

**YOUTH
THEATRE**

IRELAND

Cork Youth Mental Health and Wellbeing Supports



CRISIS SUPPORT

The advice for anyone experiencing a serious mental health crisis is to visit their GP or contact an out of hours GP service.

If a person is at immediate risk of harm, they should go to their local Accident and Emergency or phone an ambulance by calling 112 or 999.

Disclaimer

This document does not claim to be a comprehensive listing of all relevant services and is based on information publicly available at the time of its creation.

Inclusion in this resource is not an endorsement of any organisation, group or individual listed. Youth Theatre Ireland is not responsible for any interaction or outcome resulting from engagement with any service listed.

Pieta

<https://www.pieta.ie/>

Freephone 1800 247 247

Text help to 51444

Pieta is a suicide prevention service. They offer counselling in centres around Ireland and have a 24/7 crisis helpline for those who are feeling suicidal or are self-harming. The service is open to people of all ages. The organisation also provides support and advice to those who are seeking to support someone who is self-harming or suicidal.

Pieta Cork:

Shanakiel, Sunday's Well, Cork T23 P865

Phone: 021 4395333

Samaritans

Freephone 116 123 every day 24 hours a day

Email jo@samaritans.ie

<http://www.samaritans.ie>

Samaritans is a registered charity established to provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

They provide a 24 hour phone service and an email address you can contact for support.

Child and Adolescent Mental Health Services (CAMHS)

West Cork Community Mental Health Team

West Cork, Children's Services Centre, St. Mary's Road, Dunmanway

Phone: 023 8890370

North Lee North Community Mental Health Team

Child & Adolescent Mental Health Service, North Lee North, Unit 9, St. Stephen's Hospital Sarsfield Court, Glanmire

Phone: 021 4659730

South Lee 3 Community Mental Health Team

CAMHS, Ground Floor, Fastnet House, Cork Business & Technology Park, Model Farm Road

South Lee 2 Community Mental Health Team

2nd Floor Blackrock Hall PCC, Blackrock Avenue, Skehard Road

Phone: 021 4233103

South Lee 1 Community Mental Health Team

2nd Floor Blackrock Hall PCC, Blackrock Avenue, Skehard Road

Phone: 021 4233102

North Lee West Community Mental Health Team

North Lee West and Youghal Child Guidance Team, Southern HSE, City General Hospital Infirmary Road, Cork City
Phone: 021 4927825

North Lee East Community Mental Health Team

North Lee East Child Guidance Team, Southern HSE, City General Hospital, Infirmary Road, Cork City
Phone: 021 4927822

North Lee East Community Mental Health Team

North Lee East Child Guidance Team, Southern HSE, City General Hospital, Infirmary Road, Cork City
Phone: 021 4927822

North Cork Community Mental Health Team

Child & Adolescent Mental Health Service, Mallow Primary Healthcare Centre Gouldshill, Mallow
Phone: 022 44970

CAMHS is a national HSE service that provides assessment and treatment for young people and their families who are experiencing mental health difficulties. While a broad range of services support the mental health of children and adolescents, the term 'CAMHS' is usually applied very specifically to services that provide specialist mental health treatment and care to young people up to 18 years of age through a multidisciplinary team.

Please Note: Access to a CAMHS service is through professional referral e.g. through a GP, social worker or psychologist.

spunout have a very useful article on what to expect if a young person is referred to CAMHS: <https://spunout.ie/mental-health/getting-help/camhs>

24 Hour National Supports

Text 50808

Text HELLO to 50808.

<https://text50808.ie/>

50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained volunteer. It is for anyone who needs to talk, both young people and adults.

They are here to listen to you about any issue you want to talk about. Some of the most common reasons people reach out include anxiety, abuse, alcohol misuse, bullying, depression, drug misuse, grief, loneliness, panic attacks, relationship problems, sadness, self-harm, stress, suicidal thoughts. This service is funded by the HSE.

