

# Helplines

**Aware** - Support and information for people experiencing depression.  
☎ 1890 303 302 ☞ www.aware.ie

**Barnardo's** - Support children whose well-being is under threat.  
☎ 1850 222 300 ☞ www.barnardos.ie

**Bodywhys** - Support information and understanding for people with eating disorders.  
☎ 1890 200 444 ☞ www.bodywhys.ie

**Cairde** - Challenging ethnic minority health inequalities.  
☎ 01 855211 ☞ www.cairde.ie

**Can Teen** - Young peoples cancer support group.  
☎ 01 8722012 ☞ www.canteen.ie

**Childline** ☎ 1890 66 66 66 ☞ www.ispcc.ie/childline.htm

**CIC Citizens Information**  
☎ 049 4332641/ 1800474 777  
☞ www.citizensinformation.ie

**Drugs/HIV** ☎ 1800 459 459  
**Legal Aid Board** ☎ 049 4331110  
☞ www.legalaidboard.ie

**MABS (Over 18's Only)** - Money Advice and Budgeting Service.  
☎ 049 4362900  
☞ www.mabs.ie

**Rape Crisis** - Counselling service for survivors of rape, sexual or child abuse.  
☎ 1800 778 888 /1800 212 122 ☞ www.drcc.ie

**Samaritans** ☎ 1850 60 90 90  
☞ www.samaritans.org

**Victim support** - provides emotional & practical support for victims of crime.  
☎ 049 4362836 ☞ www.victimsupport.ie

**Womens Aid** - Support for women and children suffering abuse in their own homes.  
☎ 1800 341 900 ☞ www.womensaid.ie

# Pregnancy/Parenting

**Cura** - Support and help to those faced with crisis pregnancy.  
☎ 1850 622 626

**Life** - Support and help to those faced with crisis pregnancies.  
☎ 1850 281 281  
☞ www.life.ie

**Irish Family Planning Association** - Promoting sexual reproductive rights and health.  
☞ www.ifpa.ie

**National Pregnancy Help Line**  
☎ 1850 495051

**One Family** - Support for one parent families.  
☎ 01 6629212  
☞ www.onefamily.ie

**Pact** - Help with unplanned pregnancy, adoption, or information when searching for birth relatives.  
☎ 1850 673 333 ☞ www.pact.ie

