



## Youth & Community Supports in Co Cavan



**Pieta House**  
**Crisis Counselling**  
Cavan/Monaghan Service  
090 6424 111  
FREEPHONE 1800 247 247  
Text 51444  
www.pieta.ie



**SOSAD Ireland**  
26 Bridge Street  
sosadcavan@gmail.com  
f @CavanSOSAD

**24 HOUR  
CRISIS LINE**  
**049  
432 6339**

If you, or someone you know is in crisis, contact your GP, ring Doc-On-Call on 1850 777 911, or go straight to your nearest A&E Department.

**FREE 24/7 Crisis Text Line**  
Text "HELLO" to  
**50808**

From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations.



**TULLACMONGAN  
RESOURCE CENTRE**  
Killymooney Drive, Cavan  
(049) 437 2976  
**Serving your  
communities**



**Family Resource Centre CLG**  
Main Street, Killeshandra  
(049) 436 4065  
www.focusfrc.com  
f @FocusFRC  
t @FocusFRC



**Teach Oscal**  
Family Resource Centre  
Supporting Families, Supporting Communities  
31 Church Street, Cavan  
(049) 437 2730  
f @teachoscaillfrc  
t @FrcTeach



**Cavan and Monaghan ETB**  
**Youth Services**  
**049 433 1044**  
youthservices@cmetb.ie



**CAVAN 365 PROJECT  
BIG BROTHER BIG SISTER  
YETI PROJECT**

Contact: Sharon Ivers | Tel: 086 7791685 | Email: sharon.ivers@foroige.ie

Opening Hours: 10am - 10pm Monday - Friday. Staff are also available on weekends



**CHILDLINE THERAPEUTIC  
SUPPORT SERVICE**

Contact: Jean Rooney

Resilience Support Worker | Mobile: 087-2334534 | Jean.Rooney@ispcc.ie

The service works with young people under 18 years of age and their parents/ carers. Referrals are welcomed from professionals, parents and young people who maybe experiencing difficulties.



**Youth Personal Development (16 - 25)**

Mobile: 087-7109249 | facebook.com/journeys.monaghan.3

QQI Qualification, Mentoring, Group Work.

f www.ywimonaghan.ie



**An Garda Síochána**  
Ireland's National Police & Security Service

**Local Garda Contacts**

Garda Edel Gilliland  
Garda Juvenile Liaison Officer  
Mobile: 087-0601856

Garda Seamus Herron  
Cavan Community Police  
Phone: 049-4368800

Garda Lisa Stevens  
Baillieboro Community Police  
Phone: 042-9694570



**Cavan County  
Local Development**

Tel: 049-4331029

The Local Development Company for  
Rural Development, Social Inclusion,  
Employment & Community Development.

Corlurgan Business Park, Ballinagh Road, Cavan  
f @cavancountyllocaldevelopment



Contact: Chrissie O'Sullivan

Project Coordinator

Mobile: 087-1753007

chrissiectm@gmail.com

f @cavantravellermovement2020



**CAVAN SCHOOL  
COMPLETION  
PROGRAMME**

Contact: Alana Shannon

Project Worker

Mobile: 086-1703833

alana.shannon@scp.ie

Monday to Friday | 9am to 5pm

f @cavanscp



Young people or parents can contact qualified youth workers from 10am-10pm 7 days per week and we will speak to them, offer crisis intervention and signpost them onward to appropriate services if required

f @BounceBackYouthService  
t bouncebackys



**Youth Work Ireland  
Cavan Monaghan**

www.ywimonaghan.ie



**County Cavan  
Children & Young People's  
Services Committee**  
Coordinator - Ste Corrigan

email: ste.corrigan@tusla.ie



**PREVENTION  
PARTNERSHIP,  
& FAMILY SUPPORT  
(PPFS)**

Contact: Antoinette Brady  
Phone: 049-4369800  
Mobile: 087-4436215



1800 833 634

**TeenLine**  
IRELAND



Call us free 24/7 on  
**116 123**  
samaritans.org



Connecting for Life  
Cavan and Monaghan

## National Parents Council

All session's will be recorded and available online so you can watch them at a later stage. Just visit [NPC website](#) for information and other great resources

The National Parents Council presents:



Let's talk...



A series of conversations with Dr Colman Noctor  
Child and Adolescent Psychotherapist

Each of the four sessions will last for 40 minutes  
beginning at 8pm and they will be interactive giving parents  
an opportunity to ask questions

|   |              |
|---|--------------|
| Let's talk about connecting with your child         | 7th October  |
| Let's talk about helping anxious children           | 14th October |
| Let's talk about your child's online life           | 21st October |
| Let's talk about building your child's social savvy | 28th October |

All sessions will be online  
and free of charge.  
You can register by clicking the link  
[here](#) or by calling 01-8874034

Booking essential, places limited and  
will be issued on a first come first  
served basis.

## Supporting Parents

Teach Oscail have a limited number of places left, register now to secure a place.



# Online

Parents Plus Children's Programme  
facilitated by Parenting Cavan

For parents with children from ages 6 to 11

**Zoom 10am to 11:30am**

**6<sup>th</sup>, 9<sup>th</sup>, 13<sup>th</sup> 16<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup> October**

To sign up or get more information contact  
Parenting Cavan on (087) 7529948  
[parentingcavan@gmail.com](mailto:parentingcavan@gmail.com)

**CCLD on (049) 4331029**  
**Teach Oscail on (049) 4372730**



## NYCI — LET'S TALK ABOUT CONSENT

Youth workers report that over half of young people are confused as to what consent means, and almost one in four lack confidence to communicate their preferences in relation to sexual activity. National Youth Health Programme are delighted to launch two new support guides for youth workers and young people on consent. Click [here](#) or visit the NYCI website for a link to the guides.



## Men's Aid now available in Cavan

**MENS AID Ireland**

**One to One  
Appointments**

Practical support - Explaining court paperwork -  
Help filling out legal forms - Info about housing -  
Info about Barrering/Separation/Orders -  
Info about counselling available locally.

**Venue - Teach Oscail  
Resource Centre, Cavan**

To book an appointment, call our Helpline  
**01 5543811**

**Helpline** - 01 554 3811  
**Email** - [hello@mensaid.ie](mailto:hello@mensaid.ie)  
**Website** - [www.mensaid.ie](http://www.mensaid.ie)

**MENS AID Ireland**

## Family Addiction Support Network

[Angels Family Addiction Support](#) now taking place in Teach Oscail Family Resource Centre on Mondays at 7pm —more details on [Teach Oscail FRC](#)

**FAMILY ADDICTION SUPPORT NETWORK**  
  
**HELPING FAMILIES | HELP THEMSELVES**

Supporting families with loved ones  
in addiction

**IS SOMEONE  
ELSE'S BEHAVIOR  
CAUSING YOU  
ANXIETY, WORRY  
AND STRESS??**

**WE CAN HELP**

Family Addiction Support  
Network

Helpline : 087 904 6405  
(042) 9355251  
[www.fasn.ie](http://www.fasn.ie)

Reg. Charity 20141677



## Mental Health Engagement

The local Cavan Monaghan Mental Health Engagement & Recovery Committee continue to provide and share local information on events, supports & services that promote mental health, wellbeing & recovery through their social media pages - Cavan Monaghan Wellbeing & Recovery on

**Facebook** or Tweet **@CavMonRecovery**

Peer Support for Community Based Workers meet via Zoom on the 3rd Tues of each month @ 2p.m. The group is a supportive forum for those offering support & care within the community through their service. Contact: [miffy@mentalhealthireland.ie](mailto:miffy@mentalhealthireland.ie)



## World Mental Health Day

We wish to remind you of our Virtual Seminar, which will be held on Friday 9th October, to mark World Mental Health Day. We are also delighted to share that Prof. David Gunnell, University of Bristol, will be delivering the *Dr Michael Kelleher Memorial Lecture* entitled 'COVID-19 and Suicide Emerging Issues' at the seminar which will be a timely and most interesting presentation.