Youth Theatre Ireland has created a resource 'National Supports for Youth Mental Health and Wellbeing'. It can be downloaded at:

<https://www.youththeatre.ie/content/files/YTI-National-Youth-Mental-Health-and-Wellbeing.pdf>

Childline

Free Phone: 1800 66 66 66

Free Text: 50101

Live message: <https://www.childline.ie/>

Childline is the national 24-hour active listening service for children and young people up to, and including, 18 years of age. It is run by the ISPCC. Children and young people can contact the service at any time, to talk about any issue on their mind. These issues can include sadness or other feelings, friends, home, family, sexuality, relationships, bullying, abuse, education, work and online safety.

Teenline

Phone: 1800 833 634

<https://www.ispcc.ie/teenline/>

The ISPCC also operates Teenline, a national active listening service for children and young people up to the age of 18. The service is free to contact and is confidential, non-directive and non-judgmental. Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

Local Supports

Jigsaw Cork

Unit 8, South Bank, Crosses Green,

Wandesford Quay, Cork

Phone: 021 2452500

Email cork@jigsaw.ie

<https://jigsaw.ie/>

Jigsaw aims to ensure that every young person's mental health is valued and supported.

Both online, and through their services around the country, advice and support is made available to young people aged 12–25. They provide families, educators, and those who support young people's mental health, with advice on coping and the skills to be there for young people. Jigsaw is not a crisis service. It is an early intervention, primary care service for young people's mental health. The organisation has 14 local services offering face to face support, as well as sessions by videolink and phone.

My Mind – Centre For Mental Wellbeing

Cork Centre: 6 South Bank, Crosse's Green

Phone: +353 818 500 800

Email: hq@mymind.org

<https://mymind.org/>

MyMind is the first and largest blended model of mental health care in Ireland, and is putting Ireland at the forefront of mental health innovation. MyMind has created a unique movement for community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay.

MyMind provides counselling, psychotherapy and creative art therapy services for children and adolescents. In partnership with the Irish Youth Foundation, free services are available to particularly vulnerable young people.



Youth Health Service — Cork

Penrose House, Penrose Quay, Cork

Phone: 021 4937250

Email: yhs@hse.ie

<https://www.mysexualhealth.ie/youth-health-services>

YHS is a HSE led service in partnership with Foroige and the Sexual Health Centre and supported by the Crisis Pregnancy Programme. The YHS is a free, non judgmental, sexual health & counselling service for young people aged 23 and under. YHS offers an STI Clinic, Contraception Clinic, 3-option Crisis Pregnancy Counselling, Drug & Alcohol Counselling, General Counselling, Sexual Health Information and Advice and Youth Work Support for young people and parents.

Kinsale Youth Support Service

2 Cork Street, Guardwell, Kinsale, P17 E670

Phone: 087 9823143

Email: admin@kyss.ie

<https://www.kyss.ie/>
<https://www.facebook.com/KYSS.Kinsale/>

Kinsale Youth Support Service, (KYSS) aims to help and support young people by providing information and promoting understanding of the challenges facing young people within the community. KYSS operates as a beacon for young people and their families in Kinsale and the surrounding areas by promoting general well being, including positive physical and mental health. The organisation provides individual support to young people experiencing challenges in a range of areas including anxiety, depression, bullying, relationships, education and more.

Cloyne Diocesan Youth Services — Therapeutic Services

CDYS offer a range of low-cost therapeutic services and supports to children, young people and adults who may need some support during difficult times. For contact details for individual therapists visit: <https://cdys.ie/therapeutic-services/>



Family Resource Centres — Cork

Family Resource Centres (FRC) are located within a community-based model of family support. A central feature of the FRC programme is the involvement of local people in identifying needs and developing needs-led responses. FRCs are participative and empowering organisations that support families while building the capacity and leadership of local communities. FRCs provide a range of universal and targeted services and development opportunities that address the needs of families, young people, children and other individuals in their locality.

