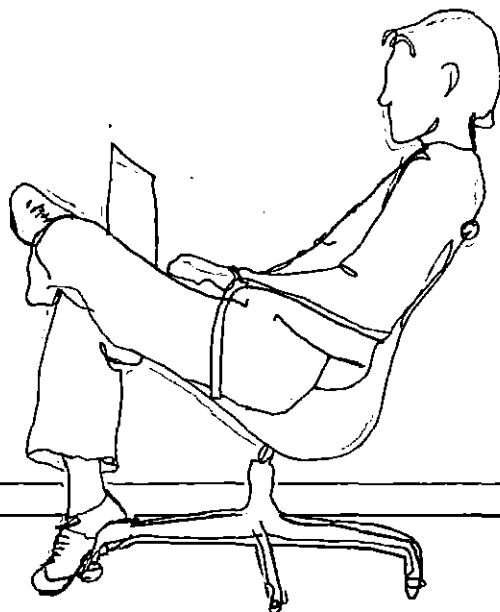


Information Guide to
Adult Mental Health Services in Cork and Kerry



Southern Health Board
Boird Sláinte An Deisce



CARING for PEOPLE

Introduction

The Southern Health Board is responsible for the provision of health and personal social services to people living in the counties of Cork and Kerry. We seek to improve the health and quality of life of the individuals and communities we serve by constant evaluation and development of our services.

The aim of the Board's mental health services is to meet the specific needs of persons suffering from mental illness in an appropriate and high quality care setting and to provide them with the opportunity to maximise their potential in personal, social and economic terms.

Our mental health services have been developing over the past decade in line with the national policy *Planning for the Future* (1984) and much progress has been made. However, it is acknowledged that much remains to be done. In November, 2001 a Steering Group was established to review mental health services in Cork and Kerry, bearing in mind the new National Health Strategy, recent mental health legislation, evidence from other countries, consumer expectation and the feedback from consumer experience of our current mental health services.

During the development of the strategy document *Focussing Minds Developing Mental Health Services in Cork and Kerry* July, 2002, one of the key issues raised by those we consulted, including users, carers, General Practitioners, voluntary groups and indeed our own staff, was the necessity for information on the range of mental health services available in Cork and Kerry.

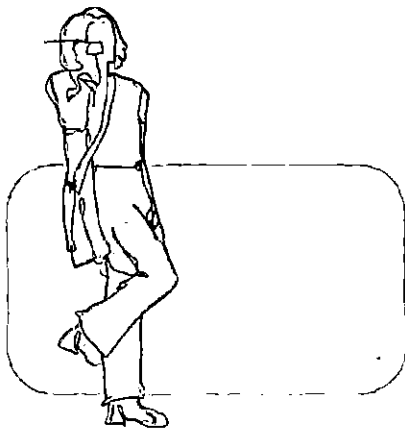
This Information Guide to Adult Mental Health Services in Cork and Kerry has been produced to help you access the services and provides contact details of a number of relevant voluntary and support groups.

Customer Information Centre

The Customer Information Centre is based in the Department of Consumer Relations, Southern Health Board, Wilton Road, Cork. Members of the public can make contact with the centre with any queries they may have about the Southern Health Board services. The Information Centre also acts as a referral service connecting people with the appropriate section within the Health Board or referring them to other public bodies or service providers as appropriate.

Lo Call Number 1850 742000 (Cork and Kerry only)
Tel. No: 021 492 3667
Email: consumerrelations@shb.ie

The information included in this booklet is intended as an information guide to adult mental health services in Cork and Kerry. Every effort has been made to ensure the accuracy of all entries but the Southern Health Board cannot take responsibility for any errors or differences in service provision by any of the organisations included.



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The aim of the Southern Health Board's Mental Health Service is to meet the specific needs of persons suffering from mental illness in an appropriate and high quality care setting, and to provide them with the opportunity to maximise their potential in personal, social and economic terms. Every person with mental illness should have access to the appropriate service.

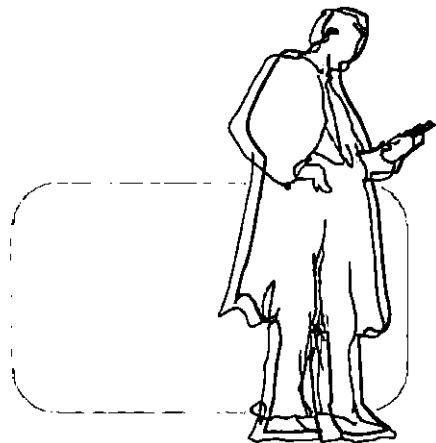
We have adopted '*Caring for People*' as our mission statement. Our vision is to 'improve the health and quality of life of the individuals and communities we serve'.

We have developed a set of values which express how, individually and collectively, we treat our patients/ consumers and each other.

- Striving for excellence
- Integrity and openness
- Loyalty to organisation
- Caring and commitment
- Efficiency and effectiveness
- Communication
- Leadership

To facilitate service delivery, our services are divided into five catchment areas (see map at back of this booklet).

Services in each of these catchment areas are further divided into sectors. Each sector serves a population of approximately 25,000 people. Within a sector a range of services are provided through multidisciplinary teams led by a Clinical Director/Consultant Psychiatrist and including nursing staff, clinical psychologists, social workers and occupational therapists. Referral is made to other services where appropriate.



Description of Services

On assessment you may be referred to one of the following services:

- Acute Inpatient care
- Intensive Care Unit
- Day Hospital
- Day Centre
- Outpatient Clinic
- Community Based Residence
- Rehabilitative Training

Acute Inpatient Care

An Acute Unit is an inpatient facility, located on an acute general hospital site, where patients can expect to experience a multidisciplinary planned approach to their care and recovery.

Intensive Care Unit

An Intensive Care Unit is a specialised unit within the mental health service providing observation and treatment of patients for whom management in an acute admission unit is not possible.

Day Hospital

A day hospital provides comprehensive treatment equivalent to that available in a hospital inpatient setting for acutely ill patients. Clinics can also be held and a range of investigative procedures performed. The day hospital acts as the focus of psychiatric care in an area and is primarily for active treatment of patients with psychiatric disorders.

Day Centre

A day centre is a place that provides personal and social support to clients and their carers; provides training in a range of community, personal and daily living skills; is a venue for a range of leisure activities; promotes integration into and use of community facilities and provides work related activity.

Outpatient Clinic

An out patient clinic is where clients may be assessed and their treatment programme reviewed by the appropriate mental health professional.



Community Based Residence

In general, residential facilities are required for those persons who for various reasons cannot live in their own homes. The types of residences are as follows:

High Support Hostel

These hostels provide accommodation in the community as an alternative to long stay care in a Psychiatric Hospital. Nursing care is provided on a 24 hour basis.

Medium Support Hostel

These provide a home for persons with long-term mental illness who cannot manage without supervision.

Low Support Hostel

A community residence where a group of clients live independently, with the Community Mental Health Nurse visiting regularly.

Rehabilitative Training

Rehabilitative training focusses on providing people with the foundation skills necessary to participate independently within their community. Programmes under this heading are designed to equip people with a range of personal, social and work-related skills required to live a fulfilling and active life.

In order to access Southern Health Board Mental Health Services, a person may be referred by their General Practitioner (GP) or Consultant Psychiatrist to either outpatient or inpatient services as appropriate.

Current legislation

The new Mental Health Act, 2001 will be implemented over the next number of years. While this is taking place, individuals admitted to the mental health services will continue to be admitted under the terms of the 1945 Mental Treatment Act.

The 1945 Mental Treatment Act recognises the following categories of patient: voluntary and non voluntary patients.

Voluntary Patients

These are persons who enter the Mental Health Hospital of their own free will. The majority of patients admitted to the mental health services are admitted as voluntary patients.

Non Voluntary Patients

A small number of clients who are unwilling or unable to express their wishes and who require treatment are admitted under one of the following categories:

**(a) Temporary Patient
(Chargeable or Private)**

This category is used when it is believed that the patient is unfit for treatment as a Voluntary Patient because of illness and requires for their recovery not more than six months suitable treatment; most people are now discharged within a much shorter period. An application for admission is usually made by a close relative but can be made by any person if the close relative is not available. This application must be signed by the patient's own GP and there is the choice of having a second medical opinion. Two GPs are required to sign for a Temporary Private Patient. The applicant must then take the client to hospital within seven days or take the form of application to the hospital where a Consultant Psychiatrist or their nominated deputy will sign a Reception Order and arrangements will be made to admit the client.

(b) Person of Unsound Mind

This category is used when it is believed that the patient requires for their recovery more than six months suitable treatment. It is rarely used today. An application for admission can be made by a relative up to a first cousin, but it is usually a closer relative.

If, however, there is no relative available any other person can sign an Application and this function is often carried out by the Gardai. The application must be signed by a GP and details of why the application is being made must be included by the GP. The patient is taken to the hospital and a Reception Order is signed by a Consultant Psychiatrist or their nominated deputy within 12 hours of arrival, or the form of application is taken to the hospital where a Consultant Psychiatrist or their nominated deputy will sign a Reception Order and arrangements will be made to admit the client (usually this will be under Garda escort).

Persons under 16 years of age are referred to the Board's Child Psychiatric Services.

Patient Charges

Inpatients:

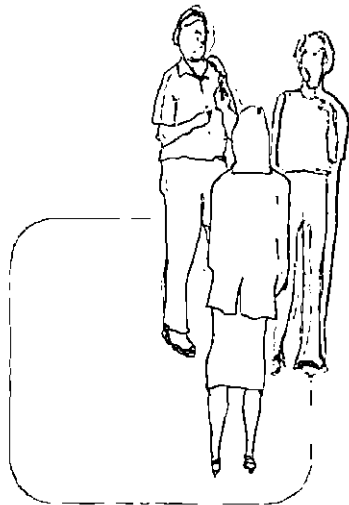
There is a daily charge of €36 for public hospital accommodation. This charge is levied for up to 10 days (a maximum of €360 in any 12 month consecutive period). If you visit more than one public hospital in the period, the maximum figure remains at €360. Receipts should be retained as evidence of payment.

€36 per day is the current level of charges, but these charges are revised from time to time by the Minister for Health and Children and do not apply to medical card holders. This charge is made under Health In/Outpatient Charges Amendment Regulations 1997.

Extended Care Charge:

A person who has received patient services in a public hospital for 30 days or for periods totalling 30 days in the previous twelve months may then become liable to an extended stay maintenance charge. This charge also applies to medical card holders who are in receipt of an income.

The amount of the extended stay charge in each individual case is decided by the Health Board, having regard to the person's income and circumstances. Allowances are made for outgoings and legitimate expenses. This charge is made under Health (Charges for Inpatients) Services (Amendment) Regulations 1987.



Range and Location of Services by Catchment Area

North Lee catchment area (Cork)

The North Lee catchment area serves a population of 145,233 people and is divided into 5 sectors.

The management team for the catchment area is based in St. Michael's Unit, Mercy Hospital, Cork.

The area is served by an acute unit based in the Mercy Hospital, a long stay unit, 2 day centres, 2 day hospitals, 6 outpatient clinics, 6 community residences, a training workshop and an intensive care unit.

Acute Unit:

St. Michael's Psychiatric Unit,
Mercy Hospital, Cork

021 427 1971
Ext. 5295

Intensive Care Unit:

Carraig Mór Intensive Care Unit

021 492 1461

Day Hospital:

Day Hospital, Gurrabraher, Cork

021 430 3264

Day Centres:

Owenacurra Day Centre, Midleton

021 463 5346

Millfield House Day Centre, Blackpool

021 430 0071

2 new day centres, one in Cork and one in Macroom, are due to open later this year.

Note: Day Hospital and Day Centres are open Monday to Friday, 9am to 5pm

Outpatient Clinics (North Lee)

Location	Sector	Clinic Days	Times	Tel.
Block 7, St. Mary's Orthopaedic Hospital/ St Coleman's House	Macroom/ Blarney	Every Monday	am	021 430 4202
		1 st & 3 rd Tuesday	am	026 42201
OPD Mercy Hospital/ Millfield House	City North East	Every Monday	pm	021 427 1971
		Every Tuesday	am	021 430 0071
Health Centre Cobh/ OPD Mercy Hospital	Cobh/Gienville	1 st & 3 rd Monday	am	021 481 1270
Owenacurra Day Centre Community Hospital Youghal	Midleton/Youghal	Every Monday & Thursday Every 2 nd Tuesday	am	021 463 1751 024 92308
Block 7, St. Mary's Orthopaedic Hospital	City North West	Every Wednesday	am-pm	021 430 4202

South Lee catchment area (Cork)

The South Lee catchment area is the largest of the Board's catchment areas and serves a population of 153,430. It is currently divided into 5 sectors. The management team for the catchment area is based in the GF Unit at Cork University Hospital. The Catchment area is served by an acute unit at Cork University Hospital, 2 day hospitals, 1 day centre, 8

community residences, 3 long stay units and 7 outpatient clinics.

The catchment area also shares a number of facilities with the North Lee catchment area such as a training workshop and an intensive care unit. Heatherside Hospital, Buttevant, Co. Cork, caters mostly for psychogeriatric patients from the South Lee area.

Acute Unit:

G.F. Psychiatric Unit,
Cork University Hospital, Wilton, Cork. 021 492 2585 (male)
021 429 2580 (female)

Day Hospital:

Ravenscourt Day Hospital, Douglas, Cork. 021 492 3247

Day Centres:

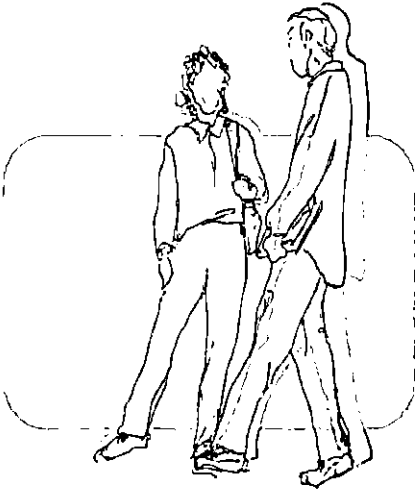
Watergate Day Centre, Bandon, Cork. 023 44590
Tosnú Resource Centre, Ballincollig, Co. Cork. 021 4872688

Note: Day Hospital and Day Centres are open Monday to Friday, 9am to 5 pm

Outpatient Clinics (South Lee)

Location	Sector	Clinic Days	Times	Tel.
OPD, Cork University Hospital	Ballincollig	Friday	9.15-1.00pm	021 492 2643
OPD, Cork University Hospital	City South East	Thursday	9.15-1.00pm	021 492 2643
Ravenscourt Day Hospital, St. Finbarr's Hospital, Cork.	Bishopstown	Tuesday	9.00-1.00pm	021 492 3247
Ravenscourt Day Hospital, St. Finbarr's Hospital, Cork.	Douglas/Carrigaline	Monday	pm	021 492 3247
OPD, Cork University Hospital	City South West	Friday	2.00-5.00pm	021 492 2463
Watergate Day Centre, Bandon, Co. Cork. Kinsale Community Hospital	Bandon/ Kinsale	2 nd & 4 th Tuesday	am	023 44590
		1 st Tuesday every month	9.30-1.00pm	021 477 2202

North Cork catchment area



The North Cork catchment area serves a population of 71,234 and is divided into 3 sectors. The management team for the catchment area is based in St. Stephen's Hospital, Glanmire. The area is served by an acute unit based in St. Stephen's Hospital, 2 long stay hospitals, 4 day centres, 1 day hospital, 4 outpatient clinics, 4 community residences and has access to a number of intensive care beds in the Carrig Mór Centre in Cork City. St. Patrick's Hospital, Mount Alvernia, Mallow caters mostly for psychogeriatric patients, many of whom are former long stay patients from St. Stephen's Hospital, Glanmire, Co. Cork.

Acute Unit:

Psychiatric Unit, St. Stephen's Hospital,
Glanmire, Co. Cork.

021 4821411

Unit 3:

021 485 8518 / 485 8576

Unit 4:

021 485 8586 / 485.8522

Day Hospital:

Psychiatric Unit, St. Stephen's Hospital,
Glanmire, Co. Cork.

021 485 8588

Day Centres:

Duhallow Day Centre, Kanturk

029 51103

Norwood Day Centre, Westend, Mallow

022 43846

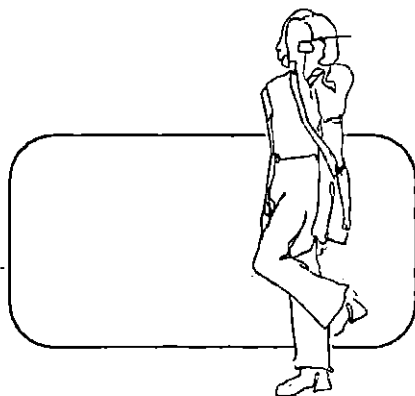
Mitchelstown Day Centre

025 84530

Note: Day Hospital and Day Centres are open Monday to Friday, 9am to 5 pm

Outpatient Clinic (North Cork)

Location	Sector	Clinic Days	Times	Tel.
Health Centre, O'Brien Street, Mallow	Mallow	1 st Thursday every month	9.00 – 1.00pm	022 21484
Mallow General Hospital	Mallow	3 rd Tuesday every month	9.00 – 1.00pm	022 30352
Norwood Day Centre, Westend, Mallow	Charleville	4 th Tuesday every month	9.00 – 1.00pm	022 43846
Catherine McAuley Home, Charleville	Charleville	2 nd Tuesday every month	9.00 – 2.00pm	063 21288
Kanturk Health Centre, Percival Street.	Kanturk	2 nd & 4 th Tuesday every month	9.00 – 3.00pm	029 50182
Fermoy Community Youth Centre, Ashe Quay	Fermoy	Every Thursday	9.30 – 1.00pm	087 937 0897



West Cork catchment area

The West Cork catchment area serves a population of 48,324 people and is divided into 2 sectors.

The management team for the catchment area is based in the Acute Unit at Bantry General Hospital.

The area is served by an acute unit based in Bantry, 1 day centre, 6 outpatient clinics and 9 community residences. It also has access to a number of intensive care beds in the Carrig Mór Centre in Cork City.

Acute Unit:

Psychiatric Unit, Bantry General Hospital 027 52970

Day Centre:

Dromleigh Close Day Centre, Bantry 027 51857

Note: The Day Centre is open Monday to Friday, 9am to 5 pm

Outpatient Clinics: (West Cork)

Location	Sector	Clinic Days	Times	Tel.
Bantry General Hosp. OPD	Bantry	2 nd & 4 th Wednesday every month	am	027 52970
Skibbereen Sector Headquarters	Skibbereen	2 nd & 4 th Friday every month	am	028 21077
Clonakilty Health Centre	Clonakilty	2 nd & 4 th Tuesday every month	am	023 33228
Dunmanway Health Centre	Dunmanway	2 nd & 4 th Tuesday every month	afternoons	023 45255
Castletownbere Health Centre	Castletownbere	1 st & 3 rd Wednesday every month	am	027 70737
Schull Community Hospital	Schull	1 st & 3 rd Tuesday every month	am	028 28398

Kerry catchment area

The Kerry catchment area serves a population of 126,130 people and is divided into 4 sectors, with a fifth in place by the end of 2002. The management team for the catchment area is based in St. Finan's Hospital, Killarney. The area is served by an

acute unit based in Tralee, a long stay unit in St. Finan's Hospital which also provides intensive care facilities, 5 day centres, 3 day hospitals, 8 outpatient clinics, 16 community residences and 2 training/sheltered workshops.

Acute Unit:

Psychiatric Unit, Tralee General Hospital	066 712 6222
	Reask Ward: Ext. 4475
	Valentia Ward: Ext. 4482

Long Stay Hospital:

St. Finan's Hospital, Killarney	064 31022
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Day Hospitals:

Caherina Day Hospital, Tralee	066 7123278
Leawood Day Hospital, Killarney	064 35563
Senan House Day Hospital, Listowel	068 22343

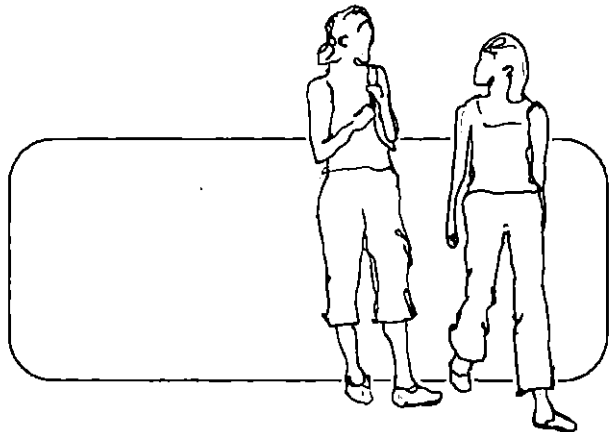
Day Centres:

Killarden Day Centre, Tralee	066 712 8433
Lantern Lodge Day Centre, Killarney	064.33809
Day Centre, Dingle	066 915 1632
Day Centre, Castleisland	066 714 3782
Fertha View Day Centre, Caherciveen	066 947 2253
Teach Iosagain Day Centre, Rathmore	064 58445

Note: Day Hospitals and Day Centres are open Monday to Friday, 9am to 5 pm

Outpatient Clinics (Kerry)

Location	Sector	Clinic Days	Times	Tel.
Listowel Community Hospital	Listowel	Tuesday	10.00am	068 21505
Grosvenor Court, Health Centre, Killarney	Killarney East Killarney West	Tuesday Every second Monday	9.00am 2.00am	064 70752
Caherciveen Health Centre	Caherciveen	Every second Wednesday	2.30pm	066 947 2524
Tralee General Hospital	Tralee West Tralee East	Thursday Tuesday	9.00am 2.00pm	066 712 6222
Health Centre, Dingle	Dingle	Every second Wednesday	2.30pm	066 915 1455



Southern Health Board Support Services

Health Promotion

A wide range of information leaflets and other literature on mental health and related health topics are available from the Health Promotion Department.

Contact Details:

Health Promotion Department,
Eye, Ear & Throat Hospital,
Western Road,
Cork.

Tel: 021 4921641

email: hpd@shb.ie

There is no cost associated with services provided by the Health Promotion Department.

Regional Offices:

North Cork:

Health Promotion Office, Hibernian Way, Mallow, Co. Cork.

Tel: 022 44910

Fax: 022 44909

Killarney:

Health Promotion Office, 26-28 Grosvenor Court, High Street, Killarney, Co. Kerry.

Tel: 064 70763

Fax: 064 70771

West Cork:

Health Promotion Office, 14 North Street, Skibbereen, Co. Cork.

Tel: 028 40418

Fax: 028 40131

Tralee:

Health Promotion Office, 20 Denny Street, Tralee, Co. Kerry.

Tel: 066 7184834

Fax: 066 71821601

Suicide Support Services

- **Suicide Bereavement Support Services**

Trained staff are available to offer confidential, practical support and advice to individuals or families who have experienced death by suicide. This service is free and is available in all areas of Cork and Kerry.

Tel No: 087 7986944

- **Suicide Helpline**

The Southern Health Board provides advice, support and assistance to individuals who are feeling suicidal and to family members, friends, professionals and others who know someone who is showing symptoms of depression, anxiety or is threatening suicide or self-harm.

Tel No: 1800742 745
(6.00pm–10pm daily)

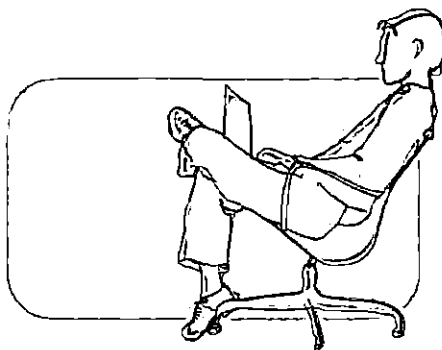
Harbour Counselling Service

Provides a counselling service for adults who experienced physical, emotional and sexual abuse or neglect in childhood while in institutional care. The service is available to both males and females and is community based serving residents of both Cork and Kerry.

Contact information:

Penrose Wharf, Cork.

Tel No: 021 4861360 / 1800 234 116



Community Welfare Services

Provides information to the public on health, welfare and other statutory schemes and allowances.

Contact information:

Cork City:

St. Finbarr's Hospital,
Douglas Road, Cork.

Tel: 021 492 3111

(South Lee area)

Abbeycourt House,
George's Quay, Cork.

Tel: 021 4965511

(North Lee area)

North Cork:

Hibernian Way, Mallow,
Co. Cork. Tel: 022 30200

West Cork:

Hospital Grounds,
Skibbereen,
Co. Cork.

Tel: 028 21722

Kerry:

Denny Street, Tralee,
Co. Kerry.

Tel: 066 712 1566

Drug and Alcohol Treatment Services

Alcohol and drug non-residential treatment services have been developed in the Board over the last number of years. The service is free to clients with addictions, their families and concerned persons.

Services provided:

- Consultant and assessment services
- Education programme for people living with active addiction
- Community Drug Teams and Student Assessment Programmes
- Employee Assistance Programmes
- Adult Treatment Programme
- Young Persons Programme

Access to Services:

Referrals are accepted from a number of sources including clients and their family members, General Practitioners, Probation Services, Social Services and Hospital Services.

Hours:

Monday to Friday 9.00am to 5.00pm

Arbour House Out-patient Treatment Centre

- a) Adult Treatment Programme
- b) Youth Treatment Programme

(This is a free service)

Contact Details:

Arbour House, St. Finbarr's
Hospital, Douglas Road, Cork.

