



# Directory of Drug and Alcohol Services in Cork and Kerry 2017

**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 11 STANDARD DRINKS PER WEEK**

**17**

**ADULT MEN SHOULD DRINK LESS THAN  
17 STANDARD DRINKS PER WEEK**

Foreword: Cork Local Drug & Alcohol Task Force	2	Community Based Addiction Counselling Service	17	<i>Family Support Groups</i>	
Foreword: Cork City Partnership Clg. (Comhar Chathair Chorcaí Teo)	3	Coiscéim Counselling Programme (SHEP)	17	ACoA Adult Children of Alcoholics & Dysfunctional Families	30
Co-ordination of Drug & Alcohol Services	4	Dual Diagnosis (Addiction & Mental Health) Community Service	17	Al-Anon (Family Support Group)	30
Cork Local Drug & Alcohol Task Force (CLDATF)	5	Student Counselling and Development Unit (UCC)	17	Bridge Recovery Parents / Concerned Persons Support Group	30
Southern Regional Drug & Alcohol Task Force (SRDTAF)	5	U-Clinic Addiction Counselling	18	Knocknaheeny /Hollyhill Support Group (CCP)	30
<b>Section 1: Education, Prevention, Intervention and Information Services</b>		<b>Section 3: Treatment &amp; Rehabilitation</b>		Mahon Family Support Group	30
Ballincollig Community Drug & Alcohol Project	6	Anchor Treatment Centre Limited	18	Matt Talbot Father/Mother Support Groups	30
Ballyphehane Action for Youth (BAY Project)	6	Arbour House Treatment Services	18	Mayfield (Family Support Group)	30
Blackpool – Hillgrove Outreach Project	6	Cork Counselling Services	19	Nar-Anon (Family Support Group)	30
Carrigaline Youth Initiative	6	Cuan Mhuire Treatment Centre	19	St Nicholas Trust	30
Community Outreach Drug /Alcohol Awareness Project (CCP)	7	Edward Court Treatment Services	19	Tabor Lodge (Family Support Group)	30
Cork Based Drugs Initiative – Outreach Street Worker	8	Kerry Addiction Services	20	<b>Section 7: Residential Facilities</b>	
Cork Simon Youth Homeless Drug Prevention Project	8	Matt Talbot Services	20	Cork Foyer	32
Douglas Area Youth Services (DAYS)	8	Residential Detox Service	20	Cork Simon Community	32/33
Dublin Hill/Ballyvolane Initiative for Youth	8/9	Tabor Lodge Addiction Treatment Centre	20/21	Cuanlee Refuge	33
Farranree / Fairhill – Hillgrove Outreach Project	9	Talbot Grove Treatment Centre	21	Good Shepherd Services	33
Glanmire Foróige Youth Project	9	<b>Section 4: After Care Services</b>		Edel House	33
Glen Neighbourhood Youth Project	9	Cork Simon Community	21	Bruac Eile Training & Education Centre	33
Greenmount Community Drugs Initiative	10	Fellowship House	21/22	Hearth	33
Gurranabraher / Churchfield Community Drugs Project	10	Link Workers	22	Riverview	33
Knocknaheeny Drugs Project	10	Renewal – Women’s Residential	22	O’Connell Court	33/34
Mayfield Youth 2000 – Phase 1	11	<b>Section 5: Support Services</b>		St. Helen’s Care Association	34
Mayfield Youth 2000 – Phase 2	11	Access Housing Unit	23	St. Vincent de Paul	34
Togher Link-Up Ltd.	11	Big Brothers Big Sisters of Ireland (BBBS)	23	Wellsprings	34
Traveller Visibility Group (TVG)	12	The Bridge Recovery Group Ltd.	23	<b>Section 8: Training</b>	
Yew Tree Project	12	Cork Alliance Centre	23/24	Cork City Partnership Clg. (CODAAP)	35
YMCA	12	Churchfield Community Trust	24	Cork Institute of Technology	35
Bandon Community Drugs Initiative	13	Cork City Local Employment Services (CCLES)	24	Health Promotion & Improvement, HSE CHO4	35
Cobh Community Drugs Initiative	13	The Dillion’s Cross Project	24	The Social and Health Education Project (SHEP)	35
Fermoy Community Based Drugs Initiative (FREE)	14	Focus Ireland	25	<b>Section 9: Publications</b>	
Macroom Drug & Alcohol Initiative	14	The Grattan Project	25	Cork City Partnership Clg. (CODAAP)	36
Mallow Community Based Drugs Initiative	14	Headway	25	Cork Youth Information Centre	36
Mitchelstown Community Based Drugs Initiative	15	Post Release Services	25	Health Promotion & Improvement, HSE CHO4 (Publications)	36
Youghal Community Based Drugs Initiative	15	The Resettlement Service	25	<b>Section 10: Associated Services</b>	
Killarney Community Drugs Initiative	16	The Samaritans	25/26	ANEW Support Services	37
Listowel & North Kerry Community Drugs Project	16	The Sexual Health Centre (SHC)	26	Asylum Seekers Outreach Service	37
Tralee Community Drugs Initiative	16	SHINE	26	Cork City (South) Citizens Information Services	37
<b>Section 2: Community Counselling Services</b>		Teen Parents Support Programme (TPSP)	27	Cork Gay Community Development Project	38
Before 5 Family Centre	17	Threshold Tenancy Protection Services	27	G.U.M. Clinic (Genito-Urinary Medicine)	38
CIT Careers & Counselling Service	17	Youth Health Services (YHS)	27	LINC	38
		<b>Section 6: Support Groups</b>		Mná Feasa Domestic Violence Project	39
		Alcoholics Anonymous & Multi-Lingual (AA)	28	Money, Advice and Budgeting Service (MABS)	39
		Dual Recovery Anonymous (DRA)	28	Northside Community Health Initiative (NICHE)	39
		Gamblers Anonymous (GA)	28	Index: Alphabetical	40-41
		HADD Child & Family Support Group	29	Useful Websites / Information	42-43
		Narcotics Anonymous (NA)	29		
		Polish Sobriety Club ‘Pomost’	29		
		Sex And Love Therapy (SALT)	29		

# Foreword: Cork Local Drug & Alcohol Task Force

The greater Cork area is fortunate to have a wide variety of Community and Voluntary Organisations addressing the needs of families and communities affected by the misuse of alcohol and drugs. Through the Task Forces these Organisations forge greater collaboration with the Statutory Services such as the HSE, An Garda Síochána, Prison Service, Probation Service, Education and Youth Services.

The European Union has always promoted the idea of subsidiarity. This means empowering local communities to identify and address their own needs. This happens in the area of drug and alcohol misuse. The establishment of many services identified in this Directory is a testament to the creative responses to the problems which arise. These local community services continue to need the support of the Task Force.

Addiction is a complex human condition with a deep negative impact on the mental, emotional, physical and social well-being of the person. Creative, compassionate, holistic and practical responses are required to meet the needs of those affected by addiction. The many organisations and agencies featured in this directory provide these responses on our doorsteps.

More and more we have come to recognise that the drug which causes more problems than any other drug in our society is one that is legal and readily available, that is alcohol. Alcohol is now on the agenda of the Task Force and in the coming years we will work to change the culture which appears to be too tolerant towards the hazardous and problematic use of alcohol.

As Chairperson of the Cork Local Drug and Alcohol Task Force I am delighted to be associated with this Directory of Drug & Alcohol Services in Cork & Kerry. I am grateful to everybody associated with this great work.

## Gerry Raftery *Chairperson*

Cork Local Drug and Alcohol Task Force  
Floor 1, Kinvara House, Dublin Hill, Cork  
Tel: 021 4930100  
Website: [www.corkdrugandalcohol.ie](http://www.corkdrugandalcohol.ie)



To obtain hard or electronic copies of the *Directory of Drug & Alcohol Services in Cork & Kerry* please contact Jacqueline or Mella in Cork City Partnership, tel.: 021 430 2310 or email: [jdaly@partnershipcork.ie](mailto:jdaly@partnershipcork.ie) or [mmagee@partnershipcork.ie](mailto:mmagee@partnershipcork.ie)

Alternatively, to download copies you can go to: [www.corkcitypartnership.ie](http://www.corkcitypartnership.ie)  
[www.corkdrugandalcohol.ie](http://www.corkdrugandalcohol.ie) or [www.srdatf.ie](http://www.srdatf.ie)

Cork City Partnership Clg. delivers the Community Outreach Drug / Alcohol Awareness Project (CODAAP) for Cork city. Funding for this programme is provided by the HSE CHO4 (Drug and Alcohol Services).

