



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Connecting for Life
Cavan and Monaghan

HSE Cavan Monaghan

Regional & National Resource List

www.yourmentalhealth.ie

www.healthpromotion.ie

[**#littlethings**](#)

1) Urgent Help and Support

- **G. P. Out of Hours NEDOC:** provides an urgent GP service to patients in Louth, Meath, Cavan and Monaghan
Tel: 1850 777 911
- **Emergency Department:**
Cavan General Hospital: 049 437 6000
- **Samaritans:** Providing emotional support and a listening ear 24 hours a day, 365 days a year to those passing through a personal crisis.
Helpline: 116 123
Drogheda: 041 984 3888
Dublin office: 01 671 0071
Email: jo@smaritans.org
Web: www.smaritans.org

2) G.P. Referral, Statutory Supports

- **Child & Adolescent Mental Health Services (CAMHS)**
CAMHS, Cavan Tel: 049 437 8920
CAMHS, Monaghan Tel: 047 74220
- **Cavan / Monaghan Mental Health Services** - services are provided through:
Adult Mental Health Service, Cavan
Tel: 049 435 3145
Adult Mental Health Service, Monaghan
Tel: 047 95300

3) Suicide Prevention and Bereavement

- **National Office for Suicide Prevention (NOSP):** NOSP provides cross-sectoral support for implementation of Ireland's suicide prevention strategy. The NOSP is a core part of the [HSE National Mental Health Division](#), providing strong alignment with mental health promotion and specialist mental health services delivery as appropriate.
National Office for Suicide Prevention
Stewarts Hospital, Mill Lane, Palmerstown, Dublin 20
Tel: 01 6201672
Email info@nosp.ie
Web: www.nosp.ie
- **Local Resource Officer for Suicide Prevention (Cavan/Monaghan)**
Emer Mulligan
HSE Cavan Monaghan Mental Health Services
Carrickmacross Primary Care Centre
Donaghmoyn Road, Carrickmacross, Co Monaghan
Tel: 086 1717 563
Email: emer.mulligan@hse.ie

- **Pieta House:** provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. You can contact us at any hour of the day by phoning **Freecall 1800 247 247**, or you can simply text **HELP** to **51444**.

For clinical support, please email mary@pieta.ie

For all other queries, please email info@pieta.ie

Web: www.pieta.ie

- **Suicide or Survive. (SOS):** SOS endeavors to challenge the stigma attached to mental illness and provide education and therapeutic programmes that increase understanding of suicide and play an active role in its prevention.

Tel: 1890 577 577

Web: www.suicideorsurvive.ie

Email: info@suicideorsurvive.ie

4) Mental Health Support

- **HSE Information Helpline:** The 'HSE infoline' aims to provide the public with easy access to information on over 100 health and social service topics.

8am to 8pm Monday – Saturday with a 24hr Answer Machine Service

Phone: 1850 24 1850

Email: info@hse.ie

- **National Service Users Executive:** Vision for Change, the report of the Expert Group on Mental Health Policy, has advocated the setting up of a National Service Users Executive.

Contact us at info@nsue.ie

Tel: 085 1212386

Web: www.nsue.ie

- **AWARE:** Aware provides support and information to individuals and families affected by depression, through its loCall Helpline, Support Groups, Online Support Groups and email support service.

Helpline: 1800 80 48 48

Online Support: supportmail@aware.ie

Web: www.aware.ie

- **GROW in Ireland:** GROW's Mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness. Weekly Meetings are held throughout the North East.

GROW Support Office: 01 840 8236

Information Line: 1890 474 474

Web: www.grow.ie

Email: info@grow.ie

- **Mental Health Ireland (MHI):** MHI is a national voluntary movement committed to promoting positive mental health in the first instance, and helping those with a mental health difficulty, their families and carers. It does this through its Development Officer team across the country and 100 local voluntary Mental Health Associations, including 12 in the North Eastern counties.

Cavan & Monaghan Area Development Officer: Miffy Hoad

Tel: 087 910 9661

Email: miffy@mentalhealthireland.ie
www.mentalhealthireland.ie

- **SHINE:** The national organisation dedicated to upholding rights and addressing the needs of all those affected by enduring mental illness through the promotion and provision of high quality services working to ensure the continual enhancement of the quality of life of the people it serves.

North East: Office: 042 9324541 Mob: 086 852 5422

Email: dpepper@shineonline.ie or info@sirl.ie

Web: www.sirl.ie or www.recover.ie

- **Irish Advocacy Network (IAN):** Provide support, information and choice for people who have experienced mental health difficulties. IAN has peer advocates in place in most health service areas in Ireland, north and south, who regularly attend acute units and day centres.

