

NUMBERS WHEN YOU NEED THEM

CAVAN AND MONAGHAN



Urgent Help and Support

- An Garda Síochána, Ambulance, 999 or 112
Fire and Irish Coast Guard
- Garda Confidential Line 1800 666 111
- North East Doctor On Call 1850 777 911
- Cavan General Hospital..... 049 437 6000
- Samaritans:116 123 Email: jo@samaritans.ie Text: 087 2609090
- ISPCC Childline..... 1800 666 666
.....Jean.Rooney@ispcc.ie/ Marie.Markey@ispcc.ie

My GP: _____

My other contacts: _____

Supports for Young People

Youth Work Ireland Cavan Monaghan:

- Castleblayney..... 042 9761979
- Clones..... 047 20096 / 087 1449406
- Carrickmacross 042 966104 / 087 9057598
- West Cavan..... 087 3501287
- South East Cavan 087 7684757

Monaghan Integrated Development..... +353 42 97 49500
.....info@midl.ie

Cavan County Local Development 049 4331029
.....info@cclld.ie

Cavan 365 Garda Youth Diversion Project Cavan District	086 7760189
Cavan 365 Garda Youth Diversion Project Bailieborough District	086 7791685
Youth Education Training Initiative (Y.E.T.I)	086 0352256
Big Brother Big Sister	086 1078471
Alternative Learning Programme (ALP)	086 0762266
Foroige Monaghan & Louth	086 3880717
Foroige Longford & Cavan	086 9672920

Mental Health

- Child & Adolescent Mental Health Service..... 049 437 8920
Mental Health Service (Accessed via GP Referral)
- Adult Mental Health Service..... 049 435 3145
Mental Health Service (Accessed via GP Referral)
- Mental Health Intellectual Disability 042 966 3122
Mental Health Service (Accessed via GP Referral)
- Bodywhys..... 1890 200 444
- Mental Health Ireland01 284 1166
- Shine (helping people affected by mental ill health) ..086 852 5422
- Save Our Sons and Daughters (SOSAD)1800 901 909
- The Early Intervention Youth Mental Health Service
(EIYMHS) Cavan Monaghan (12-25yrs)..... 042 9674915

Depression & Suicide

- Resource Office for Suicide Prevention 086 171 7563
emer.mulligan@hse.ie
- Aware Support Line 1800 80 48 48 /
supportmail@aware.ie
- Pieta House Suicide Bereavement..... 1800 247 247
HELP to 51444 *Bereavement Services*
- Suicide or Survive..... 1890 577 577
- Teenline 1800 833 634
- Text 50808 - Free 24/7 Support Text Line
50808 is a free and anonymous text support service for moments when you are feeling overwhelmed or having thoughts of suicide and need support to get to a calmer place.

Sexual Health

- Sexual Wellbeing Sexualwellbeing.ie
- Support for HIV/AIDS <https://www.hivireland.ie>
- The MPOWER Programme *is a suite of peer-driven community- . level interventions which aim to achieve a reduction in the acquisition of HIV and STIs and an overall improvement of sexual health and wellbeing among gay, bisexual and men who have sex with men (gbMSM).*
- <https://www.hivireland.ie/what-we-do/mpower/>
- GUM Clinic, Louth County Hospital, Dublin Road, Dundalk 086 824 1847
- GUM Clinic, Our Lady of Lourdes Hospital Drogheda..... 086 824 1847
- Man2Man 01 873 4832

(HUV & sexual health info for gay & bisexual men)

Drug & Alcohol

- Alcohol & Drugs Helpline 1800 459 459
- Alcoholics Anonymous 01 842 0700
- Cavan Drug & Alcohol Service 049 439 9160
- Cuan Mhuire 042 974 8533
(addiction treatment & residential rehabilitation)
- Family Addiction Support Network 042 935 5251
(family support service)
- HSE Primary Care Addiction Service 049 435 3190
- Monaghan Drug & Alcohol Service 047 75528
- Monaghan and Cavan Youth Substance Support (MaCYSS)
macyss@alcoholforum.org.....085 7442857

Counselling Services

- Blayney Blades Counselling Service..... 042 975 3410/1/2
- Connect Free Telephone Counselling & Support 1800 477 477
(for adults who have experienced abuse, trauma or neglect in childhood)
- HSE National Counselling Service1800 234 117
- Clones Family Resource Centre..... 047 52919
- Focus Family Resource Centre, Killeshandra .. 049 436 4065
- Teach na Daoine Family Resource Centre, Monaghan .. 047 71398
- Teach Oscail Family Resource Centre, Cavan.. 049 437 2730
- Traveller Counselling Service 086 308 1476
.....info@travellercounselling.ie
- Addiction Counsellors of Ireland 01 797 9187
..... www.addictioncounsellors.ie

- Irish Association of Counsellors & Psychotherapists 01 230 3536
..... www.iacp.ie
- Irish Association of Humanistic & Integrative Psychotherapy 01 284 1665
..... www.iahip.ie
- My Mind Online Video Counselling..... 076 680 1060
.....www.mymind.org
- My Mind Online Video Counselling..... 076 680 1060
- The Psychological Society of Ireland..... 01 472 0105
.....www.psychologicalsociety.ie
- Turn2Me Online Counselling www.turn2me.org
& Support Groups

Support number and information helplines

- Gamblers Anonymous.....01 872 1133
- Exchange House Ireland National Travellers Service.. 01 872 1094
- Farm and Rural Stress Helpline..... 1800 742 645
- HSE National Information Helpline 1850 241 850
- Irish Advocacy Network..... 01 872 8684
- Irish Men's Sheds Association 01 891 6150
- MABS Helpline 0761 072 000
(Money and Budgeting Advice Service)
- Migrants Rights Centre Ireland 01 889 7670
- National Pregnancy Helpline..... 1850 49 50 51
- National Rape Crisis Helpline 1800 778 888
- Niteline (student support helpline) 1800 793 793

- AMEN..... 046 902 3718
Support for DV for Men
- Womens Aid Domestic Violence Helpline 1800 341 900
- Tearmann Domestic Abuse Service047 72311
- Barnardos TLC KIDZ Project (*support to children and their mothers who have experienced domestic violence*)
eimear.kilpatrick@barnardos.ie.....086 060 0616

LGBTQ+

- BeLonG To..... 01 670 6223
- LGBT Ireland Helpline 1890 929 539
- Outcomers (support for LGBT people in North East)... 042 932 9816
- Transgender Equality Network Ireland 01 873 3575
- Cavan & Monaghan Rainbow Youth 087 2193904

WEBSITES

www.alustforlife.com
www.anamcara.ie
www.askaboutalcohol.ie
www.barnardos.ie/teenhelp
www.bereaved.ie
www.childhoodbereavement.ie
www.childline.ie
www.citizensinformation.ie
www.connectcounselling.ie
www.connectingforlifecavanmonaghan.ie
www.drugs.ie
www.healthpromotion.ie
www.hse.ie
www.jigsaw.ie
www.lgbt.ie
www.menssheds.ie/malehealth-ie
www.mymind.org

www.niteline.ie
www.nosp.ie
www.outcomers.org
www.parentline.ie
www.pieta.ie
www.pleasetalk.ie
www.positiveoptions.ie
www.reachout.com
www.samaritans.ie
www.spunout.ie
www.suicideorsurvive.ie
www.turn2me.org
www.usi.ie
www.widow.ie
www.youmatter.ie
www.yourmentalhealth.ie
www.youth.ie