Tel: 021 4968933

Addiction Counselling Services

Cork City and County:

Community Counselling and Advisory Services,
10 Church Street,
Off Shandon Street, Cork (for the North Cork City catchment area)
Tel: 021 4212382

Community Counselling and Advisory Service,
Medical Centre,
Market Street,
Skibbereen,
Co. Cork (for the West Cork catchment area)
Tel: 028 23456

Kerry:

Community Counselling and Advisory Services,
38 Ashe Street,
Tralee,
Co. Kerry.
Tel: 066 7123612

Within mental health, there are many very active, dynamic voluntary and self-help groups and organisations which provide a range of services and supports to people who have experienced mental illness and also to their families. Their contribution is highly valued and encouraged. Some of the larger groups and organisations are detailed below.

Irish Advocacy Network – Kerry / Cork

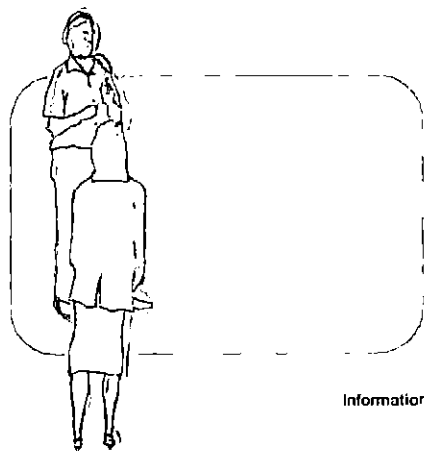
Irish Advocacy exists to provide information and support to users within the mental health services, to empower them to speak up, speak out and take control of their lives.

Contact information:

Kerry Advocacy
Tralee,
Co. Kerry.
Tel: 066 7128496

Irish Advocacy Network
Old Rooskey House,
Rooskey,
Monaghan,
Co. Monaghan.

e-mail:
irishadvocacynetwork@eircom.net
Tel: 087 9800445 24 hours/
047 38918



Cork Advocacy Network

Cork Advocacy Network is an action focussed group launched in January, 2001 advocating for change and choice within the mental health services.

Contact information:

Cork Advocacy Network
- Dromina;
Charleville,
Co. Cork
Tel: 063 70435
e-mail: canha@eircom.net

Mental Health Association

Voluntary Association promoting positive mental health and helping the mentally ill; involved in social housing projects, visiting and befriending people in hospital.

Contact information:

Kerry:

Dan O'Connor,
St. Finan's Hospital,
Killarney – Kerry Mental Health
Association
Tel: 064 31022

Cork:

Davy Reidy,
Cork Mental Health Association,
Penrose Wharf,
Penrose Quay, Cork.
Tel: 021 4551433

Aware

Aware is a support group for sufferers of depression. It aims to help individuals, families and carers to cope with depression.

Contact information:

72 Lower Leeson Street,
Dublin 2.
Tel: 01 6617211

Aware, S.M.A.
Parish Centre, Cork.
Tel: 021 4541901

Aware, Killarney
Tel: 064 33918

Aware, Tralee
Tel: 066 7128010

Grow

Grow is a mutual self help group whose aim is to help individuals develop personal growth by using Grow's twelve step programme.

Contact information:

11 Liberty Street,
Cork.
Tel: 021 4277520

Tralee: 029 68184

Schizophrenia Ireland

Advocates that people with schizophrenia should at all times be accorded the rights, entitlements and opportunities available to any other member of society on an equal basis and to enable participation in the life of the community to the fullest possible extent. The association provides information regarding services available for clients, their families and carers.

• Relatives' Support

Groups Cork:

Last Tuesday of each month at 8.00pm in the Dominican Pastoral Centre, Pope's Quay, Cork.

Bandon:

Third Wednesday of each month in the Watergate Mental Health Centre, adjacent to the Community Hospital, Bandon at 8.00pm

For further information on the above, please contact Mags Ryan, Schizophrenia Ireland, 42 Penrose Wharf, Penrose Quay, Cork.

Tel: 021 4552044

Killarney:

Last Wednesday of each month in Leewood House Day Hospital at 7.30pm. For further information, please contact Gina or Dan.

Tel: 064 35563

Tralee:

Second Tuesday of each month at 8.00pm in Caherina House.

For further information, please contact Noreen McCarthy.

Tel: 066 7126927

• Phrenz Support Groups

For people with schizophrenia and related mental illnesses

Cork:

Every Tuesday at 7.00pm in Schizophrenia Ireland Cork office at 42 Penrose Wharf.

Bandon:

Alternate Mondays at 7.15pm in the Parish Centre, next to the Church of the Immaculate Conception & St. Patrick.

Tralee:

Alternate Wednesdays at 7.30pm in The Abbeygate Hotel.

For further information on the above, please contact Mags Ryan at Schizophrenia Ireland Cork office, 42 Penrose Wharf, Penrose Quay, Cork.

Tel: 021 4552044.

Please note that prior to attending a group for the first time, it is essential to contact the office to ensure that the details have not changed.

Post Natal Distress Support Group

Provides information and offers support to women suffering from postnatal depression.

Contact No: 021 4923162

**Out and About Association
(O and A)**

Voluntary Association offering support to people experiencing agoraphobia (fear of open places) and panic attacks.

Contact information:

Ravenscourt Day Centre, St.
Finbarr's Hospital,
Douglas Road,
Cork.

Tel: 021 4923247

National number:

140 St. Lawrence Road,
Clontarf,
Dublin 3.

Tel: 01 8338252

**National Suicide Bereavement
Support Network**

Provides support and encouragement to new and existing suicide bereavement support groups and provides information to the bereaved.