Irish Advocacy Network, C/o Health Care Unit, Rooskey, Co. Monaghan,

NE Regional Advocate: 087-9841273

Main Office: 047-38918

Email: admin@irishadvocacynetwork.com, Web: www.irishadvocacynetwork.com

- **BODYWHYS.** Bodywhys is the national voluntary organisation supporting people affected by eating disorders.

Dublin: 01 2834963/ Helpline: 1890 200 444

Web: www.bodywhys.ie

Email: info@bodywhys.ie /alex@bodywhys.ie

5) Addiction Services

- **HSE Alcohol Helpline 1800 459 459**
- **www.askaboutalcohol.ie**
- **HSE Primary Care Addiction Service:** The aim of the service is to provide community based interventions to address the harms associated with the misuse of alcohol and other substances. For information, advice and support on services available in Cavan/Monaghan tel. 049 4353190. For addiction counselling and residential treatment - GP or Hospital referral only. Tel: 049 4353190
HSE Drugs & Alcohol Helpline: 1800 459 459
Web: www.drugs.ie
- **CDA Trust Limited.** CDA Trust (Cavan Drug & Alcohol Service) is a community based project which aims to address the issue of drug and alcohol misuse through the provision of information, support, training and services to individuals, families and the wider community. CDA provides a service across Cavan and Monaghan:

Cavan Drug & Alcohol Service

2a Railway Road
Cavan town
Tel: 049 437 9160

Monaghan Drug & Alcohol Service

Teach Na Daoine, Mullaghmatt
Monaghan
Tel: 047 75528

- **Cuan Mhuire:** Provides advice on treatment option and supports for individuals and families around alcohol, drug and other addictions in Cavan and Monaghan. Referral via GP or self-referral.
 Ballybay, Co. Monaghan
 Tel: 042 974 8533
- **Family Addiction Support Network:** Family Support group for those affected by addiction.
 Tel: 087 904 6405
 Email: info.fasn@gmail.com
- **Narcotics Anonymous (NA):** A nonprofit, international, community-based organization for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. We offer recovery from the effects of addiction through working a twelve step program, including regular attendance at group meetings.
 Tel: 086 862 9308
 Email: info@na-ireland.org
 Web: www.na-ireland.org
- **Smoking Cessation:** QUIT is a HSE health education campaign aimed at encouraging smokers to quit.
 Tel: 1850 201203
 Web: www.quit.ie
- **A.A:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism (over 18's only).
 General Service Office of Alcoholics Anonymous
 Unit 2, Block C, Santry Business Park
 Swords Road, Dublin 9
 Tel: 01 8420700
 Email: gso@alcoholicsanonymous.ie
 Web: www.alcoholicsanonymous.ie
- **Al-Anon:** Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not.
Alateen: Alateen is part of the Al-Anon fellowship and is for young people, aged 12 – 17 inclusive, who are affected by a problem drinker.
 Al-Anon, Room 5, 5 Capel Street, Dublin 1
 Tel: 01 8732699
 Email: info@alanon.ie
 Web: www.alanon.ie
- **Gamblers Anonymous (GA):** GA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.
 Tel: 01 872 1133
 Email: info@gamblersanonymous.ie
 Web: www.gamblersanonymous.ie

6) Abuse, Violence and Victim Support

- **HSE National Counselling Services (Rian):** For adults who have experienced physical, emotional, sexual or neglectful abuse during childhood.
34 Brews Hill, Navan, Co. Meath
Freephone: 1800 234 117
Tel: 046 906 7010/ 049 437 7111
www.hse-ncs.ie
- **Rape Crisis North East:** (RCNE) is a dedicated professional counselling service available to anyone who has suffered as a result of Rape, Sexual Harassment, Sexual Assault and Child Sexual Abuse within the North East Region. The RCNE operates Mon to Thurs 9am to 5pm.
PO Box 72, Dundalk, Co. Louth
Phone: 042 9339491
Helpline: 1800 778 888
Email: rcsacne@eircom.net
- **Women's Aid Dundalk:** Responding to the needs of women and children experiencing violence. It provides a range of pre-crisis, crisis and post crisis services.
P.O. Box 60, Dundalk, Co. Louth
24 Hour Helpline at: 042 399244.
Refuge: 042 9337202
- **Women's Aid National Freephone Helpline: 1800 341 900**
- **Tearmann Domestic Violence Services:** Provide telephone support, appointment based visits, outreach service, court accompaniment, advocacy and support group to women in Counties Monaghan and Cavan who are or have experienced domestic abuse in their relationship.
Tel: 047 72311
Web: www.tearmann.net
Email: tearmanndvs@eircom.net
- **AMEN:** Provides a confidential helpline, information and support service for male victims of domestic abuse.
St. Anne's Resource Centre
Railway Street, Navan, Co. Meath
Tel. & Fax: (+353) 046 9023718
Web: www.amen.ie
Email: Info@amen.ie
- **Support after Homicide:** Offers a service to families bereaved by murder. It is a confidential service providing support nationally.
Mark Kerrigan, Co-ordinator, Tel: 087 9837322

7) Counselling Services

- **Counselling in Primary Care Service (CIPC):** For people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. The service is for medical card

holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

CIPC Counselling Coordinator,
34 Brews Hill, Navan, Co. Meath
Tel: 1890 252 563/046 902 7842

- **Family Resource Centres (FRC's):** FRCs provides a range of universal and targeted services and development opportunities that address the needs of families, including the provision of counselling and support to individuals and groups.