CODAAP addresses the need for all in the community to respond to the need for prevention of drug and alcohol misuse, by encouraging and supporting community involvement at local level and across the city. CODAAP approaches this through a range of strategies and actions including raising awareness, sharing information, education / training, prevention and building capacity.

Annual updates of the Directory supports the work of all the groups across Cork & Kerry, tackling the issues of drug and alcohol misuse and a collective response between communities. The actions of all the local agencies have resulted in significant development of drug and alcohol services in the region which is so evident from this Directory, as is the depth of community commitment and engagement.

I would particularly like to acknowledge the dedication of Cork City Partnerships' two CODAAP staff, Ms. Jacqueline Daly and Ms. Mella Magee. They work directly with communities raising awareness of the issues and challenges associated with drug and alcohol misuse by providing education/training and support for communities to tackle these. This year, we are delighted to have this publication translated into 7 languages and available online. This will help many people from our New Communities learn about and access the services listed in the directory as information will be available to them in their native language.

Finally I would like to wish our staff continued success with their project work and again to thank the HSE for the continued support.

**Mr Mick O'Connell** *Chairperson*

Cork City Partnership Clg.

Level 1, Heron House, Blackpool Retail Park, Blackpool,

Cork City, T23 R50R

Tel: 021 4302310

Web: [www.corkcitypartnership.ie](http://www.corkcitypartnership.ie)



Follow us on:



# Co-ordination of Drug & Alcohol Services

## Contact Information

David Lane  
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 Drug & Alcohol Task Force and the Southern Regional Drug & Alcohol 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.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Cork Local Drug & Alcohol Task Force

### Contact Information

Joe Kirby, Co-ordinator  
Cork Local Drug & Alcohol Task Force  
Tel: 021 4930102  
Mobile: 086 7872495  
Email: joseph.kirby@hse.ie

Gemma O'Leary, Development Worker  
Cork Local Drug & Alcohol Task Force  
Tel: 021 4930103  
Mobile: 087 0553255  
Email: gemma.oleary@hse.ie

Kim Raggett, Administrator  
Cork Local Drug & Alcohol Task Force  
Floor 1, Kinvara House, Dublin Hill, Cork  
Tel: 021 4930102  
Email: norma.madden@hse.ie  
Website: www.corkdrugandalcohol.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 Drug & Alcohol Task Force

### Contact Information

Kate Gibney, Co-ordinator  
Southern Regional Drug & Alcohol Task Force  
Mobile: 087 0553157  
Tel: 021 4930100  
Email: Kate.Gibney@hse.ie

Gordon Kinsley, Development Worker  
Southern Regional Drug & Alcohol Task Force  
Tel: 021 4930100  
Mobile: 087 0553657  
Email: gordon.kinsley@hse.ie  
Website: www.srdatf.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 Drug & Alcohol 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 Drug & Alcohol 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 Community Drug & Alcohol Project

Village Chambers, Village Shopping Centre,  
Ballincollig, Co. Cork

### CONTACT

Clare McCarthy, Community Drug & Alcohol  
Worker

Tel: 021 4860330

Mobile: 087 2844426

Email: claremccarthy15@gmail.com

### SERVICES PROVIDED

1-1 Support, Pre & Post Treatment Support service, Harm Reduction, Mindfulness Based Relapse Prevention, sign posting and referral services for young people and their families. Drug & alcohol education / awareness programmes for schools and youth groups. Complementary therapies including Auricular Acupuncture & Meditation.

## Ballyphehane Action for Youth (BAY Project)

21A Pouladuff Road, Ballyphehane, Cork City

### CONTACT

Orla O'Shea, Community Drug & Alcohol Worker

Mobile: 087 1790689

Email: orla.oshea@foroige.ie

Project Worker: Fiona Penney

Mobile: 086 3872041

Email: fiona.penney@foroige.ie

### SERVICES PROVIDED

- BAY is an education & prevention project which provides confidential, friendly, impartial support, advice and information to young people 12+ 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
- Information and advice
- Educational and self developmental group work
- Referral to other appropriate relevant agencies

## Blackpool - Hillgrove Outreach Project

Room 2, Blackpool Community Centre,  
Great William O'Brien St.  
Blackpool, Cork City

### CONTACT

Patricia Barrett, Community Drug & Alcohol  
Worker

Mobile: 087 7966020

Tel: 021 4500979

Fax: 021 4212225

Email: trish.hillgrove@gmail.com

### SERVICES PROVIDED

- Counselling, Harm Reduction, Family Support, Education, Information & Referral
- Parents / Concerned Persons Support Group

## Carrigaline Youth Initiative

Carrigaline Lions Club Youth  
Centre Project  
Church Rd, Carrigaline, Co. Cork

### CONTACT

Alex Slye, Community Drug & Alcohol Worker

Tel: 021 4919635

Mobile: 086 3837390

Email: Alex.slye@foroige.ie

### SERVICES PROVIDED

Carrigaline Youth Initiative is an education and prevention project which provides confidential, friendly, impartial support, advice and information to young people (12 to 28+ 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. We also provide: One to one guidance and support for young people and parents. Information and advice. Educational and self developmental group work. Referral to other appropriate relevant agencies.



## Community Outreach Drug / Alcohol Awareness Project (CODAAP)

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

Tel: 021 4302310

Fax: 021 4302081

Web: [www.corkcitypartnership.ie](http://www.corkcitypartnership.ie) &  
<https://ccp.librarika.com>

### CONTACT

Mella Magee, Community Drug & Alcohol /  
Development Worker

Mobile: 087 1962022

Email: [mmagee@partnershipcork.ie](mailto:mmagee@partnershipcork.ie)

Jacqueline Daly, Community Drug & Alcohol /  
Development Worker

Mobile: 087 1962030

Email: [jdaly@partnershipcork.ie](mailto:jdaly@partnershipcork.ie)

(Project Promoter: Jacqui Sweeney)

### SERVICES PROVIDED

Cork City Partnership Clg. implements the Community Outreach Drug / Alcohol Awareness Project. The project aims to encourage and support communities to develop drug & alcohol prevention strategies at local level through the following measures: education & training interventions, awareness raising and capacity building.

### EDUCATION / TRAINING

Accredited education courses: Substance Use Issues in Youth & Community Work Course (FETAC Level 5), which is run in conjunction with Cork College of Commerce. Course components are designed to promote good practice among those working (in a paid or voluntary capacity) with young people / communities affected by various issues, such as substance misuse.

Short term skills based training courses / family support interventions:

- Parent to Parent Training Programme. A 16 hour programme to help parents develop awareness and the confidence to guide children through adolescence.

- How to Argue Better – An 8 hour course, to help parents / adults manage conflict constructively, thus reducing harmful impact on children.
- 5 Step Programme – A confidential evidence based intervention support for family members affected by a relatives drug / alcohol use.
- Family Support / Young Person's Programmes  
8–10 week group support programmes for family members affected by a relative's drug / alcohol use.

Community Drug & Alcohol Library:  
Facilitates community access to information on drugs / alcohol. Check what is in stock by visiting our online database at:  
<https://ccp.librarika.com> Over 600 texts, academic & general. All welcome, visits by appointment only, 9 to 5, Monday to Thursday.

### AWARENESS RAISING

Produces and maintains an up to date 'Directory of Drug & Alcohol Services in Cork & Kerry', now available online in 7 languages, and other occasional publications/ leaflets (see below for access).

Seminars and workshops in response to emerging needs i.e. Cork Alcohol/Drug Awareness Events and Workshops other community information workshops as required.

### CAPACITY BUILDING / NETWORKING

Facilitates networking and engagement with community groups to promote good practice. Disadvantaged areas / at risk and minority groups are prioritised.

Technical assistance (i.e. funding applications, committee skills) to community groups with a prevention focus. Disadvantaged areas / at risk and minority groups are prioritised.