Contact information:

P.O. Box 1, Youghal, Co. Cork.

Website: www.nsbsn.org

e-mail: nsbsn@eircom.net

Tel: 024 95561

Samaritans

Provide a listening, befriending service for people who are lonely, suicidal or depressed.

Contact information:

Coach Street,
Cork.

Tel: 021 4271323

Tralee,
Co. Kerry.

Tel: 066 7122566

24-Hour Line: 1850 60 90 90

Website: www.samaritans.org

Tabor Lodge

Residential addiction centre which provides assessment and aftercare treatment programmes to clients requesting the service.

Admission is by prior arrangement.

Contact information:

Ballindeasig, Belgooly, Co. Cork.

Tel: 021 4887110

Talbot Grove – Addiction Treatment Centre

Residential treatment, assessment, aftercare and family programmes. Assessment is by prior arrangement.

Contact information:

Talbot Grove,
Castleisland,
Co. Kerry.

Tel: 066 7141511

Non Residential Treatment Centres

Contact information:

Anchor Treatment Centre,
Spa Glen, Mallow, Co. Cork

Tel: 022 42559

Renewal Sheltered Housing Ltd.
(Women),
Shanakiel,
Blarney Road,
Cork

Tel: 021 4300844

Matt Talbot Adolescent Services,
'Rockview', Trabeg Lawn,
South Douglas Road,
Cork

Tel: 021 4896400

Half Way House for Men,
Fellowship House,
Spur Hill, Togher,
Cork

Tel: 021 4887110

(Tabor Lodge Treatment Centre)

Alcoholics Anonymous

A 12 step fellowship.

Contact information:

P.O. Box 137, Eglinton Street,
Cork.

Tel: 021 4500481

Caherina House, Strand St.,
Tralee.

Tel: 066 7123278

Al Anon / Alateen

Support for family members and concerned persons of people with an alcohol or drug problem.

Contact information:

P.O. Box 55, Eglinton Street,
Cork.

Tel: 021 4311899

Caherina House, Strand St.,
Tralee.

Tel: 066 7123278

**A.C.O.A. – Adult Children
of Alcoholics**

Support group for children
of alcoholics.

Contact information:

St. John's Church, Tralee, Co.Kerry.

Tel: 066 7122280

Narcotics Anonymous

Support group for recovering addicts.

Contact information:

P.O. Box 89, Eglinton Street,
Cork.

Tel: 021 4278411

Nar – Anon

Support group for the family and
friends of those with a drug problem.

Contact information:

St. Augustine's Priory,
Washington Street, Cork.

Tel: 021 4270410

Gamblers Anonymous

Contact information:

Carmichael House,
4 North Brunswick Street,
Dublin.

Tel: 01 8721133

SHINE

Support group for people suffering
from anorexia/bulimia nervosa.

Contact information:

The Crystal Connection,

Coal Quay,

Cork (beside the Bodega Bar)

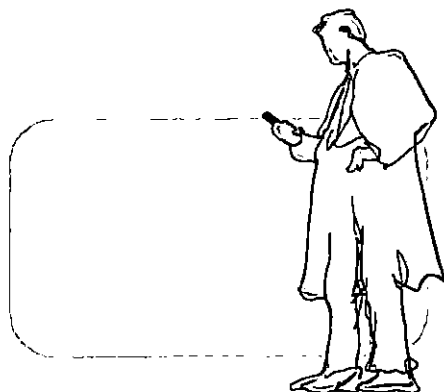
Tel: 021 4896066

Meetings:

2nd and 4th Friday of every month
for people suffering from
anorexia/bulimia nervosa.

3rd Friday of every month for
relatives/friends of the above.

Time: 7pm – 9pm



Overeaters Anonymous

A fellowship of men and women who suffer from compulsive eating and who are practising the twelve-step programme of recovery begun by Alcoholics Anonymous.

Contact information:

P.O. Box 2529, Dublin 5.

Tel: 01 4515138

Body Whys:

A voluntary organisation, which provides support for people with eating disorders and their families and friends.

Contact information:

Central Office, P.O. Box 105.

Blackrock, Co. Dublin.

Tel: 01 2834963

Right of Place:

Support Group for survivors of institutional abuse.

Contact information:

Freephone: 1800200709

Office number: 021 4975739

Hours: 9.15 a.m - 5.00 pm

Monday - Thursday

(closed from 1 - 2 pm)

Closed at 4 pm on Friday.

M.A.B.S. – Money Advice and Budgeting Service

The aim of the service is to enable families and individuals to pay off debts at an affordable rate whilst ensuring that all their essential requirements like food, housing, fuel etc are protected through budgeting. It is a free and confidential service.

Contact information:**Cork:**

Unit 33, Penrose Wharf,

Penrose Quay, Cork.

Tel: 021 4552080

Fax No: 021 4552078

North Cork:

Haine's Lane, Bank Place,

Mallow, Co. Cork.

Tel: 022 43879

Fax No: 022 50445

West Cork:

Unit No. 1,

Riverside Commercial Park,

Dunmanway,

Co. Cork

Tel: 023 55155

Kerry:

Edward Court,

Edward Street,

Tralee, Co. Kerry.

