

# Co. Cavan Youth & Community Supports



## Suicide Prevention, Bereavement & Crisis Counselling

- 15 - Pieta Crisis Counselling - Call 1800 247 247, Text HELP to 51444
- 16 - SOSAD - 26 Bridge, Cavan - (049) 432 6339
- 21 - Samaritans Crisis Helpline - 116 123
- 22 - HSE Crisis Textline - Text HELLO to 50808

## Youth Work Services & Information

- 4 - Cavan and Monaghan Rainbow Youth - info@camry.ie - 087 219 3904
- 6 - UBU Youth Service - Cavan Town - youthservices@cmetb.ie
- 7 - Comhairle na nÓg - Cavan County Council - (049) 437 8602
- 10 - CMETB Youth Services - youthservices@cmetb.ie
- 14 - Bounce Back - 087 768 4757 (South-East) - 087 350 1287 (West)
- 17 - Spunout - spunout.ie - Text SPUNOUT to 086 180 0280
- 18 - Youth Work Ireland Cavan & Monaghan - Castleblayney, Monaghan - (042) 975 1979

## Family & Community Supports

- 1 - Focus Family Resource Centre - Main Street, Killeshandra - (049) 436 4065
- 5 - Cavan County Local Development - Corlurgan Business Park, Cavan - (049) 433 1029
- 8 - Teach Oscal - 31 Church Street, Cavan - (049) 437 2730
- 9 - Tullacmongan Resource Centre - Killymooney Drive, Cavan - (049) 437 2976
- 13 - Cavan Traveller Movement - chrissiectm@gmail.com - 087 175 3007

## Children & Young People Targeted Provisions

- 2 - Foróige Big Brother Big Sister Project - clare.coyle@foroige.ie - 086 107 8471
- 3 - Children & Young People's Service Committee Cavan - ste.corrigan@tusla.ie - 087 398 2487
- 12 - Cavan School Completion Programme - 086 170 3833
- 20 - TUSLA - (049) 436 9800

## Drugs & Alcohol Support

- 11 - Monaghan and Cavan Youth Substance Support - MaCYSS@alcoholforum.org - 085 744 2857

PLANET  
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