To obtain hard or electronic copies of the Drug & Alcohol Directory or other publications, or to join our library, please contact Jackie or Mella in Cork City Partnership, details above, or go to:  
[www.corkcitypartnership.ie](http://www.corkcitypartnership.ie)

## Cork Based Drugs Initiative Outreach Street Worker

Kinvara House, Dublin Hill, Cork City

### CONTACT

Frank Horgan, Outreach Drugs Worker

Tel: 086 0255410

Email: frank@cdys.ie

### SERVICES PROVIDED

The aims of the outreach street service are:

- Working directly with Intravenous drug users on the streets
- Brief Interventions
- One to one support
- Linking people into services
- Harm Reduction/Harm Minimisation
- Supporting Local Communities around Drug Litter. See poster on page 31.
- Supporting the Business Community around
- Removing Drug Litter

## Cork Simon's Youth Homeless Drug Prevention Project

Cork Simon Day Centre, Andersons Quay,  
Cork City

### CONTACT

Kasia Stubba, Community Drug & Alcohol  
Worker

Tel: 021 4278728

Mobile: 087 6185907

Email: youthdrugsproject@corksmon.ie

Website: www.corksmon.ie

### SERVICES PROVIDED

The Youth Homeless Drug / Alcohol 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 YHDAPP operates on a one to one basis with young people, helping to re-establish contact with family, offering support, advice and information on addictions 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 YHDAPP is funded by Cork ETB through the Young Person Facilities and Services Fund. It also works closely with the CLDATF.

## DAYS Project

(Douglas Area Youth Services)

Ardagh House, Old Carrigaline Rd., Douglas,  
Cork City

### CONTACT

Andrew Fiddow, Community Drug & Alcohol  
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

Stephen Connolly, Community Drug & Alcohol  
Worker

Mobile: 086 3668049

Email: stephen.connolly@foroige.ie

Yvonne O'Toole, Community Drug & Alcohol  
Worker

Mobile: 087 2933283

Email: yvonne.otoole@foroige.ie

HSE promoted project, administered by Foróige and managed in association with local interests.

**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 / Fairhill – Hillgrove Outreach Project**

Farranree Family Centre, Closes Green, Farranree, Cork City

**CONTACT**

Ailish McDonald, Community Drug & Alcohol Worker

Mobile: 087 2131786

Email: ailish.hillgrove@gmail.com

**SERVICES PROVIDED**

Harm Reduction, Relapse Prevention, Auricular Acupuncture and Mindfulness, Education, Information and Referral. 10 week Concerned Persons Support Programme, one to one confidential support for concerned persons.

**Glanmire Foróige Youth Project**

Foróige Youth Project, Riverstown Cross, Glanmire, Co Cork

**CONTACT**

Cora Coleman, Community Drug & Alcohol Worker

Mobile: 087 2182821

Email: cora.coleman@foroige.ie

**SERVICES PROVIDED**

- The project can provide support, information and a referral service to individuals, parents and families in the Glanmire area

- Group activities with young people to raise awareness of drug and alcohol issues.
- Confidential one to one support to young people/parents/families
- Delivering drug awareness workshops within the wider community

**Glen Neighbourhood Youth Project**

Unit 2, The Glen Community Services Building, Carnloch Court, The Glen, Cork City

**CONTACT**

Lisa Sheehan / Aoife Ní Labhradha, Project Co-ordinator / Community Drug & Alcohol Worker

Mobile: 087 7625985

Email: aoifenilabhradha@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
- One to one and small group work for young people presenting with substance misuse/ abuse issues and support to persons in recovery from addiction
- Drug education & awareness programmes delivered locally
- Advice, support & Auricular Acupuncture
- Harm reduction & Counselling service

## Greenmount Community Drugs Initiative

12 Mary St., Cork City

### CONTACT

Sinead McGrath, Community Drug & Alcohol Worker

Mobile: 086 8364366

Email: [sinead.mcgrath@foroige.ie](mailto: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

---

## Gurrabraher / Churchfield Community Drugs Project c/o Youth Work Ireland – Cork

Gurrabraher Youth & Community Resource Centre, Gurrabraher Rd. Cork City

### CONTACT

Theresa Spillane, Community Drug & Alcohol Worker

(Eleanor O'Sullivan, Project Co-ordinator)

Tel: 021 4399862

Mobile: 087 0568255

Email: [cldtf1.youthworkirelandcork@gmail.com](mailto:cldtf1.youthworkirelandcork@gmail.com)

### SERVICES PROVIDED

Community Drugs Project provides:

- Outreach, referral and one to one support services for young people and concerned parents/ families etc.
- Provides programmes (in consultation) which are drug and alcohol related issue focused
- Concerned Persons Programme
- Aftercare & Recovery / Social Groups
- Community Addiction Counselling Service

## Knocknaheeny Drugs Project

Hollyhill Shopping Centre,  
Knocknaheeny, Cork City

### CONTACT

Celine Hurley, Community Drug & Alcohol Worker

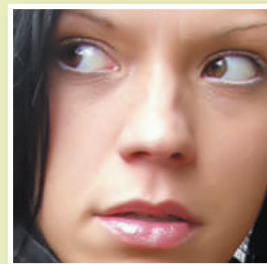
Tel: 021 4303902

Mobile: 087 1224794

Email: [celine.hurley@foroige.ie](mailto:celine.hurley@foroige.ie)

### 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

Deirdre Dennigan, Community Drug & Alcohol 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
- Mindful Parenting Programmes run twice per year
- Mindfulness for Teens run throughout the year

## Mayfield Youth 2000 – Phase 2

Family Centre, 20 Lotamore Park, Lotamore, Mayfield, Cork City

### CONTACT

Martina O'Keeffe, Community Drug & Alcohol Worker

Tel: 021 4530898

Mobile: 086 3682061

Email: martina.okeeffe@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 & Mindful Parent Programmes

## Togher Link-Up Ltd.

13 Tramore Rd, Togher, Cork City

### CONTACT

Kerry Dineen, Community Drug & Alcohol Worker

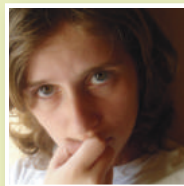
Mobile: 086 8251561

Kieran O'Connell, Project Worker

Mobile: 086 8240140

### 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

Ann Jordan, Community Drug & Alcohol Worker

Mobile: 086 6084659

Tel: 021 4503786

Email: tvgdrugsproject@gmail.com

Joan Nolan, Family Support Worker

Mobile: 086 6084659

Email: tvgoutreachworker@gmail.com

### SERVICES PROVIDED

The TVG Traveller Support Project provides a confidential, safe and flexible service to the Traveller Community in Cork city. The project listens to where people are at, helps with referral to relevant services and supports clients to access these services. The project is committed to prevention, education, intervention and information based work.

- Outreach and support to Travellers who are currently using substances or who are in recovery
- One to one and Family/Concerned Person's support
- Agency linkage and referral
- Project supports the participation of Travellers in Drug & Alcohol services
- Culturally appropriate education and prevention programmes and training
- Drug and alcohol awareness workshops & information dissemination
- Key working, care planning and case management
- Acudetox to substance misusers and family members

## Yew Tree Project

22 Lakeland's Crescent, Mahon, Cork

### CONTACT

Theresa Clifford, Community Drug & Alcohol 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

Catherine Leahy, Project Worker

Tel: 021 4270187 / 021 4273056

Mobile: 085 1268985

Email: catherine@ymcacork.net

### 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

John Russell, Project Worker

Tel: 021 4270187

Mobile: 085 1306207

Email: john.russell@ymca-ireland.net

### 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

Julie Cummins, Community Drug & Alcohol  
Worker

Tel: 023 20721

Mob: 086 8251215

Email: [Julie.cummins@foroige.ie](mailto: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
- Auricular Acupuncture (acudetox) service which is used to aid with anxiety, withdrawal, cravings and general well being

## Cobh Community Drugs Initiative

C/o Cobh YMCA  
4A Ticknock Commercial Park, Cobh, Co. Cork

### CONTACT

Gemma Turner, Community Drug & Alcohol  
Worker

Tel: 021 4814060

Mob: 086 8283760

Email: [gemma@ymca-ireland.org](mailto: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

Eoin Coughlan, Community Drug & Alcohol Worker

Mob: 086 6096874

Email: [eoin@cdys.ie](mailto:eoin@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

## Macroom Drug & Alcohol Initiative

Cloyne Diocesan Youth Services,  
West Square, Macroom, Co. Cork

### CONTACT

Catherine Buckley / Kevin Raftery,  
Community Drug & Alcohol Workers

Mob: 086 8031109

Email: [catherine@cdys.ie](mailto:catherine@cdys.ie) / [kevin@cdys.ie](mailto:kevin@cdys.ie)

### SERVICES PROVIDED

- The project aims to support people in reducing the harmful effects of drugs and alcohol on themselves and their families.
- We offer one-to-one support, family meetings, assessment, and referral to other services, advocacy on behalf of clients and information and advice for members of the public.
- We offer, at intervals, programs in self-development, wellness practices, auricular acupuncture and other complimentary therapies.