The Seminar is free to attend to all but we ask that you please register your attendance through the **Eventbrite page** or click on poster

**Celebrating World Mental Health Day:  
Virtual Seminar on Suicide, Self-Harm  
and Mental Health**

**Friday 9th October via Zoom**

**9.30am:** *Dr Michael Kelleher Memorial Lecture*  
Prof David Gunnell 'COVID-19 and Suicide Emerging Issues'

**10.15-12pm:** Research Presentations

**2-4.30pm:** Workshops and Masterclasses

**\*DEADLINE FOR ABSTRACTS Wednesday, 23rd September 6.00pm\***

Logos: NSRF, UCC (University College Cork, Ireland), HE (Higher Education), HEA (Higher Education Authority), Ulster University, MENTAL HEALTH CHAMPION.

And MHI also have the following event, to register attendance please visit **Eventbrite page** or click on the poster

**Mental Health Ireland**

**PLEASE JOIN US...**

on Friday 9th October  
from 10am - 1pm  
for Mental Health Ireland's webinar:

**Sharing the Vision -  
Translating Policy into Practice**

Presentations on:

- Mental Health Promotion - Sharing its Vision
- Galway's Community Café
- Wexford MHA's Individual Placement & Support Employment Specialist Programme
- Monitoring & Continuous Improvement
- Plus Art, Music, Expert Panel & live Q&A.

**CELEBRATING WORLD MENTAL HEALTH DAY 2020**

Recovery, Trauma Informed, Human Rights, Valuing & Learning

CLICK THE LINK FOR MORE INFO

## HUGG Peer support group details



### HUGG — Healing Untold Grief Group Formerly Cavan Semi-Colon Project Suicide Bereavement Support Group

#### **Cavan and Monaghan have the highest rates of suicide in the country at present.**

Each suicide has a devastating and lasting impact on families, friends and communities.

Our peer support group has been established to address this need for support of those who have lost a loved one to suicide. The group is led by a trained and experienced facilitator. We aim to provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other.

We are meeting in the Hotel Kilmore  
on the following dates:

Wednesday, 16th September 2020, 7.30 p.m.— 9.00 p.m.

Wednesday, 14th October 2020, 7.30 p.m.—9.00 p.m.

Wednesday, 18th November 2020, 7.30 p.m.—9.00 p.m.

**Due to the current HSE Guidelines it will be essential that everyone coming along will need to book their place.** For more information contact

Programme Co-ordinator on 049 4336070  
or 087 695 1865 or email: hleahy@cclld.ie



The Social Inclusion and Community Activation Programme (SICAP) 2015-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

Is Cuideachta faoi theorainn rithaibhíochta é Breifni Comhtháite CTR. Breifni Integrated CLG is a company limited by guarantee. S/D: H. Bothwell, K. Duffy, J. Dunne, D. Fitzpatrick, A. Corrigan, M. Greenan (Secretary), A.M. Lacey, L. McCluskey, B. McDermott, J. Maguire, H. O'Reilly, (Chairperson), S. Nwaneri, & A. Reilly.

## Aboriginal Australian and Traveller Mental Health

The webinar is being organised by Pavee Point Traveller and Roma Centre. It will explore the impacts of racism on Aboriginal Australian mental health and make the links between the mental health experiences of Aboriginal Australians and the Traveller Community in Ireland. The webinar will also recommend ways forward towards addressing racism and discrimination within mental health policy and services.

If you would like to attend you can register online using the following link:  
[Pavee Point webinar](#)



### **Aboriginal Australian and Traveller Mental Health - Addressing Racism and Discrimination**

**8th October 2020: 10am - 11am**



Pavee Point Traveller and Roma Centre invite you to this webinar with with Yin Paradies, Professor and Chair in Race Relations at Deakin University, Australia.

Professor Paradies has researched and published extensively in the area of the health, social and economic effects of racism and anti-racism theory, policy and practice.

This webinar will explore the impacts of racism on Aboriginal Australian mental health and make the links between the mental health experiences of Aboriginal Australians and the Traveller Community in Ireland. The webinar will also recommend ways forward towards addressing racism and discrimination within mental health policy and services.





## "Lighting the Path Through Bereavement"

Key Note Presenter : Linda Allen, Counselling & Healing

Free Webinar - Registration Link

[https://us02web.zoom.us/webinar/register/WN\\_gmNUc-ixQOGi-3cilXXrpw](https://us02web.zoom.us/webinar/register/WN_gmNUc-ixQOGi-3cilXXrpw)

Tuesday 13th October 7.30 > 8.30pm

All information is confidential and personal images will not appear on screen.



