



We are Here to Help

Psychological Health Support Service

The past few weeks have been a challenging time for everyone in Ireland. We know that COVID-19 will impact people differently and we all have our own ways of coping and adjusting to the new and unwanted realities it brings.

At **Cork Kerry Community Healthcare**, we want to ensure that we do everything we can to support people across the Cork Kerry Healthcare area.



This service will provide free confidential, individual phone support. You will have a professionally trained psychologist, counsellor or psychotherapist, available to call you back at a time that suits you.

You can discuss how COVID-19 is impacting on you, your work or your family. We can offer support and guidance on how to manage your mental and emotional wellbeing at this difficult time.

Contact Us

7 days a week - from 9am until 8pm



Text / Call: 087 4451831 or 087 1840945

Email us: ckch.covid19selfhelp@hse.ie

Let us know how best to contact you and one of our team will call you back, at a time that works for you.

**Online resources: See 'Cork Kerry Community Healthcare' Youtube channel
Download our help guides at: hse.ie/corkkerryhealthyireland**