

Mental Health Ireland

Inspired by the work of Shannon Deery

RECOVERY COLLEGE SOUTH EAST

Cork Sports

Partnership

www.corksports.ie 021 4347096

MENTAL HEALTH & RECOVERY SUPPORTS

#REFLECTANDGROW

Counselling Service 021 427 4951

ALONE www.alone.ie 0818 222 024 ww.corkcounsellingservices.ie

Grow

1890 474 474

ork City Partnership ommunity Outreach Drug & Alcohol Awareness Project

Shine www.shine.ie

1800 807 077

Irish Hospice Foundation

Jigsaw Cork 021 245 2500

MyMind Cork mymind.org/location/corl 076 680 1060

Cork Mental Health Foundation Housing Association

corkmentalhealth.com

NEED HELP NOW?

Call your local GP Call the Samaritans on 116 123

THE FIVE WAYS TO WELLBEING

ARE SIMPLE ACTIONS YOU CAN DO EVERYDAY TO FEEL GOOD AND FUNCTION WELL.

(New Economics Foundation, 2008)

SUPPORTS & INFO





Cork









www.mentalhealthireland.ie

Mental Health

Ireland

Promoting Positive Mental Health, Wellbeing and Recovery www.mentalhealthireland.ie 01 2841166



Supporting family carers across the country. www.familycarers.ie 1800 24 07 24



Supporting people who are affected by depression, bipolar and mood related conditions. www.aware.ie 1800 80 48 48

SAMARITANS

Whatever you're going through, a Samaritan will face it with you. There 24 hours a day, 365 days a year. www.samaritans.org 116 123

yourmentalhealth

HSE information line for signposting to mental health supports and services. 1800 111 888 www.yourmentalhealth.ie