Many FRCs have supports for young people including low-cost counselling, wellness programmes, youth groups and activities. Cork has a number of Family Resource Centres across the county:

Ballincollig FRC

The Village Shopping Centre, Station Rd,
Ballincollig

Phone: 021 4876295

Email: info@ballincolligfrc.org

<https://www.ballincolligfrc.org/>

Bandon FRC

Glasslyn Road, Bandon

Phone: 023 8829466

Email: info@cfsbandon.com

Beara FRC

Unit 1, Knockanroe House, Bank Place,
Castletownbere

Phone: 027 70998

Email: info@bearawestfrc.ie

<http://bearawestfrc.ie/>

Carrigtwohill FRC

Main Street, Carrigtwohill

Phone: (021) 4533000

Email: coordinator@carrigtwohillfrc.ie

<https://carrigtwohillfrc.ie/>

Cobh FRC

Park House, Cloyne Terrace, Cobh

Phone: 021 4816103

Email: info.cobhfrc@gmail.com

<https://www.cobhfamilyresourcecentre.ie/>

Dunmanway FRC

Kilbarry, Bantry Road, Dunmanway

Phone: 023 8856818

Email: info@dfrc.ie

<https://dfrc.ie/>

Le Cheile FRC

Mallow Community Campus, Fair Street, Mallow

Phone: 022 42439

Email: lecheilefrc@eircom.net

<https://mallowfamilyresourcecentre.wordpress.com/>

Midleton FRC

Oakwood Lodge, Old Youghal Road, Midleton

Phone: 021 4633522

Email: enquiries@midletonfrc.com

<https://www.midletonfrc.com/>

The Caha Centre

Adrigole, Beara

Phone: 027 60909

Email: thecahacentre@gmail.com

<https://www.facebook.com/TheCahaCentre/>

Other Counselling and Psychotherapy

For those with the means to access private counselling, a good place to source a practitioner is the website of the Irish Association for Counselling and Psychotherapy: <https://iacp.ie/>

The site includes a ‘Find A Therapist’ section where you can search by location. The listing for each practitioner includes their specialist areas which can include teenage counselling.

Youth Work Ireland – Cork

Youth & Community Resource Building,
11 Gurrabraher Road, Cork, T23 HD59

Phone: 021 4399862

Email: admin@ywicork.com

<http://www.ywicork.com/>

Youth Work Ireland Cork is a not for profit organisation working with young people from the Gurrabraher/Churchfield area and city wide. Services include youth groups and targeted projects.

Cloyne Diocesan Youth Services

Regional Office, Mallow Community Youth
Centre, New Road, Mallow, Co.Cork

Phone: 022 53526

Email: reception@cdys.ie

<https://cdys.ie/>

Cloyne Diocesan Youth Services is affiliated to Youth Work Ireland works to empower young people, families and communities through quality youth services in a safe and supporting community. CDYS offer these services regardless of social, economic or religious background. They provide a range of services for young people including youth clubs and projects in many localities in Cork including Mallow, Middleton, Fermoy, Mitchelstown, Cobh and Kinsale.

Foróige – Cork

North Cork/East Cork

Contact: Eimear Foley

Phone: 086 8381652

Email: Eimear.Foley@foroige.ie

West Cork

Contact: John Dennigan

Phone: 086 9795199

Email: John.Dennigan@foroige.ie

Cork Central

Contact: Geraldine Murphy

Phone: 087 9245494

Email: geraldine.murphy@foroige.ie

Foróige is one of Ireland's leading youth work organisations whose purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society. The organisation works directly with young people through clubs and youth work programmes.

