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...produced by  
**Cork YMCA**



**ymca**<sup>▼</sup>  
cork PROMOTING  
YOUTH  
DEVELOPMENT

 **An Roinn Sláinte**  
DEPARTMENT OF HEALTH

 Supported by  
**National  
Lottery**



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# Console

FREE

A 24/7 suicide prevention helpline for those feeling suicidal or who has been bereaved by suicide.

Text service also available.

Tel: 1800 247 247

Text: HELP to 51444

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



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## UCC Student Counselling and Development

Student Counselling & Development (SCD) is a free confidential service to all registered students. We provide individual counselling to students with emotional, psychological, academic or personal development needs.

We also provide a range of group initiatives and workshops to students and staff.

Ardpatrick House, College Road, Cork  
Monday - Friday: 9.30 a.m. - 1.00 p.m. and 2.15 - 4.15 p.m.

021 490 3565  
counselling@ucc.ie

[www.ucc.ie/en/studentcounselling](http://www.ucc.ie/en/studentcounselling)



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## The Sexual Violence Centre

Offer counselling and support to women, men and teenagers (over 14) who have experienced sexual violence or child sexual abuse, and provide information and support for their friends and families.

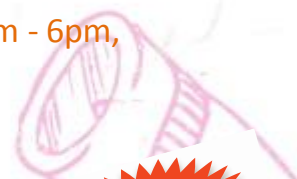
The Centre is aware of the importance of raising awareness about the extent of Sexual Violence and the impact it has on a person.

5 Camden Place, Cork.

Monday: 9am - 3pm, Wednesday: 2pm - 6pm,  
Thursday: 9.30am - 6pm

[info@sexualviolence.ie](mailto:info@sexualviolence.ie)  
[www.sexualviolence.ie/](http://www.sexualviolence.ie/)

[facebook.com/30000Plus](https://facebook.com/30000Plus)



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## The Counselling Centre

For over 18s but those under 18 need parental consent to avail of counselling. The centre is committed to providing counselling and psychotherapy of the highest ethical and professional standards to all members of society regardless of financial means, religious beliefs, race, ethnicity, sexual orientation or educational background.

Crisis Intervention provided.

7 Fr. Mathew St, Cork

Monday to Thursday: 9am – 5pm. Friday: 9am – 4pm

021-427 4951

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

[info@thecounsellingcentre.ie](mailto:info@thecounsellingcentre.ie)

€60 euro per session but prices can be negotiable and worked out with counsellor for those who cannot afford this.

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# Aware

## Young Adults' Group Cork

Depression support group –Wed. at 8pm

### Support Groups:

Depression support group -Tues. at 8pm.

Depression support group –Thurs. at 8pm

Inniscarraig Centre, Western Road, Cork,  
(Erinville Hospital complex)

Monday to Thursday: 9am – 5pm. Friday: 9am – 4pm

Help line: 1890 303 302  
Mon.- Sun. 10am- 10pm

[info@aware.ie](mailto:info@aware.ie)

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



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## Grow

### **Young Adults' Group Cork**

Depression support group –Wed. at 8pm

### **Support Groups:**

Depression support group -Tues. at 8pm.

Depression support group –Thurs. at 8pm

1st Floor Grand Parade, Cork.

Grow Young Adults Meeting (Age 18+) 7.30 -9.30 pm.  
SMA Parish Centre

Opening times: see website

Tel: 021 4277520

Tel: 1890 474474

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



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# Pieta House

FREE

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

Support for friends and family also offered.

Highfield Lawn, Model Farm Road, Bishopstown, Cork.

Mon. Tues. Thurs. & Fri.: 9am - 5pm,  
Wed.: 9am - 8pm,  
Sat.: 10am - 2 pm

[facebook.com/pietahouse](https://facebook.com/pietahouse)  
[www.pieta.ie](http://www.pieta.ie)

021 4341400





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## Sexual Health Centre

Provides sexual health education, HIV/AIDS testing, unplanned pregnancy and post-abortion counselling.

Free pregnancy counselling, free post abortion counselling.