## Mallow Community Based Drugs Initiative

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

### CONTACT

Nicola Whelan, Community Drug & Alcohol Worker

Tel: 022-53526

Mobile: 086-3836414

Email: [nicola@cdys.ie](mailto: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](http://www.cdys.ie)



## Mitchelstown Community Based Drugs Initiative

Forest Hill Community Centre, New Square, Mitchelstown, Co. Cork

### CONTACT

Frank Horgan, Community Drug & Alcohol Worker

Tel: 025 41511  
Mob: 086 0439702  
Email: frank@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

Eddie McBride, Community Drug & Alcohol Worker

Tel: 024 90673  
Mob: 086 3842183  
Email: edward.mcbride@foroige.ie

Website:  
[www.youghalcommunitydrugsinitiative.ie](http://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
- Education, prevention, intervention and information services



## Killarney Community Drugs Initiative

C/o KDYS Youth Centre, Fairhill , Killarney, Co. Kerry

### CONTACT

Deirdre Nagle, Community Drug & Alcohol Worker

Tel: 064 6631748

Mob: 085 8501296

Email: deirdrenagle@kdys.ie

### SERVICES PROVIDED

Killarney Community Drugs Initiative is a community based resource providing individual support to young people, parents and concerned persons around their own or a loved ones alcohol or drug use.

It's a free, confidential & non-judgemental service providing advice & information in relation to drugs and alcohol and also provides assistance in accessing relevant services and community supports.

Support is provided to help reduce drug and alcohol use, access treatment and prevent relapse.

---

## Listowel & North Kerry Community Drugs Project

C/o Upper Church St., Listowel, Co. Kerry

### CONTACT

Gerard Lowe, Community Drug & Alcohol Worker

Tel: 068 23744

Mob: 087 9263803

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

Aras an Phobail, Dean's Lane, Tralee, Co. Kerry

### CONTACT

Gemma Hilario, Community Drug & Alcohol Worker

Tel: 066 7180190

Mob: 087 6708702

Fax: 066 7129562

Email: drugsworker@nekdi.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 and/or alcohol misuse.



## Before 5 Family Centre

Churchfield Hill, Churchfield, Cork City

### CONTACT

Project Worker

Tel: 021 4303561

Email: [before5centre@gmail.com](mailto:before5centre@gmail.com)

Web: [www.before5familycentre.ie](http://www.before5familycentre.ie)

### SERVICES PROVIDED

Access to community counselling services.

## CIT Careers & Counselling Service

2<sup>nd</sup> 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 Drug & Alcohol Task Force, Floor 1,  
Kinvara House, Dublin Hill, Cork

Tel: 021 4930100

### CONTACT

Addiction Counsellors:

Mobile: 087 0688486

Email: [Liam.OMahony@hse.ie](mailto:Liam.OMahony@hse.ie)

Mobile: 087 4155404

Email: [Pat.ORiordan2@hse.ie](mailto:Pat.ORiordan2@hse.ie)

### SERVICES PROVIDED

The addiction counsellors employed in this project provide outreach support to clients of the sixteen Cork Local Drug & Alcohol Task Force community based projects in Cork City.

*Please see all community based CLDATF 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

Email: [socialandhealth@eircom.net](mailto:socialandhealth@eircom.net)

Website: [www.socialandhealth.com](http://www.socialandhealth.com)

### SERVICES PROVIDED

One to one, group and family counselling (Cosicéim 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

Email: [John.Connolly@hse.ie](mailto:John.Connolly@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

Ard Patrick, College Road, Cork City

### CONTACT

Student Counselling and Development

Tel: 021 4903565

Email: [counselling@ucc.ie](mailto: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 Addiction Counselling

17 Georges Quay, Cork City.

#### CONTACT

Mobile: 086 3231184 / 089 4998610

Email: [poradnia@together-razem.org](mailto:poradnia@together-razem.org)

Web: [www.together-razem.org](http://www.together-razem.org) or  
[www.uclinic.info](http://www.uclinic.info)

Contact: Counsellor

#### SERVICES PROVIDED

“U-Clinic” Addiction Counselling Project is an integral part of the structure of Together-Razem Centre and provides services mostly for Polish migrants with addiction problems. We deal with alcohol addiction, substance misuse, co-dependency, gambling.

We offer: Screening and assessment & One to one counselling. Group therapy: Pre-treatment, Abstinence Intensive Programme, After Care, Relapse Prevention. Psycho-education: Coping Skills Training, Concerned Person Group, Family Communication Programme. Prevention workshops i.e.: Anger Management, Domestic Violence Duluth programme, workshops for women. Auricular acupuncture (acudetox)

Other services also provided, please go to: [www.together-razem.org](http://www.together-razem.org) for details

### Anchor Treatment Centre Limited

Spa Glen, Mallow, Co. Cork

#### CONTACT

Counsellor on Duty

Tel: 022 42559

Email: [anchor@anchorcentre.ie](mailto: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

Self-referrals and referrals from professionals, family and concerned persons are welcome.

### Arbour House & Community Counselling Services

HSE CHO4 Addiction Services,  
Substance & Alcohol Misuse Services,  
St. Finbarr's Hospital, Douglas Road, Cork City

#### CONTACT

The Administrator

Tel: 021 4968933

Email: [AddictionTreatment@hse.ie](mailto: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

## Cork Counselling Service

HSE CHO4 Addiction Services,  
Level 1, Heron House,  
Blackpool Retail Park, Blackpool, Cork City

### CONTACT

Reception  
Tel: 021 4928300  
Email: Addictiontreatment@hse.ie

### SERVICES PROVIDED

Services Provided: Community based addiction treatment service for people over 18yrs who are experiencing problems with alcohol and/or drugs and/or compulsive gambling.

The service also meets with people who have concerns about a family member's addiction problems.

Following assessment, a care plan is developed with the Service User, which may include:

- Brief Intervention
- 1:1 Counselling
- Group work
- Referral to Non-Residential or Residential treatment Programmes
- Free Service to all

*This is not an emergency service.*



## 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 CHO4 Addiction Services,  
Block F, Edward St. Tralee, Co Kerry

### CONTACT

Contact: The Administrator  
Tel: 066 7184968

### SERVICES PROVIDED

Consultation, Assessment, Brief intervention, One to One counselling, Auricular Acupuncture and a Methadone Maintenance Programme.

We take referrals for all addiction related problems by phone. We work closely with our partner service based in Brandon House Addiction Services, Tralee

## Kerry Addiction Services

HSE CHO4 Addiction Services  
Brandon House, Upper Rock St.  
Tralee, Co. Kerry

### CONTACT

Reception

Tel: 0761 08 3000

Fax: 066 7186579

Email: [Laura.Brosnan@hse.ie](mailto: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

(Residential)

'Cara Lodge', Ahiohill, Enniskeane, Co. Cork

### CONTACT

Manager

Tel: 023 8839000

Email: [infocaralodge@mtas.ie](mailto: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

## Matt Talbot Services

(Non-Residential)

'Rockview', Trabeg Lawn, Douglas, Cork City

### CONTACT

Manager

Tel: 021 4896400

Fax: 021 4896419

Email: [infotrabeg@mtas.ie](mailto:infotrabeg@mtas.ie)

### SERVICES PROVIDED

- Tier 3 Service
- Referral
- Engagement
- Assessment
- Treatment
- Pre – Residential Programme
- Family Programme
- Aftercare

## Residential Detox Service

Health Service Executive (HSE),  
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](mailto: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 Treatment Centre

Ballindeasig, Belgooly, Co. Cork

### CONTACT

Administration/Reception

Tel: 021 4887110

Email: [taborlodge@eircom.net](mailto:taborlodge@eircom.net)

Web: [www.taborlodge.ie](http://www.taborlodge.ie)

### SERVICES PROVIDED

Screening, Initial Assessment, Comprehensive Assessment Pre-Treatment Programme.

