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

1 SD = Half Pint Lager or Pub Measure Spirit or Small Glass Wine

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

Pint Lager/Spout | Pint Cider | Quarter Bottle Wine | Bottle of Wine | Alcopop | Pub Measure Spirit | Half Pint Lager
2 SD | 2.3 SD | 2 SD | 8 SD | 1.2 SD | 1.1 SD | 1 SD

HOW MANY STANDARD DRINKS DO YOU DRINK IN A WEEK?

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

11 ADULT WOMEN SHOULD DRINK LESS THAN STANDARD DRINKS PER WEEK

17 ADULT MEN SHOULD DRINK LESS THAN STANDARD DRINKS PER WEEK

Extract reproduced with permission from the HSE Publication ‘a quick question’. To download copies please go to http://www.hse.ie/eng/services/Publications/topics/alcoholaquickquestion.pdf
## Section 1: Education, Prevention, Intervention and Information Services

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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

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 or mmagee@partnershipcork.ie
Alternatively, to download copies you can go to: www.corkcitypartnership.ie www.corkdrugandalcohol.ie or www.srdatf.ie
Cork City Partnership Ltd. is the Programme Implementer for the Community Outreach Drug / Alcohol Awareness Project (CODAAP) for Cork city. This project is guided by the National Drug Strategy 2009-2016 and funded through the Health Services Executive (South). This complements the work being implemented under our Social Inclusion and Community Activation Programme (SICAP) in the city.

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

We very much appreciate the support of the HSE (South) which enabled us to update this Directory in 2015. Bringing the Directory up to date supports the work of all the groups across Cork 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 Cork which is so evident from this Directory, as is the depth of community commitment and engagement. I would like to congratulate all the groups and projects included.

I would also particularly like to acknowledge the commitment and work 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 (see pg 7). In the past year they have also brought their work in line with the Qmark Process (Quality Management System in Cork City Partnership).

I hope this work, to support individuals and communities affected by drug and alcohol misuse, will continue to be financially supported and continue as a valuable resource into the future though its updates.

Dr. Joan Power Chairperson
Cork City Partnership Ltd. (Comhar Chathair Chorcaí Teo)
Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City
Tel: 021 4302310
Web: www.corkcitypartnership.ie
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.
Cork Local Drug & Alcohol Task Force

Contact Information

Co-ordinator, Cork Local Drug & Alcohol Task Force
Tel: 021 4930102
Mobile: 087 7872495
Email: joseph.kirby@hse.ie

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

Administrator, Cork Local Drug & Alcohol Task Force
Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930102
Email: (please ring the above number to get current email)
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

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

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
Community Drug & Alcohol Worker
Tel: 021 4810373
Mobile: 087 2844426
Email: claremccarty15@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
Community Drug & Alcohol Worker
Mobile: 087 1790689
Email: orla.oshea@foroige.ie

Project Worker:
Mobile: 086 3872041
Email: fiona.penney@foroige.ie

SERVICES PROVIDED
• BAY is a 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
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
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.
Club Projects
Health Promotion & Improvement, Health & Wellbeing Division, Eye, Ear and Throat Hospital, Western Road, Cork City

CONTACT
Health Promotion Officers:
Cork Tel: 021 4921641
Kerry Tel: 066 7184566
Email: hdp.south@hse.ie

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

Community Outreach Drug / Alcohol Awareness Project (CODAAP)
Cork City Partnership Ltd.
Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City
Tel: 021 4302310
Fax: 021 4302081
Web: www.corkcitypartnership.ie & https://ccp.librarika.com

CONTACT
Project Promoter: Jacqui Sweeney
Community Drug & Alcohol / Development Worker
Mobile: 087 1962022
Email: mmagee@partnershipcork.ie
Community Drug & Alcohol / Development Worker
Mobile: 087 1962030
Email: jdaly@partnershipcork.ie

SERVICES PROVIDED
Cork City Partnership Ltd. 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 Programmes – 6 to 8 week group support programmes for family members affected by a relatives drug / alcohol use.

