

## SUPPORT FOR CHILDREN, YOUNG PEOPLE AND FAMILIES in CORK (NORTH LEE) in 2025

### CORK NORTH LEE - EAST AND WEST

**TUSLA** supports child and family services in many parts of Cork City and County. Contact the service nearest to you to learn about the range of supports on offer to you and your child. The locations of these services include:  
**Springboard – Knocknaheeny and Faranree. 021-430796**  
**Mayfield NYP- 021-4501674**  
**Glenfields Community Childcare 021-4308395**  
**Newbury House, Mayfield – 021-4507999**  
**Let's Grow Together - Knocknaheeny 021-6010656**  
**Barnardos Brighter Futures - Knocknaheeny - 021-4307964**  
**Blarney (YMCA) Parent and Kids Together (PAKT): 086-0117587**  
**Macroom Family Resource Centre – 026 20744.**  
**Macroom CDYS– 0831609007**

**TUSLA** also has a dedicated website to support parents called "Parenting 24Seven". Look online here: [www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)



For further information on services in your area see the CYPSC website: [www.cypsc.ie/your-county-cypsc/cork](http://www.cypsc.ie/your-county-cypsc/cork)

**\*IF A CHILD IS IN IMMEDIATE DANGER CONTACT AN GARDA SIOCHANA on 999/112\***

### CORK NORTH LEE- EAST CORK

**TUSLA** supports Family Resource Centres (FRCs) in a number of areas of East Cork. Contact your nearest FRC and ask to speak to their Family Support Worker who can offer support to you and your child.  
**Cobh FRC 021-4816103**  
**Carrigtwohill FRC 021-4533000**  
**Midleton FRC 021-4633522**  
**Youghal FRI: 0860471060**  
**TUSLA partners with other support services in Youghal:**  
**Barnardos: Valerie Bannerman 086-7015250**  
**Foroige: Catherine Ryan 086-0481956**  
**Other youth supports:**  
**Cloyne Diocesan Youth Service (CDYS) in "My Place" Midleton:**  
**Ross Bonner 086 803 1291**  
**Cobh (YMCA) Parent and Kids Together (PAKT): 087-6168428**



If a child or family requires additional support the Prevention, Partnership and Family Support (PPFS) team in North Lee may be able to offer this support through "Meitheal". For parents information look online here: [www.tusla.ie/uploads/content/Meitheal\\_Parents\\_Information\\_Leaflet.pdf](http://www.tusla.ie/uploads/content/Meitheal_Parents_Information_Leaflet.pdf) or call: **Nessa Barrett, Senior Child and Family Support Network Coordinator on 086-7871894.**

### HELPLINE AND CRISIS SERVICES

**GARDA SIOCHANA: 999/112**  
**24/7 Freephone Sexual Violence Helpline: 1800-778888**  
**24/7 Freephone Domestic Violence Helpline: 1800-341900**  
**Mna Feasa (Domestic Violence Project, CORK):HELPLINE 021-4211757**  
**Men's Aid Ireland: 01-5543811**

• **Tusla's Education Support Service (TESS)** : Educational Welfare Officers (EWOs) of the Child and Family Agency work with young people and their families who are experiencing difficulty with school attendance and accessing an education. The role of an EWO is to work with parents, children/young people and schools to support attendance at school. You can ask to speak with an EWO for your area by contacting [021-2428611](tel:021-2428611)

• **Tusla's Child Protection Services:** **If you are worried about the safety and/or welfare of any child contact Tusla's Child Protection Social Work service for North Lee on 021-4927000.**

### OTHER ORGANISATIONS THAT OFFER ONLINE SUPPORTS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES.

#### • Parentline

- a free, National, confidential helpline that offers parents support, information and guidance on all aspects of being a parent. [1890 927 277](tel:1890927277) Monday – Thurs 10am – 9.30pm & Fri 10am – 4.30pm. Sat and Sun 10am-2pm  
Email [info@parentline.ie](mailto:info@parentline.ie)

• **Barnardos Parent Support Line 1800 910123** [www.barnardos.ie](http://www.barnardos.ie)

• **EPIC Empowering People In Care – Cork Office, Unit G1 & 2 Northside for Business Campus, Ballyvolane, Co. Cork T23 E6TT, Phone: 021 242 8434 Website: [www.epiconline.ie](http://www.epiconline.ie)**

#### • One Family:

The service provides information on: social welfare, finances, family law, housing, education, childcare, parenting, and mediation. It also offers a listening service for people who need support parenting alone, co-parenting or separating.  
Lo-call Helpline [1890 66 22 12](tel:1890662212) or [01 662 9212](tel:016629212) Monday – Friday 10am – 1pm & 2pm – 3.30pm (also by email - [info@onefamily.ie](mailto:info@onefamily.ie) or message privately via Facebook).

#### • Treoir:

Treoir is the National Specialist Information Service for unmarried parents and their children providing up-to-date information free of charge to parents who are not married to each other and to those involved with them. A free, confidential, specialist Information service is available on Legal, Social Welfare and Parenting issues. See [www.treoir.ie/](http://www.treoir.ie/) or contact Helpline number: [01 6700 120](tel:016700120).

#### • Jigsaw (JigsawOnline.ie)

Providing free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others.  
Freephone [1800 544729](tel:1800544729) Mon to Fri, 1pm- 5pm  
Text "call me" to [086 180 3880](tel:0861803880) with your preferred day and time for a call back. Mon to Fri, 9am to 5pm.  
Email [help@jigsaw.ie](mailto:help@jigsaw.ie) anytime, clinicians will respond from Monday to Friday, 9am to 5pm

#### • ISPC

ISPC's Support Line provides a free, confidential listening service, offering non-judgemental support, information, advice to parents and carers. Call [01 522 4300](tel:015224300) Mon to Fri 9am to 1pm or  
Email: [parentingsupport@ispcc.ie](mailto:parentingsupport@ispcc.ie) or visit [www.ispcc.ie/parenting-hub](http://www.ispcc.ie/parenting-hub)

**CHILDLINE: Free phone: 1800 66 66 66 / FREETEXT 50101**