Contact Admissions Manager Katie Coughlan  
kcoughlan@taborlodge.ie

Tier 4 Treatment Programme for addiction, in particular chemical dependency to alcohol and drugs. Contact Programme Coordinator Deirdre Creedon, dcreedon@taborlodge.ie

Aftercare Programme including Women's Day Programme and Relapse Prevention Programme

Contact: Aftercare Coordinator Mary Carroll,  
mcarroll@taborlodge.ie

Family Programme (including information programme), La Verna Hall, Gratton Street, Cork. 4 week, 12 week and 52 week information, support and personal development for family and concerned persons.

Contact: Kay O'Shaughnessy:  
kayoshaughnessy@taborlodge.ie

## 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

## Cork Simon Community

St. Nicholas House, Cove Street, Cork City

### CONTACT

Head of Emergency Support Services  
Tel: 021 4226029 / Mob: 086 0258344

### SERVICES PROVIDED

Addiction and Aftercare Programme (including housing), for people who have entered residential treatment from the Homeless Services.

For further information on Cork Simon Community services please see pages 8 & 32

## Fellowship House

Spur Hill, Doughcloyne, Togher, Cork City

### CONTACT

Counsellor on Duty

Tel: 021 4545894

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

*continued over*

- 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, Floor 1,  
Kinvara House, Dublin Hill, Cork City

#### CONTACT

Link Workers – Drug and Alcohol Services,  
HSE CHO4  
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 Residential Treatment

Shanakiel, Blarney Road (Near Calvary),  
Cork City

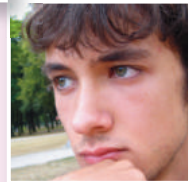
#### CONTACT

Counsellor on Duty  
Tel: 021 4300844  
Email: [renewal@eircom.net](mailto:renewal@eircom.net)  
Website: [www.taborlodge.ie](http://www.taborlodge.ie)

#### SERVICES PROVIDED

The primary mission of Renewal is to provide a residential extended treatment for addicted women in early recovery. The programme at Renewal emphasises personal responsibility, peer support, participation on an Outreach Community Employment Programme Scheme (CE). This scheme is designed to assist residents to re-integrate back into the workplace /education.

For admission criteria and information on the other supports provided please contact the service.





## Access Housing Unit

24–25 South Mall, Cork City

### CONTACT

Reception

Tel: 021 4278848

Email: [advicecork@threshold.ie](mailto:advicecork@threshold.ie)

Website: [www.threshold.ie](http://www.threshold.ie)

### 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

Reception

Project Workers Tel: 086 8513347 / 086 041294

Email: [brenda.keating@foroige.ie](mailto:brenda.keating@foroige.ie) /

[susan.delaney@foroige.ie](mailto:susan.delaney@foroige.ie)

Website: [www.bbbsireland.ie](http://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

Email: [bridgerecoverygroup@eircom.net](mailto: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](mailto: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.

*continued over*

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.

---

### Churchfield Community Trust Ltd.

109 Knockfree Avenue, Churchfield, Cork City

#### CONTACT

Reception

Tel: 021 4210348

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

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, (Old Youthreach Building), The Glen, Cork City

#### CONTACT

Project Worker

Mobile: 086 0453016

#### 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

## Focus Ireland

27 South Mall, Cork

### CONTACT

Tel: 021 4273646

Website: [www.focusireland.ie](http://www.focusireland.ie)

### SERVICES PROVIDED

Support services for young homeless people and a resettlement service to support people who are moving from homelessness into long term supported accommodation.

## The Grattan Project

c/o 109 Knockfree Avenue, Churchfield, Cork City

### CONTACT

Project Administrator

Tel: 021 4210348

Email: [info@cctrust.ie](mailto:info@cctrust.ie)

Website: [www.probation.ie](http://www.probation.ie)

### SERVICES PROVIDED

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

## Headway (Cork Office)

Unit B3 Link Rd. Business Park, Ballincollig, Co. Cork

Tel: 021 487 1303

### CONTACT

Reception

Brain Injury Info & Support Line:  
1890 200 278

Website: [www.headway.ie](http://www.headway.ie)

### SERVICES PROVIDED

- Various services, supports and information for people affected by a brain injury
- Support to families
- Training to other professionals

## Post Release Services

Cork Prison, Rathmore Road, Cork City

### CONTACT

Frances Russell, Project Worker

Tel: 021 4518814

Fax: 021 4503279

Email: [fjrussell@irishprisons.ie](mailto: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 Resettlement Service

Cork Prison, Rathmore Road, Cork City

### CONTACT

Resettlement Support Worker

Tel: 021 4518864

Mobile: 086 7808763

Email: [ccarey@iasio.ie](mailto:ccarey@iasio.ie)

### SERVICES PROVIDED

Resettlement Support for prisoners pre- and post-release from Cork Prison. The support worker offers: support and guidance to prisoners before their release, information on accessing relevant services and support following their release.

## The Samaritans

Coach Street, Cork City

### CONTACT

Volunteer

Tel: 1850 609090

Tel: 021 4271323

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Websites: [www.corksamaritans.ie](http://www.corksamaritans.ie) &  
[www.samaritans.org](http://www.samaritans.org)

*continued over*

## 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

## The Sexual Health Centre

16 Peter's Street, Cork City

### CONTACT

Reception

Tel: 021 4275837

Helpline: 021 4276676

Email: [info@sexualhealthcentre.com](mailto:info@sexualhealthcentre.com)

Website: [www.sexualhealthcentre.com](http://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 Office Cork/Kerry

Tel: 021 4949833

Mobile: 086 8525 755

Email: [info@shineonline.ie](mailto:info@shineonline.ie)

Information Helpline: 1890 621 631

Website: [www.shineonline.ie](http://www.shineonline.ie)

Information Resource: [www.recover.ie](http://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 (Contact: 021 4226064) 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

Reception

Tel. 021 4222987

Mobile: 086 8278774 / 086 8278772

Email: [tpspcork@eircom.net](mailto:tpspcork@eircom.net)

Website: [www.teenparents.ie](http://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 and other support services

## Threshold, Tenancy Protection Service

22 South Mall, Cork City

### CONTACT

Manager

Tel: 021 4278848 / 1800 454 454

Email: [corktps@threshold.ie](mailto:corktps@threshold.ie)

Web: [www.corktps@threshold.ie](http://www.corktps@threshold.ie)

### SERVICES PROVIDED

Tenancy Protection Service provides advice and support to individuals, couples and families living in private rented accommodation experiencing tenancy problems and where the tenancy is at risk. The Tenancy Protection Service seeks to protect existing tenancies, keeping people in their home and preventing them from having to access homeless services.

## Youth Health Service (YHS)

Penrose House, Penrose Quay, Cork City

### CONTACT

Project Co-ordinator

Tel: 076 1084150

Email: [yhs@hse.ie](mailto:yhs@hse.ie)

Website: [www.hse.ie](http://www.hse.ie)

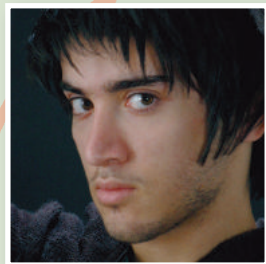
### OPENING TIMES

Monday – Friday: Please ring ahead to check the service you require is available

### SERVICES PROVIDED

YHS Services Include:

- General Advice & Support In Relation to Sexual Health
- STI Screening Clinic
- Contraceptive Clinic
- Unplanned Pregnancy Counselling
- Pregnancy Information and Support
- Post Abortion Medical Check Ups and Counselling
- Youth Work
- Drug and Alcohol Support and Information
- General Counselling



### Alcoholics Anonymous (AA)

#### CONTACT

(AA) Member

Cork City area Mobile: 085 8470880

North Cork area Mobile: 087 6657105

West Cork area Mobile: 087 6114946

Kerry area: 066 7128720 / 087 0522911 (24hrs)

For full list of meetings see:  
[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Open public meeting Tuesday 8.30-9.30 pm  
South Parish Community Centre,  
Rutland St. Cork City

#### 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** (AA) Member, Mobile: 087 1202155

Meetings at 4pm on Sundays

This group is multi-lingual, with Russian and Polish speakers also.

#### Lithuanian Language AA Group

Eason's Hill Community Centre

**CONTACT** (AA) Member, Mobile: 087 1202155

Meetings at 7.30pm on Tuesdays

#### Polish Language AA Group

C/o Saint Augustine Church, Washington St.,  
Cork City

**CONTACT** (AA) Member, Mobile: 087 6469175

Meetings at 7pm on Saturdays

#### SERVICES PROVIDED

- Support group
- Unity, service and recovery

### Dual Recovery Anonymous (DRA)

#### CONTACT

DRA Member / Helpline: 085 7843414

Email: [dracork@gmail.com](mailto:dracork@gmail.com)

Website: [www.dualrecoveryanonymous.org](http://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](http://www.dualrecoveryanonymous.org) for Cork meeting locations etc.

### Gamblers Anonymous (GA)

c/o Quaker House, Capwell / Summer Hill  
South, Cork City

#### CONTACT

(GA) Member

Tel: 087 2859552

Email: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

Web: [www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)

#### SERVICES PROVIDED

Self help group for those who are or have been affected by a gambling problem.

Meetings held on Tuesday nights at 8.00pm in Quaker House, Capwell / Summer Hill South, Cork City. Open public meeting 3rd Monday of the Month at 8.30pm in La Verna Hall, Grattan St. Cork City

## HADD Child & Family Support Group

Bessboro Estate, Blackrock, Cork City

### CONTACT

Project Co-ordinator

Tel: 021 4515032

Email: ahdccork@info.ie

### 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

## 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 Cork city & county and Kerry please check:

www.nasouth.ie for full list or contact:

087 1386120.

## Polish Sobriety Club 'Pomost'

Cork Migrant Centre, 14 George's Quay  
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 and alcohol.

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 social meetings.
- Organising meetings and information sessions with addiction specialists.
- Sports and recreational activities.

## Sex And Love Therapy (S.A.L.T.)

### CONTACT

Mobile: 085 8509491 /

086 3976826 / 086 6065651

Email: sexandlovetherapy14@gmail.com

### SERVICES PROVIDED

One to one and group therapy, assessments and referrals, educational seminars and workshops, and sign posting onwards. Advice on Sexual addictions/compulsions, Couples support, Love/relationship addictions, Pornography addiction and Intimacy disorders.

## FAMILY SUPPORT GROUPS

### CONTACT

Mella / Jacqueline  
Community Development / Drug & Alcohol  
workers:  
Tel: 087-1962022 / 087-1962030  
Email: mmagee@partnershipcork.ie or  
jdaly@partnershipcork.ie

---

## ACoA (Adult Children of Alcoholics & Dysfunctional Families)

### CONTACT

Dominican Centre, Tel: 021 450 3188  
Midleton, Tel: 086 2411732  
for meeting time and location

---

## AI-Anon Family Groups

### CONTACT

Answering Service Tel: 021 431 1899  
for meeting time and location

---

## Bridge Recovery Parents / Concerned Persons Support Group

### CONTACT

Tel: 021 431 3411 for meeting time and location

---

## Knocknaheeny /Hollyhill Support Group (CCP)

### CONTACT

Tel: 021 4399503 for meeting time and location

---

## Mahon Family Addiction Support Group

### CONTACT

Tel: 021 435 8866 for meeting time and location

## Matt Talbot Father's Group

### CONTACT

Tel: 021 489 6400 for meeting time and location

---

## Matt Talbot Mother's Group

### CONTACT

Tel: 021 489 6400 for meeting time and location

---

## Mayfield Family Support Group

### CONTACT

Tel: 086 8523077 or 086 3682061  
for meeting time and location

---

## Nar Anon

### CONTACT

Tel: 021 450 3188 or 086 1755 122  
for meeting time and location

---

## St. Nicholas' Trust (for Families of Prisoners)

### CONTACT

Tel: 086 1768266 or 086 1768267  
for meeting time and location

---

## Tabor Lodge Family Support Groups

### CONTACT

Tel: 021 4887110  
for programmes, meeting time and location

---

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

- (1) Community Outreach Drug &  
Alcohol Awareness Project, page 7
- (2) The Community Based Local & Regional  
Drug & Alcohol Task Force Projects,  
pages 6–16
- (3) The Various Treatment Centres,  
pages 18–21



## Drug litter or injecting equipment is hazardous. If you come across a needle or spoon, do not attempt to remove it yourself.

---

Drug litter needs to be disposed of by people who know how. So instead of picking them up, pick up the phone.

For the collection of needles in public areas, Cork City Council has two dedicated phone numbers:

- **1800 22 22 26 Freephone number** (open from 9am – 5pm)
- **021 496 6512** (out of hours service)

To contact a Needle Exchange Worker who can provide information and address any queries.

Please call: **086 025 5410** (Needle Exchange Worker)

---

## In case of emergency...

If you or someone you know incurs/experiences a needle stick injury, please contact your GP for treatment or your local Accident & Emergency Department.

---



In Scotland, there are no published cases of a member of the public acquiring a blood-borne virus through a needle stick injury received from an inappropriately discarded needle.

**Source:** *Guidelines for Services providing Injecting Equipment:* Best Practice Recommendations for Commissioners and Injecting Equipment provision (IEP) Services in Scotland, 2010.

[WWW.CORKDRUGANDALCOHOL.IE](http://WWW.CORKDRUGANDALCOHOL.IE)

## Cork Foyer

Assumption Road, Blackpool, Cork City

### CONTACT

Foyer Manager

Tel: 021 42 88 524

24-Hr Mobile: 086 8531755

Email: [barry\\_waddingham@corkcity.ie](mailto:barry_waddingham@corkcity.ie)

Web: [www.corkfoyer.ie](http://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](mailto:eleanor@corksimon.ie)

Web: [www.corksimon.ie](http://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, safe practices and an aftercare programme.
- 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.  
Contact Programme Officer on 087-1790505
- 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.

\*PLEASE SEE PAGES 8 & 21 FOR OTHER CORK SIMON COMMUNITY SERVICES

## Cuanlee Refuge

Kyrl's Quay, Cork

### CONTACT

Manager

Tel: 24/7 Helpline 021 4277698

Email: [cuanleerefuge@hotmail.com](mailto:cuanleerefuge@hotmail.com)

### SERVICES PROVIDED

Cuanlee Refuge provides crisis accommodation for female victims of domestic violence and their children. The aim of Cuanlee is to provide a safe environment where individuals care and support is offered, enabling empowerment.

## Good Shepherd Services

Convent Avenue, Sunday's Well, Cork City

### CONTACT

Service

Tel: 021 4309505

Email: [jmurphy@gsscork.ie](mailto:jmurphy@gsscork.ie)

Website: [www.goodsheperdservice.ie](http://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

Contact: Manager

Tel: 021 4274240

Fax: 021 4274160

Email: [cfoster@gsscork.ie](mailto:cfoster@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

Contact: Manager

Tel: 021 4397314

Email: [codonovan@gsscork.ie](mailto:codonovan@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.

## Hearth Good Shepherd Support Service

Hearth, Henry Street, Cork City

Contact: Manager

Tel: 021 4273890

Email: [lmulcahy@gsscork.ie](mailto:lmulcahy@gsscork.ie)

The Aftercare Support Service assists women and children who have been homeless as they move to independent living in the community. We offer both emotional and practical support on a range of issues, and work with women one on one or in groups. The service is confidential, client led and tailored to meet individual needs.

## Riverview

Contact: Manager

3 North Mall, Cork City

Tel: 021 4304205

Email: [elowe@goodsheperdservices.ie](mailto: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.

## O'Connell Court

Doughcloyne, Togher and Oakdene House, Prosperity Square, Cork City

### CONTACT

Tel: 021 4316076 – O'Connell Court or  
021 4316196 – Oakdene House

Email: [oconnellcourt@gmail.com](mailto:oconnellcourt@gmail.com)

Web: [www.oconnellcourt.ie](http://www.oconnellcourt.ie)

*continued over*

## SERVICES PROVIDED

O'Connell Court provides supported / sheltered accommodation for older homeless people aged over 50 with mental health problems. The project has 2 properties, with 66 spaces at O'Connell Court and 17 at Oakdene House (situated in Prosperity Square, Cork City). The project accepts self referrals and referrals from any agency. People being referred from within hospital are first assessed by the HSE Age Care Evaluation Team.