**Parentline**  
Helpline on Parenting Issues  
☎ 1890 927 277  
☞ www.parentline.ie

**Positive Options**  
Crisis Pregnancy Services  
Text List to 50444  
☞ www.positiveoptions.ie

**Think Contraception**  
☞ www.thinkcontraception.ie

# Youth Services,

**Co. Cavan VEC Youth Service**  
☎ 049 4361881 ext.6

**Boys Brigade** ☎ 01 2964622  
☞ www.boysbrigade.ie

**Community Games** ☎ 043 6683193  
☞ www.communitygames.ie

**Foige** ☎ 047 8371663 ☞ www.foige.ie

**Girl Friendly Society** ☎ 01 6603754  
☞ www.gfs.ie

**Girl Guides** ☎ 087 9729559  
☞ www.irishgirlguides.ie

**Irish Pipe Bands** ☞ www.ipba.ie

**Macra** ☎ 087 7792414 ☞ www.macra.ie

**Pioneers** ☎ 01 874 9464 ☞ www.pioneertotal.ie

**Scouts** ☞ www.scouts.ie

**Internet Access & Drop In Service**  
**Cavan Irish Wheelchair Association**  
☎ 049 4371212

**Community Youth Projects - Cavan**  
☎ 049 4361594

**CIC Citizens Information** ☎ 049 4332641/  
1800 474 777 ☞ www.citizensinformation.ie

**Focus Family Resource Centre, Killeshandra**  
☎ 049 4364065/ 087 9247159

**Irish Wheelchair Association U Club**  
☎ 049 4371212

**Teach Oscail FRC, Tullacmongan, Cavan**  
☎ 049 4372730



Blocks Design & Print, Cavan

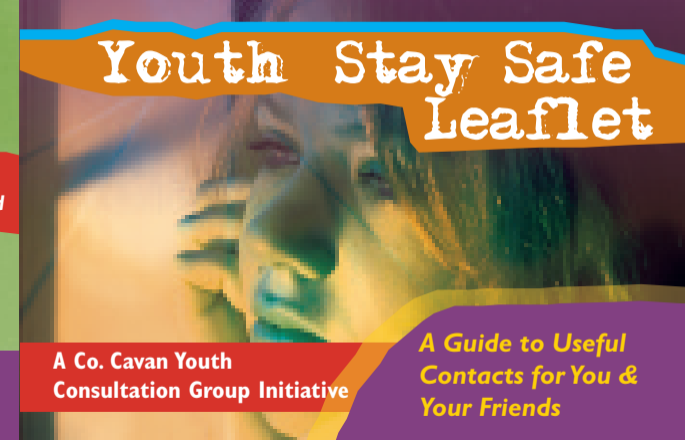
**Co. Cavan Youth Consultation Group recommend that you keep this guide close at all times, you never know when you or a friend might need it**

Produced by County Cavan VEC Youth Service on behalf of Co. Cavan Youth Consultation Group.



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# Youth Stay Safe Leaflet

**A Co. Cavan Youth Consultation Group Initiative**  
**A Guide to Useful Contacts for You & Your Friends**

# Addiction

## Al Anon and Al Teen

☎ 01 8732699 🌐 [www.al-anon-ireland.org](http://www.al-anon-ireland.org)

## Alcoholics Anonymous (Over 18's Only)

☎ 01 8420700 🌐 [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

## Cavan Monaghan Drug Awareness

Bailieborough: ☎ 042 9666983

Cavan Town: ☎ 049 4379160

## Cavan Traveller & Drugs Project

☎ 049 4377055

## HSE Addiction Resource Centre

☎ 1800 459 459 🌐 [www.drugs.ie](http://www.drugs.ie)

## Gamblers Anonymous (Over 18's Only)

☎ 01 8721133 🌐 [www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)

## Narcotics Anonymous (Over 18's Only)

☎ 086 8629308 🌐 [www.na-ireland.org](http://www.na-ireland.org)

# Counselling & Support

## Accord - Supporting Marriage & Relationships (Over 18's Only)

☎ 049 4375004 🌐 [www.accord.ie](http://www.accord.ie)

## Aids Alliance

☎ 01 8733799 🌐 [www.dublinaidsalliance.com](http://www.dublinaidsalliance.com)

## Amen - Support for male victims of domestic violence. (Over 18's Only)

☎ 046 9023718 / 086 7941880 🌐 [www.amen.ie](http://www.amen.ie)

## Big Bother Big Sister Youth Mentoring Programme

☎ 086 0481992 🌐 [www.bbsireland.ie](http://www.bbsireland.ie)

## Catholic Youth Care

🌐 [www.cyc.ie](http://www.cyc.ie)

## Cavan Counselling, Bereavement, Support, Relationship Counselling

- Cavan Family Resource Centre: ☎ 049 4371363

- Teach Oscil FRC: ☎ 049 4372730

- Kingscourt Bereavement Support Group: ☎ 042 9667186

- Focus Family Support Group Killeshandra: ☎ 049 4364065 / 087 9247159

## Church of Ireland Youth Department

🌐 [www.ciyd.org](http://www.ciyd.org)

## Console - Living with Suicide

☎ 1800 201 890 🌐 [www.console.ie](http://www.console.ie)

## Dochas For Women

Counselling and support Service  
☎ 047 71040 🌐 [www.dochas.ie](http://www.dochas.ie)

## Dundalk Outcomers

☎ 042 9329816 / 086 1625030

🌐 [www.outcomers.org](http://www.outcomers.org)

## Focus Ireland - Homelessness

🌐 [www.focusireland.ie](http://www.focusireland.ie)

## Grow - Helps and supports people who are living with Mental Health

☎ 1890 474 474 🌐 [www.grow.ie](http://www.grow.ie)

## Irish Wheelchair Association - Peer Counselling Programme

☎ 1890 23 4313 / 049 4371212 🌐 [www.iwa.ie](http://www.iwa.ie)

## ISPCC - Childline, Teen Focus, Child Focus and Leanabh Services.

☎ 047 84420 🌐 [www.ispcc.ie](http://www.ispcc.ie)

## National Suicide Bereavement Support Network

🌐 [www.nsbsn.org](http://www.nsbsn.org)

## Outhouse Resource Centre for LGBT

☎ 01 8734932 🌐 [www.outhouse.ie](http://www.outhouse.ie)

## Rainbows - A peer-support programme to assist children, youth and adults who are grieving a death, separation or other painful transition in their family.