16 Peters Street, Cork.

Monday - Friday: 9am - 5pm

**FREE**

[facebook.com/besexystayhealthy/info](https://facebook.com/besexystayhealthy/info)  
[sexualhealthcentre.com](http://sexualhealthcentre.com)  
[info@sexualhealthcentre.com](mailto:info@sexualhealthcentre.com)

021 427 6676



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## Youth Health Service

Free, non - judgemental sexual health and counselling service for young people aged 21 and under.

It offers an STI clinic, Family Planning clinic, crisis pregnancy counselling , drug, alcohol and generic counselling.

Penrose House, Penrose Quay, Cork



Monday: 9am - 3pm,  
Wednesday: 2pm - 6pm,  
Thursday: 9.30am - 6pm

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

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

Tel:

076 1084150

Text Service:

087 7175615



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## My Mind

### - centre for Mental Wellbeing

Provides psychological and psychotherapy services to people who are seeking mental health support.

MyMind provides the following services for children and adolescents:

- Consultation with mental health professional
- Individual and Family Therapy
- Psychological and educational assessments

Tel: 353 76 680 1060  
[hq@mymind.org](mailto:hq@mymind.org)  
[yhealy@mymind.org](mailto:yhealy@mymind.org)  
[www.mymind.org](http://www.mymind.org)

€50 per session.  
Price varies per service offered.  
Full price listing on website.



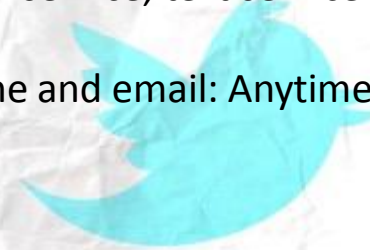
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# Cork Samaritans

Listening service for all ages, drop in service,  
email service, text service.

Phone and email: Anytime on any day of the  
year.



Coach Street, Cork.

Drop in service: 9am - 10pm everyday

Tel: 116 123

Text: 087 2609090

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

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



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# Family Ministry Cork

Provides grief support programme for 12-18 year olds and bereavement support for spouses.

Counselling also provided.

Family Centre, 34 Paul Street, Cork.

Monday - Friday: 10am - 4pm

021 4275136

[familyministry@eircom.net](mailto:familyministry@eircom.net)



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# Childline

FREE

Listening Service for children and teenagers up to age 18. Text service also provided. Bullying support also provided by text.

Web based support is also available whereby a child can engage in a one to one live online chat.

Phone: 24/7.

Text Service: 10am - 10pm daily.

Online chat: 10am - 10pm daily.

Tel: 1800 66 66 66

Text: TALK to 50101

Text: BULLY to 50101

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



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# UpCork

The project provides one-to-one and group LGBT support for young people to allow them to safely engage with confidence building, personal development, peer support and making friends.

It also affords young people a space where they can experience inclusion, acceptance, social justice, fun and safety. (Ages 15 - 24).

The Other Place, 8 South Main Street, Cork.  
Wednesday and Thursday: 6pm - 9pm.

Tel: 021 4300 430/

Tel: 021 480 8600

Mob: 086 044 3745

[youthworker@theotherplacecork.com](mailto:youthworker@theotherplacecork.com)

[facebook.com/pages/UP-Cork-LGBT-Youth-Group](https://facebook.com/pages/UP-Cork-LGBT-Youth-Group)



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# Teenline

Free phone service for teenagers, but no call is refused.



7 nights a week from 8pm - 11pm.  
Wednesdays: 4pm - 11pm

1800 833 634

Free text to Teen 50015.

[info@teenline.ie](mailto:info@teenline.ie)

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

[facebook.com/teenline](https://facebook.com/teenline)





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# Useful Websites/Apps

[notalone.ie](http://notalone.ie)

e

[spunout.ie](http://spunout.ie)

[letsomeoneknow.ie](http://letsomeoneknow.ie)

e

[reachout.com](http://reachout.com)

App: [trustTalk247](#)



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# CREDITS



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An Roinn Leanaí  
agus Gnóthaí Óige  
Department of  
Children and Youth Affairs