Community Drug & Alcohol Library:
Facilitates community access to information on drugs / alcohol. Join / review contents online 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’ 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 of community groups to promote good practice such as, Cork Family Support Network *(see support groups section 6)*

Technical assistance (i.e. funding applications, committee skills) to community groups with a prevention focus.

To obtain hard or electronic copies of the *Drug & Alcohol Directory* or other publications please contact Jackie or Mella in Cork City Partnership, details above.

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**Cork Based Drugs Initiative**

**Outreach Street Worker**
Kinvara House, Dublin Hill, Cork City

**CONTACT**
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
- Supporting the Business Community around Drug Litter (see poster, page 39)
- Removing Drug Litter

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**Cork Simon’s Youth Homeless Drug Prevention Project**
Cork Simon Day Centre, Andersons Quay, Cork City

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

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

**CONTACT**
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
Community Drug & Alcohol Worker
Mobile: 086 3668049
Email: stephen.connolly@foroige.ie
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

Glanmire Foróige Youth Project
Foróige Youth Project, Riverstown Cross, Glanmire, Co Cork

CONTACT
Community Drug & Alcohol Worker
Mobile: 087 2182821
Email: cora.coelman@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
Project Co-ordinator / Community Drug & Alcohol Worker
Tel: 021 2397599
Mobile: 087 7625985
Email: lisakshee@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

Farrianree / Fairhill – Hillgrove Outreach Project
Farrianree Family Centre, Closes Green, Farrianree, Cork City

CONTACT
Community Drug & Alcohol Worker
Mobile: 087 2131786
Email: alish.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.
1 Education, Prevention, Intervention & Information Services

**Greenmount Community Drugs Initiative**
12 Mary St., Cork City

**CONTACT**
Community Drug & Alcohol Worker
Mobile: 086 8364366
Email: sinead.mccrath@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

**Knocknaheeny Drugs Project**
Hollyhill Shopping Centre, Knocknaheeny, Cork City

**CONTACT**
Community Drug & Alcohol Worker
Tel: 021 4303902
Mobile: 087 1224794
Email: 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

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**Gurranabraher / Churchfield Community Drugs Project c/o Youth Work Ireland – Cork**
Gurranabraher Youth & Community Resource Centre, Gurranabraher Rd. Cork City

**CONTACT**
Project Co-ordinator: Eleanor O’Sullivan
Community Drug & Alcohol Worker
Tel: 021 4399862
Mobile: 087 0568255
Email: 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
Mayfield Youth 2000 – Phase 1
Kerrigan Tyrell Youth Centre, Tinker’s Cross, Mayfield, Cork City. (Post c/o Foróige Offices, Level 1, Heron House, Blackpool Retail Park, Cork City).

CONTACT
Community 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
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

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

CONTACT
Community Drug & Alcohol Worker
Mobile: 086 8251561
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
Community Drug & Alcohol Worker
Mobile: 086 6084659
Tel: 021 4503786
Email: tvgdrugsproject@gmail.com

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

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

CONTACT
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
Project Worker
Tel: 021 4270187
Mobile: 085 1306207
Email: dionproject@ymcacork.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

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

CONTACT
Community Drug & Alcohol Worker
Mobile: 086 3801698
Tel: 021 4350445
Email: theresa.clifford@foroige.ie
Bandon Community Drugs Initiative

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

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

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

• Outreach and one to one support in a safe, confidential environment
• Information, advice and support for both young people and their families
• Assistance in accessing relevant referral services such as counselling, assessment, treatment, further education and training programmes
• Ongoing support and continuing care for both the young person and their family as appropriate
• 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
Community Drug & Alcohol Worker
Tel: 021 4814060
Mob: 086 8283760
Email: gemma@ymca-ireland.org

SERVICES PROVIDED

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

CONTACT
Community Drug & Alcohol Worker
Mob: 086 6096874
Email: siobhan@cdys.ie

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

Macroom Drug & Alcohol Initiative
Cloyne Diocesan Youth Services,
West Square, Macroom, Co. Cork

CONTACT
Community Drug & Alcohol Worker
Mob: 086 8031109
Email: catherine@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
Community Drug & Alcohol Worker
Tel: 022-53526
Mobile: 086-3836414
Email: nicola@cdys.ie

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

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

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

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

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

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

SERVICES PROVIDED
Access to community counselling services.