☎ 01 4734175 🌐 [www.rainbowsireland.com](http://www.rainbowsireland.com)

## Rian Counselling (Over 18's Only)

- For adults who have suffered physical, emotional, sexual or neglectful abuse during childhood.

☎ 1800 234 117

## St. Vincent de Paul

☎ 042 9666533 🌐 [www.svp.ie](http://www.svp.ie)

## Tearmann Domestic Violence Service

🌐 [www.tearmann.net](http://www.tearmann.net)

## Teen Between - One-2-One support service for teenagers (12 - 21 years) of separated parents.

☎ 1800 303 191 🌐 [www.teenbetween.ie](http://www.teenbetween.ie)

## The Cari Foundation - Counselling for children and families who have been affected by child sexual abuse.

☎ 1890 924 567 🌐 [www.cari.ie](http://www.cari.ie)

## Treoir - Information for young parents who are not married to each other.

☎ 1890 252 084 🌐 [www.treoir.ie](http://www.treoir.ie)

# Education

## Cavan Institute

☎ 049 4332805 🌐 [www.cavaninstitute.ie](http://www.cavaninstitute.ie)

## Co. Cavan VEC

☎ 049 4331044 🌐 [www.cavanvec.ie](http://www.cavanvec.ie)

## Co. Cavan VEC Adult Education Services

☎ 049 4361881 🌐 [www.cavan-adulteducationservices.ie](http://www.cavan-adulteducationservices.ie)

## Leargas

🌐 [www.leargas.ie](http://www.leargas.ie)

## School Completion Programme

☎ 086 1703833

## Youthreach (15years - 20 years)

🌐 [www.youthreach.ie](http://www.youthreach.ie)

Cavan Town: ☎ 049 4361573 Cootehill: ☎ 049 5552561

Kingscourt: ☎ 042 9698248

# Emergency

Arvagh Station: ☎ 049 4335302

Ballinagh Station: ☎ 049 4337102

Ballyjamesduff Station: ☎ 049 8544102

Bailieborough Station: ☎ 042 9665102

Ballyconnell Station: ☎ 049 6526102

Bawnboy Station: ☎ 049 9523102

Belturbet Station: ☎ 049 9522122

Blacklion Station: ☎ 071 9853002

Cavan Town Station: ☎ 049 4331300

Cootehill Station: ☎ 049 5552105

Finea Station: ☎ 043 81102

Killeshandra Station: ☎ 049 4334302

Kilnaleck Station: ☎ 049 4334302

Kingscourt Station: ☎ 042 9667292

Mullagh Station: ☎ 046 9242002

Redhills Station: ☎ 047 55002

Shercock Station: ☎ 042 9669102

Stradone Station: ☎ 049 4330102

Swanlinbar Station: ☎ 049 9521242

Tullyvin Station: ☎ 049 5553202

Virginia Station: ☎ 049 8547002

**Emergency Services:**  
999 or 112

**Garda Confidential No:**  
1800 666 111

# Health

## Cavan Hospital

☎ 049 4361399

## Cavan Louth Meath Monaghan Community Mental Health Team

☎ 086 6028157

🌐 [www.mentalhealth.ie](http://www.mentalhealth.ie)

## Cavan Monaghan Health Care Unit

☎ 047 30400

🌐 [www.nehb.ie](http://www.nehb.ie)

## HSE Public Information Line

☎ 1850 24 1850

## NE DOC Doctor On Call - GP out of hour service

☎ 1850 777 911

## Health Promotion

🌐 [www.healthpromotion.ie](http://www.healthpromotion.ie)