Cavan: Tel: 049 4372730 / email : info@teachoscailfrc.ie
Killeshandra: Tel: 049 4364065 / email: focusfrc@gmail.com
Monaghan: Tel: 047 71398 / email: info@technadaoine.com
Clones: Tel: 047 52919 / email: clonesfrc@gmail.com

- **Blayney Blades Counselling Services**

Iontas Centre, Bree Road, Conabury
Castleblayney, Co. Monaghan
Phone: 042 9753410/2
Email: blayneyblades@gmail.com

- **ACCORD:** Catholic Marriage Care Service: Promotes a better understanding of marriage by helping people initiate, sustain and enrich their marriage and family relationships and by offering support to those in difficulty.

Tel: 01 5053112. Email: admin@accord.ie Web: www.accord.ie
Cavan: Tel: 049 4375004. Email: cavanaccord@eircom.net
Monaghan: Tel: 047 83359. Email: accord.monaghan@eircom.net

- **Oriel Counselling:** Humanistic counselling values all aspects of the person: thinking; feeling; emotional and intuition.

Teach na Daoine, Oriel Way, Monaghan
Phone: 047 30768
Email: orielcounselling@gmail.com

- **Travellers Counselling Service:** Independent, confidential, non judgmental and culturally appropriate counselling service which is specially set up for Travellers over 18 years in the Greater Dublin Area.

6 New Cabra Road, Phibsborough, Dublin 7
Tel: 086 308 1476
Email: travcounselling@hotmail.com

8) LGBT Services

- **Cavan & Monaghan Rainbow Youth (CAMRY):** CAMRY is a social and support group for LGBTI+ young people (aged 12 to 24) in counties Cavan & Monaghan. With youth clubs in both counties, we also provide 1 to 1 support along with training & support to families, schools, youth services & any other community, voluntary & statutory agencies that support our young people. FOCUS Family Resource Centre, Main Street, Killeshandra, Co Cavan.

Tel: 087 219 3904 / 049 436 4065

Web: www.camry.ie email: info@camry.ie

Find us @CAMrainbowyouth (Facebook, Twitter, Instagram, Snapchat)

- **Outcomers:** Outcomers is a social and support group for Lesbian, Gay, Bi-sexual and Transgender people in the North East of Ireland.
The Coach House, 8 Roden Place, Dundalk, Co. Louth
Tel: 042 93 29816
Web: www.outcomers.org email: info@outcomers.org
Youth Group: 086 1625 030 email: youth@outcomers.org
- **BeLonG To:** Organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23.
Parliament House, 13 Parliament Street, Dublin 2
Tel: 01 670 6223
Email: info@belongto.org
Web: www.belongto.org
- **LGBT Helpline:** Offers support to LGBT people and their families. We're here to listen in confidence and without judgement, seven days a week. You can talk to us by phone or online through our instant messaging service or by coming along to one of our peer support groups.
LGBT Helpline: 1890 929 539
Email: info@lgbt.ie
Web: www.lgbt.ie

9) Children and Youth Support Services

- **Youth Work Ireland:** is a federation of local youth services throughout the country who work in the interest of young people through the provision of a range of services and who share a common ethos and approach.
Youth Work Ireland Monaghan, Dublin Rd, Castleblayney, Co Monaghan.
Tel: 042 9751979. Email: info@ywimonaghan.ie
Web: www.youthworkireland.com/monaghan/
- **Foroige:** purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society.
Foroige Cavan/Monaghan Erica Reade, Regional Youth Officer
Tel: 086 388 0717. Email: Erica.Reade@foroige.ie
Web: www.foroige.ie
- **Youth Advocacy Ireland:** Yap Ireland in partnership with young people, families and communities, using a strengths based intensive support models keeps young people in their communities and out of care/custody.
YAP Cavan / Monaghan:
2nd Floor, Office 4, Bridge Street Resource & Community Centre,
Bridge Street, Cavan
Tel: 049 436 5006
Email: info@yapireland.ie
Web: www.yapireland.ie

- **ISPCC - Child & Family Support Service (CFSS) Monaghan:** The ISPCC provides a free, comprehensive community based one to one support service to children and young people who may be experiencing emotional and behavioural difficulties.