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

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

Community Based Addiction Counselling Service
Cork Local 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
Mobile: 087 4155404
Email: 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
Cosicéim Service
Tel: 021 4666180
Email: socialandhealth@eircom.net
Website: 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

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/Ballypophane, Cork.

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

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

SERVICES PROVIDED
Access to counselling services, also advice and support for UCC students who may be experiencing issues around drug/alcohol misuse.
U-Clinic Addiction Counselling
17 Georges Quay, Cork City.

CONTACT
Mobile: 086 3231184 / 089 4998610
Email: poradia@together-razem.org
Web: www.together-razem.org or www.uclinic.info
Contact: Counsellor

SERVICES PROVIDED
“U-Clinic” Addiction Counselling Project is integral part of the structure of Together-Razem Centre and provides services mostly for Polish migrants with addiction problem. 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 for details

Anchor Treatment Centre Limited
Spa Glen, Mallow, Co. Cork

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

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

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

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

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

HSE (South) 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 (South) 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 (South), Addiction Services
Brandon House, Upper Rock St.
Tralee, Co. Kerry

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

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

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

CONTACT
Manager
Tel: 021 4896400
Fax: 021 4896419
Email: info@Trabeg@mtas.ie

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

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

CONTACT
The Administrator
Tel: 021 4968933
Fax: 021 4923276
Email: Addicti@ntreatment@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.

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

CONTACT
Manager
Tel: 023 8839000
Email: info@CaraLodge@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

Tabor Lodge Addiction Treatment Centre
Ballindeasing, Belgooly, Co. Cork

CONTACT
Administration/Reception
Tel: 021 4887110
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

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**Renewal – Women’s Residential Treatment**

Shanakiel, Blarney Road (Near Calvary), Cork City

**CONTACT**

Counsellor on Duty
Tel: 021 4300844
Email: renewal@eircom.net
Website: 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.

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**Link Workers**

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

**CONTACT**

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

**SERVICES PROVIDED**

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

The Link Workers will negotiate access to services for the clients with any agencies that can help them address their needs. Dealing with the clients’ additional needs (other than treatment), which can allow the client to concentrate on their addiction problems.
Access Housing Unit
24–25 South Mall, Cork City

CONTACT
Reception
Tel: 021 4278848
Email: advicecork@threshold.ie
Website: 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 / susan.delaney@foroige.ie
Website: www.bbbsireland.ie

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

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

The Bridge Recovery Group Ltd.
21A, South Parish Community Centre, Sawmill Street, Cork City

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

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

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

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

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

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
Fax: 021 4210034
Email: cctrust@eircom.net

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

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

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

Cork City Local Employment Service (CCLES)

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

CONTACT
CCLES Co-ordinator
Tel: 021 4302310
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
The Grattan Project  
c/o Probation Services, St. Nicholas Church,  
Cove St., Cork  

CONTACT  
Project Administrator  
Mobile: 086 7928332  
Tel: 021 4836727  
Email: liz.grattonproject@gmail.com  
Website: 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 Brain Injury Info & Support Line:  
1890 200 278  
Website: 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  
Project Worker  
Tel: 021 4518814  
Fax: 021 4503279  
Email: fjrusell@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 mentor-  
ing 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  

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  
Websites: www.corksamaritans.ie &  
www.samaritans.org  

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

CONTACT
Reception
Tel: 021 4275837
Helpline: 021 4276676
Email: info@sexualhealthcentre.com
Website: www.sexualhealthcentre.com

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

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

CONTACT
Regional Development Office Cork/Kerry
Tel: 021 4949833
Mobile: 086 8525 755
Email: info@shineonline.ie
Information Helpline: 1890 621 631
Website: www.shineonline.ie
Information Resource: www.recover.ie