### Panellists

Bernie Carroll, Suicide Bereavement Liaison Officer Pieta.

Josephine Rigney, HSE Resource Officer for Suicide Prevention

Natalie Hogan, Youth Work Ireland, Laois

Co-ordinator of the Positive Pathways Bereavement Programme for young people.

Moderator: Finola Colgan, Development Officer Mental Health Ireland.

Linda and panelists will explore a journey of hope through bereavement

Further Information: [josephine.rigney@hse.ie](mailto:josephine.rigney@hse.ie).

A newsletter brought to you by Cavan CYPSC

EDITION 5— OCT 2020

## Cavan Sports Partnership

**\*\*Men on the Move Starting Next Week\*\***

Calling all Men of Arva, Cavan Town and Mullagh!!

This new programme starts in your areas on Tuesday 6th October at 8pm, 2 sessions per week for 10 weeks (Tues/Thurs). Full details on posters or visit

[Cavan Sports Partnership on Facebook.](#)



**Men on the Move**  
The best MOVE you'll ever make

**CAVAN Sports Partnership**  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

**MEN WANTED**  
10 Week Programme

Want to start exercising?  
Want to feel fitter and have more energy?

We are delivering a **FREE, MEN ONLY**, physical activity programme in your **LOCAL AREA**;

**Programme Details:**  
**Starting - Tuesday 6th October at 8pm**  
**At Arva GAA Grounds**  
**Every Tuesday and Thursday for 10 weeks**

**For further details contact:**  
**For more info or to book your place**  
**Please contact Dean on 086-7878060 or email dmcelroy@cavancoco.ie**

**Health Service Executive**  
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Sport Ireland**  
LOCAL SPORTS PARTNERSHIP

## Online Courses

Innovation Recovery have these course starting in October. Course are free and delivered via ZOOM. For more information visit [Innovation Recovery on Facebook](#)



**innovation recovery**  
education for mental wellbeing

**Online Course Timetable**  
OCTOBER 2020

**Courses Delivered Via ZOOM**

| Course   | Date       | Time              |
|--|------------|-------------------|
| Write to Recovery (Week 3)                     | Thurs 1st  | 2.00pm - 3.00pm   |
| 8 Models of Wellbeing                          | Fri 2nd    | 2.30pm - 3.00pm   |
| Eleven Coffee Morning Hope & Optimism          | Mon 5th    | 11.00am - 3.00pm  |
| 5 Ways to Wellbeing                            | Tues 6th   | 2.30pm - 3.00pm   |
| Understanding Anxiety (Week 1 of 2)            | Wed 7th    | 10.30am - 11.30am |
| Write to Recovery (Week 4)                     | Thurs 8th  | 2.00pm - 3.00pm   |
| Mindfulness                                    | Fri 9th    | 11.00am - 11.30am |
| Eleven Coffee Morning Living Beyond Depression | Mon 12th   | 11.00am - 2.30pm  |
| Building a Healthy Self-esteem                 | Tues 13th  | 2.30pm - 3.00pm   |
| Understanding Anxiety (Week 2 of 2)            | Wed 14th   | 10.30am - 11.30am |
| Practising Self-Care                           | Thurs 15th | 10.30am - 11.00am |
| Mindfulness                                    | Fri 16th   | 11.00am - 12.00pm |

**Interested in a course? Get in touch and register today:**  
NI: (028) 7186 5149  
ROI: (086) 606 9480  
NI: recoverycollegewest@westerntrust.hscni.net  
ROI: innovation.RecoverySouth@hse.ie

**@InnovationRecov**

**innovation recovery**  
education for mental wellbeing

**Online Course Timetable**  
OCTOBER 2020

**Courses Delivered Via ZOOM**

| Course   | Date       | Time                        |
|--|------------|-----------------------------|
| Eleven Coffee Morning Mindful Sleep            | Mon 19th   | 11.00am - 8.00pm - 8.30pm   |
| Maintaining my Wellness                        | Tues 20th  | 10.30am - 11.30am           |
| Coping with Change                             | Wed 21st   | 10.30am - 11.00am           |
| Introduction to Trauma and Healing             | Thurs 22nd | 11.00am - 12.00pm           |
| Mindfulness                                    | Fri 23rd   | 11.00am - 12.00pm           |
| Eleven Coffee Morning Living Beyond Depression | Mon 26th   | 11.00am - 10.30am - 11.00am |
| Top Tips for Self-motivation                   | Tues 27th  | 2.00pm - 2.30pm             |
| Tips for Getting a Good Night's Sleep          | Wed 28th   | 10.30am - 11.30am           |
| Practising Self-Care                           | Thurs 29th | 10.30am - 11.00am           |
| Navigating the Mental Health Services          | Fri 30th   | 11.00am - 11.30am           |