ISPCC Monaghan, YWCA Building, North Road, Monaghan.

Tel: 047 75860

Email: monaghan@ispcc.ie

Web: www.ispcc.ie

- **ISPCC/Youth Work Ireland Bounce Back Youth Service:** Service aimed at young people between 10 and 25 years in South East Cavan areas of Ballyjamesduff, Virginia, Bailieborough and Belturbet. There are two elements to the Bounce Back Youth Service:
 - The Rural Resilience Service - reaches out to young people who may feel isolated in the rural communities of south east Cavan and is delivered by the ISPCC through one-to-one therapeutic support sessions with the young person and the Childhood Support Workers.
 - The Detached Youth Work element is carried out by staff members from Youth Work Ireland by being present on the streets of Ballyjamesduff, Bailieborough, Virginia & Belturbet on key nights and engaging with young people, providing confidential advice, information and support.

Bounce Back Youth Service, Adult Education Building, Virginia Road,
Ballyjamesduff, Co. Cavan

Contact: Michelle Green
Childhood Support Worker
Tel: 087 185 3578
Email: Yvonne.Lowry@ispcc.ie

Contact: Cyril Reilly
Senior Youth Officer,
Tel: 087 793 3728
Email: cyril@ywicavan.ie

- **ISPCC Childline Therapeutic Support Service**
Therapeutic support service, supporting young people (up to 18 years) in Mullagh and Cavan town areas. This service is delivered through a one-to-one therapeutic support service with young people, focusing on strengths and needs of the individual.

Contact: Jean Rooney
Therapeutic Support Worker,
Cavan
Tel: 087 233 4534
Email: Jean.Rooney@ispcc.ie

Contact: Audrey Rabbitte
Therapeutic Support Worker,
Monaghan
Tel: 087 360 3742
Email: Audrey.rabbitte@ispcc.ie

- **Support Helplines**

ISPCC Childline: 1800 66 66 66

Teenline: 1800 833 634

- **Support Websites**

www.spunout.ie: Youth led national charity empowering young people to create personal & social change.

www.barnardos.ie/teenhelp : An information website for young people coping with difficulties.

www.childline.ie : Childline Online is for young people up to the age of 18. If you have been affected by bullying you may access support by texting the word 'Bully' to 50101. You may also contact Teentext by texting 'Talk' to 50101. These services are available from 10am to 4am every day.

10) Benefits/Advice/Financial Worries

- **Citizens Information Centres (CICs):** Provide free, impartial information, advice and advocacy on a broad range of public and social services.
Citizens Information Cavan: 0761 075 200; Ground Floor, Elm House, Elm Bank, Cavan, H12A8H7
Citizens Information Monaghan: 0761 076 230; 23 North Road, Monaghan
National Call Centre: 0761 074 000, www.citizensinformation.ie
- **MABS – Money Advice and Budgeting Service:** MABS is the national money advice service, guiding people through dealing with debt for more than 20 years.
Cavan MABS: 0761 072 410; Email: cavan@mabs.ie; 1st Floor, Elm House, Elm Bank, Cavan, H12A8H7
Monaghan MABS: 0761 072 690; Email: castleblayney@mabs.ie; 3rd Floor, Bramley House, Muckno Street, Castleblayney, Co. Monaghan
MABS: Money advice & Budgeting Service National Helpline: 0761 072 000; www.mabs.ie

11) Farm and Rural Stress

- **Farm & Rural Stress:** Living in the country? Feeling Down? Contact the Farm and Rural Stress Helpline on:
Freephone: 1800 742 645 open daily 6pm to 10pm
Email: farmandruralstress@hse.ie

12) Other Support Services

- **Emergency Numbers 999 or 112 for:**
 - **Ambulance**
 - **Gardai**
 - **Fire Brigade**
- **Parentline:** provides information and a listening ear to parents in the Republic of Ireland.
Carmichael House, North Brunswick Street, Dublin 7
Tel: 1890 927 277
Email: info@parentline.ie
Web: www.parentline.ie
- **Men's Sheds:** The Irish Men's Sheds Association are a charity focused on supporting a grass-roots network of sheds, workshops and meeting places for men of all ages across the whole of Ireland.
Tel: 01 891 6150
Web: www.menssheds.ie
- **National Advocacy Service (NAS):** An independent advocacy service for people with disabilities. NAS supports people: to receive assistance with specific issues; to access their rights and entitlements; to have their voice heard when decisions are being made about their life; to express their views and wishes in relation to quality of life issues.
National Advocacy Service: Enquiry Phone Line - 0761 07 3000; Email – info@advocacy.ie