

Available Mental Health Supports in Cork and Kerry

Aware Support Line

Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar. Freephone Support Line **1800 80 48 48** (from 10am to 10pm every day)

[Life Skills Online Programme](#) continuing as normal

Email supportmail@aware.ie for services information and support

Alone

Alone provide a COVID-19 support line for older people. Telephone 0818 222 024 (from 8am to 8pm Monday to Friday) or Visit www.alone.ie

Samaritans

Emotional support to anyone in distress or struggling to cope. Freephone 116 123 (any time, day or night) or Email jo@samaritans.ie

Pieta House

Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm. Freephone **1800 247 247** (any time, day or night) or Text **HELP** to **51444** (standard message rates apply)

Telephone appointments will be provided to replace face to face appointments - [contact your local Pieta House](#) for details

GROW Mental Health Recovery

Information line **1890 474 474** or

Visit www.grow.ie or

email info@grow.ie while peer support groups are postponed

HSE Telephone Helpline

Your Mental Health Information Line.

Freephone: **1800 111 888** at any time

Turn2Me

Free online counselling and online support groups for people over 18.

Visit www.turn2me.org

Bodywhys Online Support

Online support groups are continuing as normal.

Visit www.bodywhys.ie or

email alex@bodywhys.ie

Turn2me

Self Help, support groups and professional support.

<https://www.turn2me.ie/page/getting-started>

APP: Headspace

. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other. Get it in the [App Store](#) or on [Google Play](#)

Suicide or Survive (SOS)

A series of free online wellness workshops and programmes are available from SOS. Visit [Suicide or Survive](#) for more information

Mental Health Ireland

Information and support for people who experience mental health difficulties. Information line **(01) 284 1166** (from 9am to 5pm Monday to Friday).

Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie

Exchange House Ireland National Traveller Mental Health Service

Telephone and online services and supports are available while face to face and group services have stopped

LGBT Ireland

LGBT+ Helpline **1890 929 539** (every day) Gender Identity Family Support Line **01 907 3707**

Email info@lgbt.ie for support or information while face to face services are closed. A 7/7 instant messaging service from 6:30pm to 10pm Mon – Thu, from 4pm to 10pm Fri, and from 4pm to 6pm on Sat & Sun

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MyMind

Online counselling service. 15 Languages.
Reasonably priced.

Visit www.mymind.org or

email hq@mymind.org

Irish Advocacy Network

Irish Advocacy Network's Peer Advocacy Service is providing Peer Advocacy Remotely. Contact 014452350 (Monday & Wednesday) or 018728684 (Tuesday, Thursday & Friday) or email admin@irishadvocacynetwork.com

CDYS (Cloyne Diocesan Youth Service)

CDYS Outreach Counselling can offer online low cost Counselling to adolescents aged 12 to 18 in North Cork, via Zoom. Contact 0861841860 or Finbarr@cdys.ie (Finbarr O'Donovan)

Cork Mental Health Foundation

Currently CMHF have a 'Buddy System' in place whereupon each member of staff has a list of resident's to call and support them with deliveries of groceries, prescriptions and any other needs that arise. Contact 0214511100 or

admin@corkmentalhealth.com

Traveller Specific Information Line

The Helpline number is currently operating from 9.00 am to 9.00 pm, seven days, but calls outside of those times, will be taken or called back, if a number is left on the answering service. Contact **0831006300**

Kerry Peer Support Network (KPSN)

Currently KPSN have several of their groups who provide online support to each other. Peers from their networks are self-referring to 'staypositive#kpsn' an online web messaging service delivering positive messages seven days. Contact 0664011110 or kpsninfo@gmail.com

Helplink

Free and low cost online counselling and online support. Visit www.helplink.ie

SHEP (Social and Health Education Project)

SHEP Coiscéim Low-Cost Counselling is offering a coordinated Helpline for anyone who is experiencing anxiety, have underlying health issues and in self-isolation and for families whose loved ones are hospitalised or who have had a family member die from COVID 19. Phone Coiscéim: 087-7998602 or SHEP 087-1719724

Any Frontline Health Professional can call Jim Sheehan, SHEP For further information on this Professional Learning Circle phone or text Jim n (087) 6199236 or email jim.sheehan@socialandhealth.com.

SHEP Coisceim CAIRDE Counselling -

SHEP/Coiscéim Cairde counselling is providing a helpline to people living in Direct Provision Centres. Phone: 087-3370542

Novas Housing in West Cork & Kerry

All of our home support, family support and other community services are now conducted via phone. Support is still available by appointment or by telephone. Additional supports, including meal delivery is being provided to some of our vulnerable tenants. We are in the process of developing isolation units for homeless people that contract Covid-19 but don't require hospitalisation. 061370325 or info@novas.ie

Available Mental Health Supports in Cork and Kerry

Ability (West Cork Development Partnership)

Have put in place vast range of virtual supports so that there is no hold up on our programme delivery. Have taken the opportunity to support participants in a unique way that they are responding to extremely well. These include:

- 0-5km challenge, 9 week programme (supported group 3 times a week- 10 participants)
- Great Ability Bake off (supported group once a week- 10 participants)
- Our guidance councillor is still running her sessions for any Ability participants
- Team Building Bingo
- Regular, virtual meetings with members of the Ability team ensuring continuity (1,2 or 3 times weekly). Can be contacted on 021 2752266

For Camhs

Spunout

SpunOut.ie is Ireland's youth information website created by young people, for young people. Text SPUNOUT to 086 1800 280 to get started. Standard SMS rates apply. Visit www.Spunout.ie

Childline (ISPC)

Ireland's 24-hour national listening service for young people up to the age of 18. Freephone **1800 666 666** (any time, day or night), Text **50101** (from 10am to 4pm every day) or Chat online at www.childline.ie (from 10am to 4pm every day)

APP: Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app. Get it in the App Store or on Google Play

BeLong To Text Support

BeLong To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland Text **LGBTI+** to **086 1800 280** to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)

While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference.

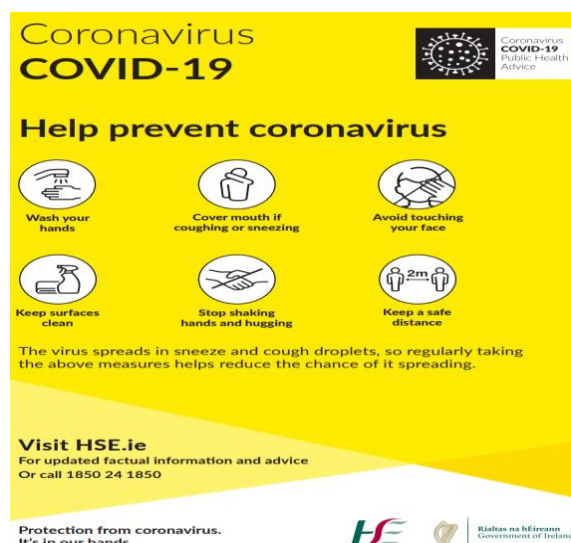
Visit www.belongto.org

APP: Clear Fear

Clear Fear is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change. Get it in the App Store or on Google Play

Jigsaw

Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Visit www.jigsawonline.ie



<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-prevention-a4-poster.pdf>