

# Anam Cara Cork

## Information on other Services Community Resources/Services

Name of Organisation	Type of Services Provided	Local Contact Name/Position	Contact Number	Email Address	Website	Additional Comments	Cost of Service
<b>Anam Cara Parental &amp; Sibling Bereavement Support Limited</b>	Facilitated Support Group providing peer support to bereaved parents of a child who has died at any age and in any circumstances	Sharon Vard CEO	01 4045378	s.vard@anamcara.ie	<a href="http://www.anamcara.ie">www.anamcara.ie</a>	Anam Cara groups are co facilitated by a bereaved volunteer parent and a professional facilitator. They meet once a month on a designated day and time.	Free
<b>Console</b>	National Organisation supporting people in Suicidal Crisis and those Bereaved by Suicide through Professional Counselling, Support and Helpline Services.	Ciaran	1800 247 247	info@console.ie	<a href="http://www.console.ie">www.console.ie</a>		Free
<b>ISIDA/First Light</b>	National organisation providing support to parents whose children (under 14 year) have died suddenly outside a hospital environment	Ger O Brien Psychotherapist	1850-391-391	isida@eircom.net	<a href="http://www.isida.ie">www.isida.ie</a>	A professional will visit the families in their own homes following the sudden death of their son or daughter, offering support to all the family. There are also parent groups that meet monthly and parent weekends.	Free

<b>An Feileacain</b>	Féileacáin (Stillbirth and Neonatal Death Association of Ireland – SANDAI) is an organisation that aims to offer support to anyone affected by the death of a baby during pregnancy or shortly after. They offer counselling & psychotherapy, support meetings, social work support, email & phone support	Jacinta Murphy	085 2496464	info@feileacain.ie	www.feileacain.ie	The organisation was formed by a group of bereaved parents who supported each other after the death of their own babies and have now come together to formally offer support to other parents and families who find themselves in a similar situation.	Free
<b>Little Life Time Foundation</b>	A Little Lifetime Foundation offers support through support meetings, literature, remembrances services.		01 8829030	info@alittlelifetime.ie		Offers support to Families who know their baby has died prior to delivery or is likely to live only a short time after delivery. Families recently bereaved through Stillbirth and Neonatal Death. Families whose baby died a number of years ago but, due to social attitudes, were not permitted to grieve. Families considering another pregnancy following the death of their baby.	Free

<b>Irish Child Bereavement Network</b>		Nicola Jordan	01 6793223	nicola.jordan@hospicefoundation.ie	www.childhoodbereavement.ie	Provide links to bereavement support for children throughout Ireland	
<b>Barnardos</b>	Early intervention/trauma service for children and their families counselling. Telephone helpline for public concerned about grieving child. Training and consultation for groups whose work brings them into contact with bereaved children bereaved by sudden death. Longer term bereavement.		01 4732110	bereavement@barnardos.ie	www.barnardos.ie	Barnardos offer family support, family welfare conferences, bereavement support for children, Therapeutic intervention,	Free
<b>Living Links</b>	Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide	Carol	087 4122052	info@livinglinks.ie	livinglinks.ie	They are available on request to call to families in the aftermath of a suicide to offer practical support	
<b>AdVic</b>	AdVic provide email & phone support, literature, peer support, Information, legal & practical support, free individual or group professional counselling	Noleen Slattery	01 4580545 or	<a href="mailto:noleenleeslattery@gmail.com">noleenleeslattery@gmail.com</a>	www.advic.ie	AdVIC is a national, organisation founded by a group of families trying to cope with the unlawful violent killing of a family member. AdVic bring together families bereaved by homicide including those affected by Murder, Manslaughter and Fatal Assault, and provide	Free

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<b>Pieta House</b>	Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.	Joan Freeman	01-6010000	joan@pieta.ie	www.pieta.ie	Suicide and Self Harm Crisis Centre	Free
<b>The Samaritans</b>	The Samaritans provide a listening service	Jo	116 123	jo@samaritans.org	www.samaritans.org	Samaritans support anyone in distress, around the clock 24 hours a day 365 days of the year	Free
<b>Bethany</b>	Bethany offers support to the bereaved through one to one support , group support & home visits		087 9905299	bethanysupport@eircom.net	www.bethany.ie	The Bethany Bereavement Support Group is a voluntary parish based ministry which aims to help the bereaved	Free
<b>Barretstown</b>	Barretstown offers family camps, children & young adults camps, bereavement family camp, bereavement weekends & a hospital outreach programme	Eimear Kinsella	045 864 115	info@barretstown.org	www.barretstown.org	designed camp that provides Therapeutic Recreation programmes for children with serious illnesses and their families.	Free
<b>Rainbows</b>	Rainbows is a listening service for children and young people struggling to come to terms with significant loss and change in their lives	Anne Staunton	01 4734175	ask@rainbowsireland.com	www.rainbowsireland.ie	Rainbows is a dedicated free service for children and young people they help those affected by loss because of bereavement, separation or divorce. Their service is available in local communities throughout Ireland	Free

<b>Rainbows Cork</b>	Rainbows is a listening service for children and young people struggling to come to terms with significant loss and change in their lives	Anne Staunton		ask@rainbowsireland.com	www.rainbowsireland.ie	Rainbows is a dedicated free service for children and young people they help those affected by loss because of bereavement, separation or divorce. Their service is available in local communities throughout Ireland	Free
<b>Console Cork</b>	National Organisation supporting people in Suicidal Crisis and those Bereaved by Suicide through Professional Counselling, Support and Helpline Services.	Ger Rynne	021 427 4218	info@console.ie	www.console.ie		Free
<b>An Feileacain Cork</b>	Féileacáin (Stillbirth and Neonatal Death Association of Ireland – SANDA) is an organisation that aims to offer support to anyone affected by the death of a baby during pregnancy or shortly after. They offer counselling & psychotherapy, support meetings, social work support, email & phone support	Jacinta Murphy	085 2496464	info@feileacain.ie	www.feileacain.ie	An Feileacain Cork meets in the Maryborough Hotel, 3rd Tuesday of every month, 7.30 to 9.30 pm	Free

<b>ISIDA Cork/First Light</b>	National organisation providing support to parents whose children (under 14 year) have died suddenly outside a hospital environment	Ger O Brien Psychotherapist	1850-391-391	isida@eircom.net	www.isida.ie	A professional will visit the families in their own homes following the sudden death of their son or daughter, offering support to all the family. There are also parent groups that meet monthly and parent weekends.	Free
<b>Barnardos Cork</b>	Early intervention/trauma service for children and their families counselling. Telephone helpline for public concerned about grieving child. Training and consultation for groups whose work brings them into contact with bereaved children bereaved by sudden death. Longer term bereavement.		021 4310591	bereavement@barnardos.ie	www.barnardos.ie	Barnardos offer family support, family welfare conferences, bereavement support for children, Therapeutic intervention,	Free
<b>Living Links Cork East</b>	Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide		087 1370792	corkeast@@livinglinks.ie	livinglinks.ie	They are available on request to call to families in the aftermath of a suicide to offer practical support	Free
<b>Living Links Cork West</b>	Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide		085 244 5575	corkwest@livinglinks.ie	livinglinks.ie	They are available on request to call to families in the aftermath of a suicide to offer practical support	Free

<b>Pieta House Cork</b>	Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.	Sylvia O'Driscoll Wong	021-4341400	www.pieta.ie	mary@pieta.ie	Suicide and Self Harm Crisis Centre	Free
<b>The Samaritans Cork</b>	The Samaritans provide a listening service	Jo	021 4271323	jo@samaritans.org	www.samaritans.org	Samaritans support anyone in distress, around the clock 24 hours a day 365 days of the year	Free
<b>Bethany Cork -Charleville</b>	Bethany offers support to the bereaved through one to one support , group support & home visits	Geraldine	085 1683618	bethanysupport@eircom.net	www.bethany.ie	The Bethany Bereavement Support Group is a voluntary parish based ministry which aims to help the bereaved	Free
<b>Bethany Cork -Mallow</b>	Bethany offers support to the bereaved through one to one support , group support & home visits	Sr. Breda	086 3918751	bethanysupport@eircom.net	www.bethany.ie	The Bethany Bereavement Support Group is a voluntary parish based ministry which aims to help the bereaved - we would recommend for bereaved grandparents	Free

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<b>SHEP - Cork</b>	SHEP offers low cost counselling	Maeve	021 4666 180	socialandhealth@eircom.net	www.socialandhealth.com	SHEP - The Social & Health Education Project - is a unique community based training & development organisation working in Cork, Kerry & Limerick. Their focus is on promoting health and well-being, building capacity for positive change & Social justice	Low Cost
<b>Le Cheile Family Resource Centre - Mallow &amp; Fermoy Town</b>	Le Chéile FRC provides a low cost, professional counselling service for individuals, couples and families for a wide range of issues including relationship difficulties, bereavement and grief, stress, bullying and domestic violence		087 373 5000 / 0	lecheilefrc@eircom.net	www.lecheilefrc.ie	Le Chéile Family Resource Centre is part of the national programme called the Family and Community Services Resource Centre Programme. The aim of this programme is to combat disadvantage by providing support to families and individuals in our community	Low Cost



<b>The Counselling Centre</b>	Cork Counselling Services offer Individual counselling and psychotherapy to people of all ages. Crisis intervention, Couples, family work & Group work		021-427 4951	info@thecounsellingcentre.ie	www.thecounsellingcentre.ie	Cork Counselling Services is a registered charity and non-profit organisation which provides professional counselling, & psychotherapy All staff are either accredited by the IACP (Irish Association for Counselling and Psychotherapy) and/or the IAHIP (Irish Association of Humanistic Integrative Psychotherapy) and/or Registered Psychologists with the PSI (Psychological Society Ireland) or are working towards accreditation.	Low Cost
<b>Westgate Counselling</b>			021 4873648			Located West Village, Ballincollig	Low Cost
<b>Irish Friends Of The Suicide Bereaved</b>			021 4316722	ifsb@gofree.indigo.ie		Located in St Finbarr's Hospital	Low Cost