

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

Foroige ☎ 047 8371663 ☞ www.foroige.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

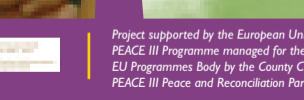
Teach Oscail FRC, Tullacmongan, Cavan
☎ 049 4372730

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

Alcoholics Anonymous (Over 18's Only)

☎ 01 8420700 🌐 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

Gamblers Anonymous (Over 18's Only)

☎ 01 8721133 🌐 www.gamblersanonymous.ie

Narcotics Anonymous (Over 18's Only)

☎ 086 8629308 🌐 www.na-ireland.org

Counselling & Support

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

☎ 049 4375004 🌐 www.accord.ie

Aids Alliance

☎ 01 8733799 🌐 www.dublinaidsalliance.com

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

☎ 046 9023718 / 086 7941880 🌐 www.amen.ie

Big Bother Big Sister Youth Mentoring Programme

☎ 086 0481992 🌐 www.bbsireland.ie

Catholic Youth Care

🌐 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

Console - Living with Suicide

☎ 1800 201 890 🌐 www.console.ie

Dochas For Women

Counselling and support Service
☎ 047 71040 🌐 www.dochas.ie

Dundalk Outcomers

☎ 042 9329816 / 086 1625030
🌐 www.outcomers.org

Focus Ireland - Homelessness

🌐 www.focusireland.ie

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

☎ 1890 474 474 🌐 www.grow.ie

Irish Wheelchair Association - Peer Counselling Programme

☎ 1890 23 4313 / 049 4371212 🌐 www.iwa.ie

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

☎ 047 84420 🌐 www.ispcc.ie

National Suicide Bereavement Support Network

🌐 www.nsbsn.org

Outhouse Resource Centre for LGBT

☎ 01 8734932 🌐 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

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

Tearmann Domestic Violence Service

🌐 www.tearmann.net

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

☎ 1800 303 191 🌐 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

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

☎ 1890 252 084 🌐 www.treoir.ie

Education

Cavan Institute

☎ 049 4332805 🌐 www.cavaninstitute.ie

Co. Cavan VEC

☎ 049 4331044 🌐 www.cavanvec.ie

Co. Cavan VEC Adult Education Services

☎ 049 4361881 🌐 www.cavan-adulteducationservices.ie

Leargas 🌐 www.leargas.ie

School Completion Programme

☎ 086 1703833

Youthreach (15years - 20 years) 🌐 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

Cavan Monaghan Health Care Unit

☎ 047 30400
🌐 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