**Interested in a course? Get in touch and register today:**  
NI: (028) 7186 5149  
ROI: (086) 606 9480  
NI: recoverycollegewest@westerntrust.hscni.net  
ROI: innovation.RecoverySouth@hse.ie

**@InnovationRecov**

**Health and Social Care**

## NEPS Guidance

Click links below for access to this range of resources:

[Wellbeing Resources](#)

[NEPS advice and resources during COVID-19](#)

### NEPS Guidance & Resources to Support the Return to School

Schools have re-opened and welcomed children and young people back again. This process has been supported by the Department of Education and Skills' Guidance for Schools: 'Supporting the Wellbeing of School Communities as Schools Reopen'. Many new routines are in place in school in order to keep everyone safe. In these times of change, some stress or anxiety is a normal response.

The resources detailed below were developed by NEPS Psychologists to support school communities during this period. These are available at <https://www.gov.ie/en/publication/0722b-wellbeing-resources/> or by clicking on the links below.



- Wellbeing Webinars for Primary and Post Primary Schools
- Wellbeing Toolkits for Primary and Post Primary Schools
- Supporting the Wellbeing of Students with Special Educational Needs (SEN) Returning to School: Strategies and Resources

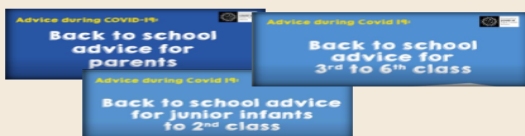
Further NEPS advice and resources available [here](#) include:

- Guidance for Primary and Post Primary Schools Returning to School
- School Staff Wellbeing & Self-Care on Return to School
- Self-Regulation for Pupils: A guide for school staff;
- The Response to Stress Information for School Staff
- Managing Stress and Anxiety - A Guide for School Staff
- Normalising Thoughts, Feelings and Behaviours - A Guide for School Staff
- Panic Attacks - A Guide for School Staff
- Supporting Bereaved Students and Staff Returning to School following COVID-19 and Public Health Restrictions: Information Booklet for Schools
- School Refusal Behaviour Information for Teachers and School Staff
- Guidelines for Teachers Listen, Protect, Connect, Model & Teach

A Directory of Wellbeing CPD, Support and Resources is available [here](#).

NEPS psychologists have developed guidance for parents available [here](#) include:

- School Refusal Behaviour Information for Parents and Guardians
- Managing Stress and Anxiety: A Guide for Parents and Guardians
- How to Calm and Support your Child: Advice for Parents and Guardians
- Guidance for Parents/Guardians Supporting Children Moving from 6th Class during School Closures
- Guidance for Parents/Guardians of Children Transitioning from Pre-school to Primary School is available to download and as a [podcast](#)



**Guidance & Resources for Students:**  
Managing Thoughts and Feelings  
Managing Stress and Anxiety  
Panic Attacks  
Relaxation techniques (Podcast)

## Web links to useful information and resources:

[Guidance for Youth Work Organisations - Informed by the Government's Resilience & Recovery 2020-2021: Plan for Living with COVID-19](#)

[Local Youth Club Grant 2020 scheme video](#)

[National Quality Guidelines for School-Age Childcare Services](#)

[Mental Health Ireland—Returning to the Workplace](#)

[First 5—Early years information and supports](#)

[National Children's Network](#)

[Cavan County Childcare Committee Facebook](#)

[In this together](#)



If you have news, events, training, stories or anything else you would like circulated across the various networks and social media platform please get in touch with Cavan CYPSC—[Ste.Corrigan@tusla.ie](mailto:Ste.Corrigan@tusla.ie) Or by messenger on [Facebook](#)