Foróige groups and clubs operate across Cork city and county. To view a map of services in your area go to: <https://www.foroige.ie/foroige-map>

UP Cork

Gurranebraher & Churchfield Youth & Community
Resource Centre,

Gurranebraher Rd, Gurranebraher, Cork

Phone: 021 4399862 or 086 0443745

Email: nadia.moussed@ywicork.com

<http://www.ywicork.com/ywic-projects/up-cork/>

This initiative of Youth Work Ireland Cork provides one-to-one and group support for young LGBT+ people to allow them to safely engage with confidence building, personal development, peer support, and making friends. It's a space where young people can experience inclusion, acceptance, social justice, fun, and safety. The groups meet weekly. A drop in service is also available. For up to date information visit: <http://www.ywicork.com/ywic-projects/up-cork/>

Rainbow Club Cork

Mahon Community Centre

Phone: 086 0805810

Email: info@rainbowclub.ie

www.rainbowclub.ie

The Rainbow Club Cork Centre for Autism is a professional autism service provider, supported by over 60 volunteers, with a mission to provide skills, support and a community hub for children and young people with **Autism Spectrum Disorder (ASD)** and their families. It works to **promote inclusivity**, education and career opportunities leading to a fulfilled lifestyle and participation in all aspects of society.



Rainbows Ireland

CDYS Midleton

My Place, Mill Rd, Townparks, Midleton,
Co. Cork

Phone: 086 8031291

Macroom FRC

Fairfield, Masseytown, Macroom, Co. Cork

Phone: 026 20744

Cobh FRC

Park House, Cloyne Terrace, Cobh, Co. Cork

Phone: 086 7758270

Carrigtwohill FRC

Main Street, Carrigtwohill, Co. Cork

Phone: 021 4533000

The Caha Centre (Adrigole FRC)

Adrigole, Beara, Co. Cork

Phone: 027 60909

Carrigaline Family Support Centre

Carrigaline Lions Youth Centre, Co. Cork

Phone: 021 4919299

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement, parental separation or divorce.

Nasc Connect Migrant Youth Project

34 Paul Street, 1st Floor, Cork City

Phone: 021 4273594

Email: susan@nascireland.org

<https://nascireland.org/index.php/current-projects/connect-migrant-youth-project>

Nasc, the Irish word for ‘link’, empowers migrants to realise and fulfil their rights. Nasc’s Connect Project helps young people ages 14–23 years with issues like accessing education, employment, improving their mental health and wellbeing and getting a secure immigration status. They support young asylum seekers living in direct provision and young people in Care and Aftercare services.

Barnardos Cork

Blackmore House, Meade Street, Cork

Phone: 021 4310591

Email: info@cork.barnardos.ie

<https://www.barnardos.ie/>

Barnardos mission is to deliver services and work with families, communities, and partners to transform the lives of vulnerable children who are affected by adverse childhood experiences. The organisation offers a wide range of supports and programmes to children and young people aged

10–18, through services and projects throughout the country. Barnardos has a range of services available to young people and families in the Cork area including a Brighter Futures Centre, a post-adoption service and family support services in a number of centres around the county.

Youth Advocate Programmes – Cork

1st Floor Heron House, Blackpool Retail Centre,
Blackpool, Cork

Phone: 021 4397752

Email: info@yapireland.ie

<https://yapireland.ie/>

The Youth Advocate Programmes provide intensive, needs-led, wraparound, focused support to children, young people and families who are struggling with a range of issues in their lives. YAP Ireland matches community-based advocates with those referred, leading to more positive engagement and outcomes. The organisation has a disability and mental health intensive support service that provides a 12 month programme to young people aged 10 – 21 years and their families who require support in achieving their goals. The Independent Advocacy Service is provided to Child and Adolescent Mental Health services and adolescent in-patient units. A Crisis

Intervention service is also available for young people at particular risk.

Connecting for Life – Cork

<http://www.connectingforlifecork.ie>

Connecting for Life is Ireland’s national strategy to reduce suicide. Connecting for Life sets out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. A Local Action Plan has been developed for Cork. Among the resources developed is a Youth Mental Health Resource Booklet. It can be downloaded at: <http://www.connectingforlifecork.ie>

**YOUTH
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IRELAND

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Web: www.youththeatre.ie