SERVICES PROVIDED
SHINE supports people affected by mental ill-health. SHINE runs self help support groups for people with mental health difficulties, called ‘Phrenz’ groups. SHINE also runs self help support groups for relatives and carers of people experiencing mental ill health. SHINE also runs Recovery courses, Healthy Lifestyle courses, and Family Education courses. All services can be accessed through self-referral:
• Regional Office - offers one to one support, information, and options.
• Advocacy - information on Social Welfare benefits, housing, other benefits and entitlements etc.
• Counselling – contact: 086 0401657
• ‘The Basement’ Resource Centre (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
Website: www.teenparents.ie

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

SERVICES PROVIDED
• A resource centre and home visiting service for young parents during pregnancy until baby is two years old
• Provide information and support on parenting, relationships, accommodation, benefits, managing money, education options and much more
• Opportunities to meet other young parents
• Links and referrals and other support services
Youth Health Service (YHS)

Penrose House, Penrose Quay, Cork City

**CONTACT**

Project Co-ordinator  
Tel: 076 1084150  
Email: yhs@hse.ie  
Website: 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

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.

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**(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.

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**Lithuanian Language AA Group**

Eason’s Hill Community Centre  
**CONTACT** (AA) Member, Mobile: 087 1202155

Meetings at 7.30pm on Tuesdays

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**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
Website: www.dualrecoveryanonymous.org

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

Gamblers Anonymous (GA)

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

CONTACT
(GA) Member
Tel: 087 2859552
Email: info@gamblersanonymous.ie
Web: www.gamblersanonymous.ie

SERVICES PROVIDED
Self help group for those who are or have been affected by a gambling problem.
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: ahdcork@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.
For further information on meeting times etc. of support groups, including family support / concerned person’s groups, please contact the Community Outreach Drug / Alcohol Awareness Project (see page 7/8).

**CONTACT**
Community Development / Drug & Alcohol workers:
Tel: 087-1962022
  087-1962030
Email: mellamagee@partnershipcork.ie
  or jdaly@partnershipcork.ie

**FAMILY SUPPORT GROUPS**

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

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

**Al-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, pages 7–8
(2) The Community Based Local & Regional Drug & Alcohol Task Force Projects, pages 6–16
(3) The Various Treatment Centres, pages 18–21

Finding Ways to Better Support

THE CORK FSN IS SUPPORTED ADMINISTRATIVELY BY CORK CITY PARTNERSHIP LTD.

TO FIND OUT MORE ABOUT FAMILY SUPPORT AND LINKING IN WITH THE CORK FSN, CONTACT THE COMMUNITY OUTREACH DRUG & ALCOHOL AWARENESS PROJECT AT CORK CITY PARTNERSHIP
TEL: 021 430 2310
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
Web: www.corkfoyer.ie

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

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

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

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

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

Homeless Emergency Support Services:
• Cork Simon’s Emergency Shelter provides care, accommodation and support
• The Soup Run 365 nights a year
• An Outreach Team provides care, advice and information on addiction services, harm reduction supports, 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 & 32 FOR OTHER CORK SIMON COMMUNITY SERVICES

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**Good Shepherd Services**

Convent Avenue, Sunday’s Well, Cork City

**CONTACT**

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

**SERVICES PROVIDED**

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

**Edel House**

Grattan Street, Cork City

Contact: Manager  
Tel: 021 4274240  
Fax: 021 4274160  
Email: 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

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: imulcahy@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: eloew@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.

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**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@svp cork.ie
        Gerrygarvey@svp cork.ie

SERVICES PROVIDED
The Society (SVP) has 90 branches (conferences) in the region and has 750 members. The Society (SVP) offers many services including:

• Providing support to people in need through home visitation
• Provides hostels for homeless men
• Offers a range of educational supports

Threshold Ltd.
22 South Mall, Cork City

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

SERVICES PROVIDED
• Provides free information, advice and advocacy services for people with housing problems.

Wellsprings
Wandesford Quay, Cork City

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

SERVICES PROVIDED
• Residential service for young women between the ages of 16 and 23. The service provides accommodation and support for those who are out of home, or require further assistance to make the transition from residential or foster care to independent living.
• An Outreach Service is offered to those who have moved on to live in the community.
Cork City Partnership Ltd.,
Community Outreach Drug / Alcohol Awareness Project (CODAAP)

Please see pages 7–8 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 / 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

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
Web: www.socialandhealth.com

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

Therapeutic Support:
• One to one, group and family counselling (Please see Coiscéim Counselling Programme page 17)
• Psychotherapist – supported training
• Facilitation of support groups
• Cork Advocacy Services
Cork City Partnership Ltd.,
Community Outreach Drug / Alcohol Awareness Project
(CODAAP)
Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

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

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

CONTACT
Centre Co-ordinator
Tel: 021 4270187
Email: yic@ymcacork.net
Website: 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
• 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

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

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

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

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

4 South Terrace, Cork City

CONTACT
Office
Tel: 021 4300430
Email: info@gayprojectcork.com
Web: 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
Web: 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
Web: 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.

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
Web: 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.
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.


www.corkdrugandalcohol.ie
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USEFUL NUMBERS

HSE Drug & Alcohol Helpline
1800 459 459

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

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

CONSOLE
National Bereavement Support Helpline
1800 201 890
YOUTH GENERAL

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

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

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

www.youthworkireland.ie
Foroige.ie
Sites that provides information and links to a variety of services for young people.

YOUTH HEALTH

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

www.reachout.com
A web based service that inspires young people to help themselves through tough times and improve their mental health and well-being. Site is operated by Inspire Ireland Foundation. Provides links to Teenline Ireland, a confidential listening service for young people: Tel. 1800 833 634, 7–10pm

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

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

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

DRUGS & ALCOHOL

www.drugs.ie
Provides information on all types of drugs and their effects. ‘Live Helper’ – an online chat information / support service provides free, confidential, online help from 9am to 1pm Monday to Friday. News, information, podcasts, links to services, resources for young people, parents and workers. Drug Helpline Freephone: 1800 459 459

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

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

www.yourdrinking.ie
A HSE Health Promotion website providing information on alcohol, its effects, information resources, publications and links to support services for alcohol problems. HSE Drug & Alcohol helpline, Freephone: 1800 459459

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 7332229

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

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

www.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 Tel: 1800 25 00 25

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
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.letsoneknow.ie
Site targeted at teenagers to help them understand mental health difficulties and access help for themselves or friends who may be feeling down. Provides tips and advice, contact details for GPs and support organisations. Site provided by HSE National Office for Suicide Prevention.
www.yourmentalhealth.ie
An information resource about mental health and well being. Includes advice on
minding your mental health, coping with problems and accessing support for
yourself and others. Provided by HSE.

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

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

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

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

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

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.console.ie
Console seeks to respond to the spiritual, emotional and psychological needs of their
clients. Their mission is to provide Professional Therapeutic counselling, support and helpline services to people in
suicidal crisis and to those bereaved
through suicide with Respect, Dignity and Compassion.

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
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
the organisation’s range of services supporting children including Childline (see
below), Teenfocus, Childfocus and Leanbh.

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

COMMUNITY

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

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

MULTI-CULTURAL

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

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

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

PLEASE WRITE IN BLOCK LETTERS FOR CLARITY

Applicable Section i.e. 1 to 10: 

Name of organisation: 

Relevant contact person/role: 

Address: 

Tel: 

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:
DRUG DEALERS RUIN LIVES

YOU CAN DO SOMETHING...

DIAL TO STOP DRUG DEALING

CRIMESTOPPERS

If you have information on drug dealing you can call Crimestoppers on:

Freephone 1800 25 00 25

Your call is confidential and you may receive a reward.

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

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

To access directory electronically, go to:
www.corkcitypartnership.ie
www.corkdrugandalcohol.ie or
www.srdatf.ie