## 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

Manager

Tel: 021 4270444

E-mail: [info@svpcork.ie](mailto:info@svpcork.ie) or

[Gerrygarvey@svpcork.ie](mailto:Gerrygarvey@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
- Offers a range of educational supports

- Provides hostels for homeless men in Cork.
- St. Vincent's House, Anglesea Terrace, Cork City, provides short term supported accommodation for homeless men. Phone: 021 4317899
- Deerpark House Hostel, Friars Walk, Cork City, provides supported accommodation for homeless men. Phone: 021 4311071 or Email: [info@svpdeerpark.ie](mailto:info@svpdeerpark.ie)

## Wellsprings

Wandesford Quay, Cork City

### CONTACT

Manager

Tel: 021 4318953

Fax: 021 4321193

Email: [wellsprings@eircom.net](mailto: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.



## Cork City Partnership Clg., Community Outreach Drug / Alcohol Awareness Project (CODAAP)

Please see page 7 or [www.corkcitypartnership.ie](http://www.corkcitypartnership.ie) for information on training / education opportunities offered by CODAAP

## Cork Institute of Technology

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

### CONTACT

Lecturer

Tel: 021 4347800 / 087 6691584

Email: [gus.murray@cit.ie](mailto:gus.murray@cit.ie) /

[ucoakley@yahoo.co.uk](mailto:ucoakley@yahoo.co.uk)

### SERVICES PROVIDED

Counselling & Psychotherapy Certificate /  
Degree course

## Health Promotion & Improvement, Health & Wellbeing Division, HSE

Eye, Ear & Throat Hospital, Western Rd.,  
Cork City

### CONTACT

A/ Senior Health Promotion Officer

Tel: 021 4921641

Email: [Sandra.Coughlan@hse.ie](mailto: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

Co-ordinator

Tel: 021 4666180

Fax: 021 4870104

Email: [socialandhealth@eircom.net](mailto:socialandhealth@eircom.net)

Web: [www.socialandhealth.com](http://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 page 17)
- Psychotherapist – supported training
- Facilitation of support groups
- Cork Advocacy Services

## Cork City Partnership Clg., Community Outreach Drug / Alcohol Awareness Project (CODAAP)

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

- Go to [www.corkcitypartnership.ie](http://www.corkcitypartnership.ie) to download copies of this 'Directory of Drug & Alcohol Services in Cork & Kerry. It is now available to download in 7 languages including Arabic, Chinese, French, Lithuanian, Polish, Russian, Spanish and English. Contact CODAAP for a hard copy in English only.
- See what's in stock in our Community Drugs Library by visiting our online Library database <https://ccp.librarika.com>
- Page 7 of this directory gives further details of regular and occasional publications produced by CODAAP

---

## Cork Youth Information Centre

11-12 Marlboro Street, Cork City

### CONTACT

Centre Co-ordinator

Tel: 021 4270187

Email: [youthinfo@ymca-ireland.net](mailto:youthinfo@ymca-ireland.net)

Website: [www.ymca-ireland.net](http://www.ymca-ireland.net)

### 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](http://notalone.ie)
- Opening Times:  
Mon – Fri: 11.00am – 5.00pm (closed Thurs)

## Health Promotion and Improvement, Health and Wellbeing Division, HSE

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

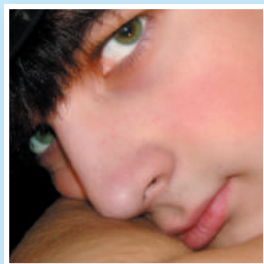
### CONTACT

Tel: 021 4921641

Website: [www.healthpromotion.ie](http://www.healthpromotion.ie)

### SERVICES PROVIDED

A wide range of publications can be ordered online from [www.healthpromotion.ie](http://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.



## ANEW Support Services

1<sup>st</sup> Floor, 11–12 Washington Street, Cork

### CONTACT

Reception

Tel: 021 4270445

Helpline: 1800 281281

Email: [hello@anew.ie](mailto:hello@anew.ie)

Website: [www.anew.ie](http://www.anew.ie)

Mon – Fri 10am – 5.30pm

Sat by appointment only

### SERVICES PROVIDED

ANEW works with women, their partners and families providing:

- Pregnancy testing, crisis pregnancy and post abortion counselling
- Birth preparation, parenting (one to one & group) courses and new mother & baby group
- All services provided free of charge except birth preparation class which is offered at low or no cost.

## Asylum Seekers Outreach Service

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

### CONTACT

Project Worker

Tel: 021 4302310

Mobile: 087 9209478

Email: [sgabor@partnershipcork.ie](mailto: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

Monday: 9.00 am – 12.30 pm

Ashbourne House, Glounthaune, Co. Cork

Mondays: 12.30 – 5.00 pm

Kinsale Road Accommodation Centre

Tuesday & Thursday: 9.00 am – 5.00 pm

Clinics also held, by appointment, at convenient locations in Cork City.

## Cork City (South) Citizens Information Services

80 South Mall, Cork

### CONTACT

Reception

Tel: 0761 07 6950

Email: [cork@citinfo.ie](mailto:cork@citinfo.ie)

Web: [www.citizensinformation.ie](http://www.citizensinformation.ie)

### SERVICES PROVIDED

Provision of information, advice and advocacy on a broad range of subjects including social welfare entitlements, health services, housing, education, employment rights, consumer affairs, justice and local organisations and services.

## Cork Gay Community Development Project

4 South Terrace, Cork City

### CONTACT

Office

Tel: 021 4300430

Email: [info@gayprojectcork.com](mailto:info@gayprojectcork.com)

Web: [www.gayprojectcork.com](http://www.gayprojectcork.com)

### SERVICES PROVIDED

The 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  
Tel: 021 4278470 for opening times

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

### SERVICES PROVIDED

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

## 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](mailto:info@linc.ie)

Web: [www.linc.ie](http://www.linc.ie)

Confidential Help Line Wed 6.30 – 9.00 pm

Tel: 021 4318318

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

### OPENING HOURS / DROP IN

Tuesday & Wednesday 11.00 am – 3.00 pm

Thursday 11.00 am – 8.00 pm

### 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 4808600.



## Mná Feasa Women's Domestic Violence Project

The Gate Lodge, St Marys Campus,  
Gurranabraher, Cork City

### CONTACT

Co-ordinator

Tel: 021 4212955 / Helpline 021 4211757

Email: [mnafeasa@eircom.net](mailto:mnafeasa@eircom.net)

Web: [Mnafeasa.com](http://Mnafeasa.com)

### 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
- Support groups for women who are experiencing abusive relationships
- Schools Education Programme
- Accompaniment service for women attending court, Garda stations, hospitals and mediators

Opening hours:

Monday – Friday, 9.30 am to 4.00 pm

## Money, Advice and Budgeting Service (MABS)

Ground Floor, 101 North Main Street, Cork

### CONTACT

Reception

Tel: 0761 072090

Email: [cork@mabs.ie](mailto:cork@mabs.ie)

Web: [www.mabs.ie](http://www.mabs.ie)

### SERVICES PROVIDED

MABS works with people who have all types of personal debt. MABS aims to look at each client's situation as a whole, seeking to find the best solution for that client.

Dedicated Mortgage Advisors are available to provided advice and supports on a wide range of housing associated issues including debt write off.

## Northside Community Health Initiative (NICHE)

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

### CONTACT

Project Manager

Tel: 021 4300135

Fax: 021 4300137

Email: [info@nicheonline.ie](mailto:info@nicheonline.ie)

Web: [www.nicheonline.ie](http://www.nicheonline.ie)

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, support services and the Community Garden.

# INDEX: ALPHABETICAL

Access Housing Unit	23	Cork Youth Information Centre	36
ACoA	30	Cuan Mhuire Treatment Centre	19
Al Anon Family Groups	30	Cuanlee Refuge	33
Alcoholics Anonymous / Multi Lingual (AA)	28	The Dillon's Cross Project	24
Anchor Treatment Centre Ltd.	18	Douglas Area Youth Service (DAYS)	8
ANEW Support Services	37	Dual Diagnosis Community Service	17
Arbour House & Community Counselling Services	18	Dual Recovery Anonymous	28
Asylum Seekers Outreach Service	37	Dublin Hill / Ballyvolane Initiative for Youth	8/9
Ballincollig Community Drug & Alcohol Project	6	Edward Court Treatment Services	19
Ballyphehane Action for Youth (BAY Project)	6	Farranree / Fairhill & Hillgrove Outreach Project	9
Bandon Community Drugs Initiative	13	Fellowship House	21/22
Before 5 Family Centre	17	Fermoy Community Based Drugs Initiative	14
Big Brothers Big Sisters of Ireland	23	Focus Ireland	25
Blackpool - Hillgrove Outreach Project	6	Gamblers Anonymous (GA)	28
The Bridge Recovery Group Ltd.	23/30	Glanmire Foróige Youth Project	9
Carrigaline Youth Initiative	6	Glen Neighbourhood Youth Project	9
Churchfield Community Trust	24	Good Shepherd Services – Edel House, Bruac, Hearth & Riverview	33
CIT Careers & Counselling Services	17	The Grattan Project	25
Cobh Community Drugs Initiative	13	Greenmount Community Drugs Initiative	10
Coiscéim Counselling Programme (SHEP)	17/35	G.U.M. (Genito-Urinary Medicine) STI Clinic	38
Community Based Addiction Counselling Services	17	Gurranabraher / Churchfield Community Drugs Project	10
Cork Alliance Centre	23/24	HADD Child & Family Support Group	29
Cork Based Drugs Initiative – Outreach Street Worker	8	Headway (Cork Office)	25
Cork City Employment Services (CCLES)	24	Health Promotion & Improvement, HSE	35/36
Cork City Partnership Clg. (CODAAP)	3/7/35/36	Kerry Addiction Services	20
Cork City (South) Citizens Information Service	37	Killarney Community Drugs Initiative	16
Cork Counselling Service	19	Knocknaheeny Drugs Project	10
Cork Foyer	32	Knocknaheeny/Holyhill Support Group (CCP)	30
Cork Gay Community Development Project	38		
Cork Institute of Technology	17/35		
Cork Local Drug & Alcohol Task Force	2/5		
Cork Simon Community	21/32/33		
Cork Simon's Youth Homeless Drug Prevention Project	8		

LINC	38	St. Nicholas Trust	30
Link Workers	22	St. Vincent de Paul	34
Listowel & North Kerry Community Drugs Initiative	16	Tabor Lodge Addiction Treatment Centre	20–21
MABS	39	Tabor Lodge Family Support Groups	30
Macroom Drug & Alcohol Initiative	14	Talbot Grove Treatment Centre	21
Mahon Family Support Group	30	Teen Parent Support Programme (TPSP)	27
Mallow Community Based Drugs Initiative	14	Threshold, Tenancy Protection Service	27
Matt Talbot Family Support Groups	30	Togher Link-Up Ltd.	11
Matt Talbot Services	20	Tralee Community Drugs Initiative	16
Mayfield Family Support Group	30	Traveller Visibility Group (TVG)	12
Mayfield Youth 2000 – Phase 1	11	UCC Student Counselling Service & Development Unit	17
Mayfield Youth 2000 – Phase 2	11	U-Clinic Addiction Counselling	18
Mitchelstown Community Based Drugs Initiative	15	Wellsprings	34
Mná Feasa Domestic Violence Project	39	Yew Tree Project	12
Nar Anon Family Groups	30	YMCA (Cork)	12
Narcotics Anonymous (NA)	29	Youghal Community Based Drugs Initiative	15
Northside Community Health Initiative (NICHE)	39	Youth Health Service (YHS)	27
O’Connell Court	33–34		
Polish Sobriety Club (Pomost)	29		
Post Release Services	25		
Renewal – Women’s Residential Treatment	22		
The Resettlement Service	25		
Residential Detox Service	20		
The Samaritans	25/26		
Sex And Love Therapy (SALT)	29		
The Sexual Health Centre	26		
SHINE	26		
The Social and Health Education Project (SHEP)	17/35		
Southern Regional Drug & Alcohol Task Force	5		
St. Helen’s Care Association	34		

## USEFUL NUMBERS

**HSE Drug & Alcohol Helpline**  
**1800 459 459**

### **HSE CHO4**

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

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

**The 24/7 National Suicide Helpline**  
 1800 247 247 or text “HELP” to 51444

## YOUTH GENERAL

[www.spunout.ie](http://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](http://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](http://www.belongto.org)

Support for lesbian, gay, bi-sexual and transgender (LGBT) young people in Ireland, aged 14 – 23. Provides information on countrywide LGBT groups, discussion forums, and weekend online support through secure email link.

Mon–Fri, 10am–6pm

Tel: 01 670 6223

[www.youthworkireland.ie](http://www.youthworkireland.ie)  
[Foireige.ie](http://Foireige.ie)

Sites that provides information and links to a variety of services for young people.

## YOUTH HEALTH

[www.bodywhys.ie](http://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](http://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](http://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](http://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](http://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 &amp; ALCOHOL

[www.drugs.ie](http://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.

Drug Helpline Freephone: 1800 459 459

[www.talktofrank.com](http://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.yourdrinking.ie](http://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. HSE Drug & Alcohol helpline, Freephone: 1800 459459

[www.alcoholicsanonymous.ie](http://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](http://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](http://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.corkdrugandalcohol.ie](http://www.corkdrugandalcohol.ie)

Cork Local Drug & Alcohol Task Force website. Contains information on taskforce membership, community based project details, current events, planning etc. Dial to Stop Drug Dealing / Crimestoppers

[www.srdatf.ie](http://www.srdatf.ie)

Southern Regional Drug & Alcohol Task Force website. Contains information on taskforce membership, community project details, initiatives, news etc. DIAL TO STOP DRUG DEALING / CRIMESTOPPERS

1800 250025

## MENTAL HEALTH

[www.samaritans.org](http://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](http://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](http://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](http://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](http://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](http://www.icgp.ie)  
Console Helpline: 1800 201 890

[www.psychotherapy-ireland.com](http://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](http://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](http://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

[www.grow.ie](http://www.grow.ie)

Grow is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all mental breakdowns, or to prevent such breakdowns from happening. Grow has a national network of over 130 groups in Ireland.

[www.pieta.ie](http://www.pieta.ie)

Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

## CHILDREN

[www.barnardos.ie](http://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](http://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](http://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.flac.ie](http://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](http://www.corkcitypartnership.ie)

Website details the work of Cork City Partnership, a local development company which operates:

- local and community development social inclusion programmes
- local employment services
- TUS – community work placement initiative

## MULTI-CULTURAL

[www.nascireland.org](http://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.corkcitypartnership.ie/publications/](http://www.corkcitypartnership.ie/publications/)

This directory of Drug & Alcohol services is now available to download in Arabic, Chinese, French, Lithuanian, Polish, Russian and Spanish. Go to the link above or see page 29 of this directory for details.

[www.culturewise.ie](http://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.

[www.lanternproject.ie/migrantcentre.html](http://www.lanternproject.ie/migrantcentre.html)

The Cork Migrant Centre provides free, confidential, accurate and up-to-date information on accesses to services and immigration issues. It supports the rights of all migrants with special focus on the empowerment and inclusion of immigrants at risk of poverty, social exclusion, exploitation and discrimination.

[www.together-razem.org](http://www.together-razem.org)

Together Razem is a Polish not for profit registered charity, that promotes integration and offers supports and services to the Polish, central and Eastern European community living in and around Cork. Services provided, see more details on the website or in this directory page 18 (U-clinic Addiction Counselling Project at Together-Razem).

[www.welcomeenglish.ie](http://www.welcomeenglish.ie)

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

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 Clg., Level 1, Heron House, Blackpool Retail Park,  
Blackpool, Cork City, T23 R50R

PLEASE WRITE IN BLOCK LETTERS FOR CLARITY

Applicable Section i.e. 1 to 10:

Name of organisation: \_\_\_\_\_

Relevant contact person/role: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ 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 Clg.

Tel: 021 4302310, Mobile: 087 1962030 or email: [jdaly@partnershipcork.ie](mailto: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:





## The Directory of Drug & Alcohol Services in Cork & Kerry 2017

Now available in multilingual format  
in the following languages:

العربية اللغة	(Arabic)
Español	(Spanish)
中文	(Chinese)
Lietuviškai	(Lithuanian)
Polski	(Polish)
Русский	(Russian)
Français	(French)

To download electronic copies, go to:

Proszę odwiedź: / Veuillez visiter: /  
Apsilankykite: / Пожалуйста, посетите: /  
请拜访: / Visita: / بيو لا عقوم قرایز ی چړي:

[www.corkcitypartnership.ie](http://www.corkcitypartnership.ie)  
[www.corkdrugandalcohol.ie](http://www.corkdrugandalcohol.ie)  
[www.srdatf.ie](http://www.srdatf.ie)

To obtain hard copies contact Cork City Partnership:  
Tel. 021 430 2310

This directory is produced and maintained by  
Cork City Partnership Clg.