Tel: 066 7129750

Legend

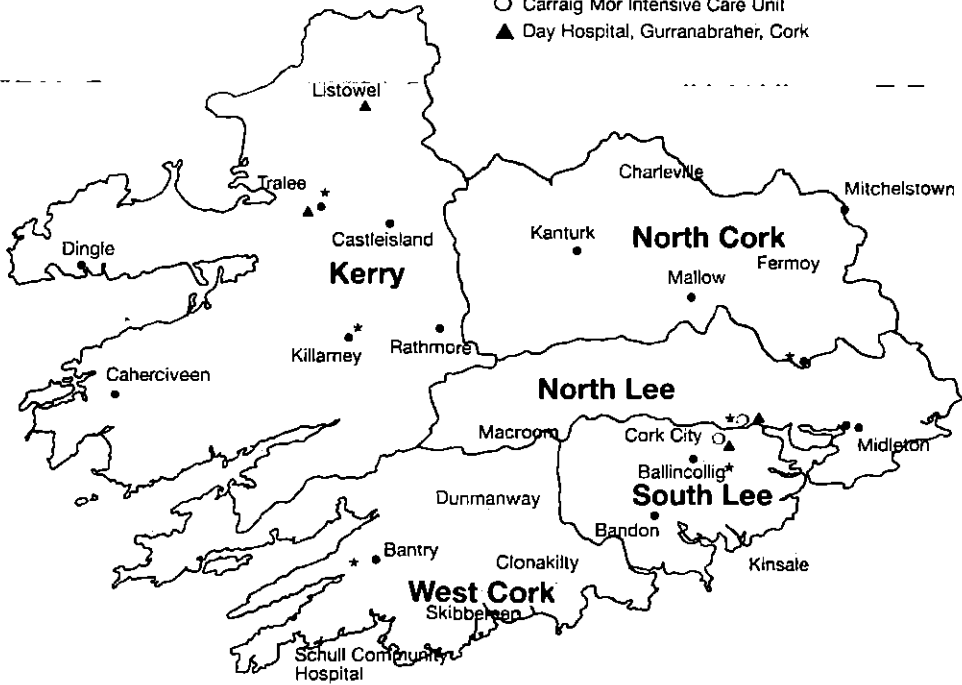
- ★ Acute In Patient Care
- Intensive Care Unit
- ▲ Day Hospital
- Day Centre

North Cork catchment area. Population of 71,234

- ★ Psychiatric Unit, St. Stephen's Hospital, Glanmire, Co. Cork
- ▲ Day Hospital, St. Stephen's Hospital, Glanmire, Co. Cork
- Duhallow Day Centre, Kanturk
- Norwood Day Centre, Westend, Mallow
- Mitchelstown Day Centre

Cork North Lee catchment area. Population of 145,233

- Owenacurra Day Centre, Midleton
- Millfield House Day Centre, Blackpool
- ★ St. Michael's Psychiatric Unit, Mercy Hospital, Cork
- Carraig Mór Intensive Care Unit
- ▲ Day Hospital, Gurrnabraher, Cork



Kerry catchment area. Population of 126,130

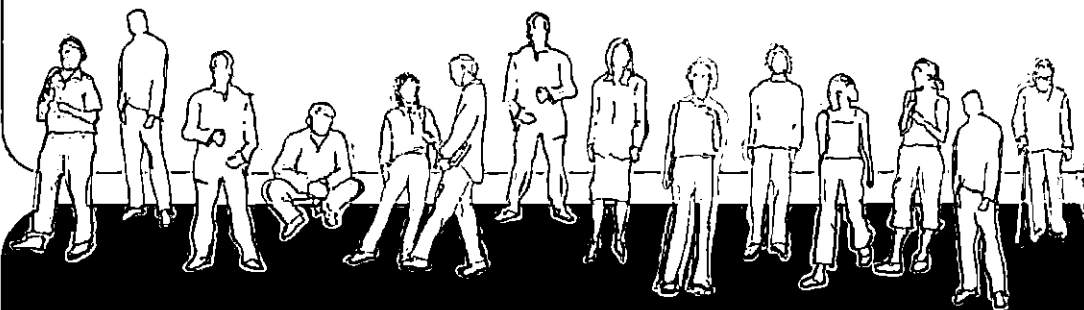
- ★ Psychiatric Unit, Tralee General Hospital
- ★ St. Finian's Hospital, Killarney
- ▲ Caherina Day Hospital, Tralee
- ▲ Laewood Day Hospital, Killarney
- ▲ Senan House Day Hospital, Listowel
- Killarden Day Centre, Tralee
- Lantern Lodge Day Centre, Killarney
- Day Centre, Dingle
- Day Centre, Castleisland
- Fertha View Day Centre, Caherciveen
- Teach Iosagain Day Centre, Rathmore

West Cork catchment area. Population of 48,324

- ★ Psychiatric Unit, Bantry General Hospital
- Dromleigh Close Day Centre, Bantry

Cork South Lee catchment area. Population of 153,430

- ★ Ward GF. Psychiatric Unit, Cork University Hospital
- ▲ Ravenscourt Day Hospital, Douglas, Cork
- Watergate Day Centre, Bandon, Cork
- Tosnú Resource Centre, Ballincollig, Co. Cork



Southern Health Board
Wilton Rd
Cork

Tel. 021 492 3616

Fax. 021 454 5748

Email. dsp@shb.ie

www.shb.ie