



Sábháil Cork

Cork's Domestic, Sexual and Gender-Based Violence

RESOURCE DIRECTORY



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IN IRISH, SÁBHÁIL MEANS TO SAVE OR RESCUE.

It also stands for:

- S** - Seirbhísí (services)
- Á** - Áit (place/location)
- B** - Bóthar (pathway/ way forward)
- H** - Haven (safe space)
- Á** - