

YMCA YOUTH INFORMATION SERVICE



CORK

YMCA 11/12 Marlboro Street, Cork

Tel: 021 4270187 Email: youthinfo@ymca-ireland.net

Opening Times: Mon-Wed 11am-1; 2-5pm

WEST CORK

Tel: 023 8844009 Email: tj@ymca-ireland.net

Just contact us to set up an appointment at a time that suits you!



@YMCAireland



YMCA Ireland



www.ymca-ireland.net



YMCA Ireland
(TechSpace)



An Roinn Leanaí
agus Gníomhaíochtaí
Department of
Children and Youth Affairs

#YMCAyouthinfo



cetb
Board of Directors
Cork Education and
Training Board

ymca
ireland

not
alone

2017/18

A guide to useful services for you and your friends




#IAMWHOLE

We are calling on individuals to stand together against negative stereotypes and language surrounding mental health.

Together we can fight the stigma surrounding mental health.

Together we are whole.

#IAMWHOLE is an anti-stigma mental health campaign. The campaign aims to encourage young people experiencing mental health difficulties to speak out and seek help.

A white silhouette of a person's head and shoulder is positioned on the right side of the image. The person's hand is raised, with a yellow ring visible on their ring finger. The background is a solid teal color.

PREGNANCY & PARENTING

ANew SUPPORT SERVICES

1st Floor, 11-12 Washington Street, Cork. Tel: 4270445 or 1800 281 281. Counselling & parenting support services, parenting course programmes, prenatal & afterbirth support. www.anew.ie

TEEN PARENT SUPPORT PROGRAMME

34 Paul Street, Cork. Tel: 422 29 87. Support service for young mums/dads and their children in Cork City and County. admin@teenparents.ie / www.teenparents.ie

CURA

34 Paul St, Cork. Helpline 1850 622626/021 4277544 www.cura.ie Cura offers free support & counselling for unplanned pregnancy, after an abortion & for parents of a new baby. Confidential, with no pressure or judgment.

ADVICE CENTRES

CORK CITIZENS INFORMATION SERVICE

80 South Mall, Cork. Helpline 0761 07 6950

www.citizensinformation.ie Free confidential drop-in information, advice and advocacy service on rights and entitlements.

MABS (Money, Advice and Budgeting Service) Ground Floor, 101 North Main Street, Cork. Tel: 076 107 20 90 for appointment. cork@mabs.ie

Opening Hours: Mon-Fri 9:00-5:00 National Helpline: 076 107 2000.

NASC Ferry Lane, off Dominic Street. Tel 021 4503462. Free Legal Advice Service for asylum seekers, refugees, and immigrants. www.nascireland.org / info@nascireland.org

THRESHOLD 22 South Mall, Cork. Tel: 4278848 Advice on accommodation and tenants rights. advicecork@threshold.ie / www.threshold.ie

COUNSELLING & SUPPORT

PIETA HOUSE Highfield Lawn, Model Farm Road, Bishopstown, Cork. Tel: 4341400
Provides a free therapeutic approach to people who are suicidal and/or engage in self-harm. Also bereavement support for friends and family. www.pieta.ie
www.facebook.com/pietahouse

JIGSAW, CORK Unit 8 South Bank, Crosses Green, Wandersford Quay, Cork.
Tel. 021 2452500 cork@jigsaw.ie / www.jigsaw.ie/cork Jigsaw - Free, youth friendly and confidential mental health support service for young people 12 - 25. Contact for appointment

YOUTH COUNSELLING SERVICE YMCA 11/12 Marlboro Street, Cork. Tel: 4270187 or
Tel: 085 7453569. Counselling service for young people between 15 and 28 years.
Please allow for waiting lists.

DION PROJECT YMCA, 11/12 Marlboro St., Cork. Tel. 085 1306207
john.russell@ymca-ireland.net Support and independent living skills for young people.

CORK COUNSELLING SERVICES 7 Fr Mathew St, Cork. Tel: 4274951 Counselling and support for people of all ages. info@thecounsellingcentre.ie
www.thecounsellingcentre.ie

MY MIND 9 Dyke Parade, Cork City Centre. Tel: 076 68010 60. Provides low cost psychological and psychotherapy services through face to face and online session. Service available to anyone seeking mental health support. Appointments within 72 hours. hq@mymind.org / www.mymind.org

ISPCC Penrose Wharf, 4/5 Alfred Street, Cork. Tel: 45095 88. One to one support and mentoring services for young people and parents. www.ispcc.ie
cork@ispcc.ie

SEXUAL VIOLENCE CENTRE CORK 5 Camden Place, Cork. Tel: 1800 496 496. Provides free counselling and support to those affected by sexual violence. Text service for teenagers over 14 years: 087 1533393 info@sexualviolence.ie / www.sexualviolence.ie / www.facebook.com/svccork

OSS 94 South Main Street Cork. Tel: 1800 497 497 One stop shop for men/women experiencing domestic violence. Monday to Friday 9am-1pm.
oss@eircom.net / www.oss cork.ie

LIBERTY STREET HOUSE 18 Liberty Street, Cork. Tel: 492 1728. Services for young people out of home. After care service for over 18's.

LINC 11a White St. Tel. 021 4808600 www.linc.ie / info@linc.ie Community Development organization providing support & advocacy for Lesbian & Bisexual women in Ireland.

UP CORK LBGT Project Youth Work Ireland, 11 Gurranabraher Road, Cork. Youth Group for 15/23 year olds Wednesday 5 -7 & Thursday 6-8pm Tel. 086 0443745
gillian.barrett@ywicork.com

BARNARDOS BEREAVEMENT COUNSELLING SERVICE Family Support Centre, 8-9 Orchard View, Mahon, Cork. Tel: 4357679 info@mahonbarnardos.ie / www.barnardos.ie

HARBOUR COUNSELLING SERVICE (HSE) Unit 61 Penrose Wharf, Cork. Tel: 4861360, Freephone 1800 234 116 Free counselling for those, over eighteen years, who as children suffered abuse or neglect. www.harbour@hse.ie

COUNSELLING SERVICE Dominican Pastoral Centre, Pope's Quay, Cork. Tel: 4503188. Reduced cost counselling by appointment.

HEALTH

YOUTH HEALTH SERVICE

Penrose House, Penrose Quay. Tel. 076 1084150

Txt. 087 7175615 yls@hse.ie Free, confidential health service for people under 23. STI and contraceptive clinics, counselling, pregnancy counselling, drug/alcohol supports.

THE SEXUAL HEALTH CENTRE

16 Peter Street, Cork. Tel. 021 4275837

Helpline: 021 427 66 76. Provides sexual health information, Rapid HIV testing, 3 options agency for unplanned pregnancy. www.sexualhealthcentre.com

G.U.M. / S.T.I. CLINIC

Outpatient Dept. South Infirmary Victoria University

Hospital Complex, Old Blackrock Road, Cork. Tel: 496 68 44. Free and confidential service offering screening, diagnosis & treatment of sexually transmitted infections.

AWARE

Young adults' depression/bipolar support group meets Wed.

at 8pm at Inniscarrig Centre, Western Road, Cork (18-26). Support line 1800 80 48 48 10am-10pm. See www.aware.ie for info on Free Life Skills Cork programmes

GROW

Tel: 427 75 20 or 1890 474 474. Youth Group 18+ meets

Thursday 7.30 p.m. SMA Parish Hall. GROW nurture's mental health and personal growth & aids prevention and full recovery from all kinds of mental illness.

www.grow.ie

TRAVELLER'S VISIBILITY GROUP (TVG) CORK

25 Lower John St, Cork Tel: 450 3786

A traveller led organisation that brings together travellers and settled people facilitating community development. tvgcork@gmail.com www.tvg.ie

HELPLINES

SAMARITANS

Coach St, Cork. Visitors welcome 9am – 10pm. Listening service for all

ages Free Phone: 116123 Text 087 2609090 jo@samaritans.org / www.corksamaritans.ie

TEENLINE

Tel 1800 833634 from 8-11pm, 7 nights a week. Support

helpline for Teenagers. www.teenline.ie / info@teenline.ie Free text to Teen 50015

CHILDLINE

For Under 18's. Phone 24/7 1800 66 66 66 Web and Text: 10am – 4am

daily. Web support www.childline.ie Teen Txt: Text 'TALK' to 50101. Text "BULLY" to 50101

NATIONAL SUICIDE HELPLINE

Tel 1800 247 247 - 24/7 365 days a year. Text HELP to

51444. Support for those who are feeling suicidal.

ADDICTION

AL-ANON FAMILY GROUPS Tel. 01 8732699 [helpline everyday 10am-10pm] Support groups for families and friends of problem drinkers. info@alanon.ie / www.alanon.ie

ALCOHOLICS ANONYMOUS Tel. 085 8470880 12-10 pm. Mob: 087 6657105 (North/East Cork) 087 6114946 (West Cork) www.alcoholicsanonymous.ie / info@corkaa.org

ARBOUR HOUSE St. Finbarr's Hospital, Douglas, Cork. Tel: 496 89 33. Specialist under 18's unit for alcohol and drug abuse, prevention and treatment. addictiontreatment@hse.ie

MATT TALBOT SERVICES Rock View, Trabeg Lawn, Douglas, Cork. Tel: 4896400. Assessment & day treatment service for young people 14-23 years (& their families) suffering from alcohol and/or substance misuse. www.mtas.ie

CORK COUNSELLING SERVICE LTD Level 1, Heron House, Blackpool Retail Park (near Maplin) Cork. Tel: 4928300. A free service for those with drug/alcohol problems, their families and friends. addictiontreatment@hse.ie

NARCOTICS ANONYMOUS Cork. Tel: 087 1386120 Mon.-Fri. 6-9pm; info@nasouth.ie
See www.nasouth.ie for details of meetings.

NAR-ANON Tel: 086 1755122 Mondays 8.30 – 9.30pm St. Columba's Church, Douglas & Saturdays 11:30 am at the Dominican Centre, Pope's Quay. For families and friends of someone close to you who has a drug problem.

RECOVERY TO WORK PROGRAMME YMCA 4A Ticknock Ind. Est., Cobh, Co. Cork. Mob: 086 0471121 stephanie.savage@ymca-ireland.net
Supporting young adults 18 to 25 in recovery from addiction and unemployment. We provide one to one support, guiding people in recovery to find a new pathway to a healthy lifestyle and back into education or employment in Cork City & East Cork.

COBH COMMUNITY DRUG & ALCOHOL PROJECT YMCA 4A Ticknock Ind. Est., Cobh, Co. Cork. Mob: 086 8283760 gemma@ymca-ireland.net Supporting young people and their families living in Cobh and surrounding areas whose lives are being affected by drugs.

OVEREATERS ANONYMOUS Tel: 086 3526467
Support for those where food is an issue including anorexia, bulimia and overeating. corkoa@yahoo.ie / www.overeatersanonymous.ie

EATING DISORDER CENTRE CORK 20 Patrick's Hill. Tel. (021) 4539900
www.eatingdisordercentrecork.ie / info@edcc.ie Provides compassionate, professional psychotherapy and support to people suffering from an eating disorder. Also support those caring for a loved one with an eating disorder.

GAMBLERS ANONYMOUS Tel: 087 2859552, 6-10pm. A Fellowship of people with a gambling problem who help each other. www.gamblersanonymous.ie

GAM-ANON Tel: 087 7400065 or 087 3331203 Meet Saturday midday at the Dominican Centre, Pope's Quay, Cork. Support available for those whose lives are affected by another's gambling.

EMERGENCY SERVICES

MEDICAL

Mercy Hospital	Tel: 427 1971
South Infirmary Hospital	Tel: 492 6100
Cork University Hospital	Tel: 492 2000

LATE NIGHT PHARMACY (PHELANS)

9 Patrick's Street, Cork	Tel: 427 2511
Mon to Sat	9am - 9pm
Sun	11am - 9pm

GP OUT OF HOURS SERVICE

SouthDoc	1850 335 999
----------	--------------

GARDAI

Mayfield	Tel: 455 8510
Anglesea Street	Tel: 452 2000
Togher	Tel: 494 7120
Gurranebraher	Tel: 494 6200