeenglish.com
A site which has information on a group who are committed to meeting the English language needs of those seeking asylum, or those with refugee status and also unemployed immigrants in Cork and its surrounds. Tel: 021 4316537

www.culturewise.ie
Website of Culture Wise Ireland, a Cork based intercultural research and consultancy company promoting appreciation of cultural diversity. Access to a free on-line library & bookstore, details of training programmes etc.
If you would like your organisation to be included in the next edition of this directory please fill in this form and return it to:

Jacqueline Daly
Cork City Partnership Ltd., Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City

PLEASE WRITE IN BLOCK LETTERS FOR CLARITY

Applicable Section i.e. 1 to 10: [ ]

Name of organisation:

Relevant contact person/role:

Address:

Tel: [ ] Fax: [ ]

Mobile: [ ] Email: [ ]

Website:

Brief description of organisation/nature of work etc.

Services Provided:

Any other relevant information:

Any suggestions you feel may be of use for future editions of this directory:

If you have any queries regarding eligibility or need any further details about this directory please contact Jacqueline Daly at Cork City Partnership Ltd.
Tel: 021 4302310, Mobile: 087 1962030 or email: jdaly@partnershipcork.ie
DRUG DEALERS RUIN LIVES
YOU CAN DO SOMETHING...
DIAL TO STOP DRUG DEALING
CRIMESTOPPERS
If you have information on drug dealing you can call Crimestoppers on:
Freephone 1800 25 00 25
Your call is confidential and you may receive a reward.

The Irish Crimestoppers Trust is supported by:
Directory of Drug and Alcohol Services in Cork and Surrounding Areas

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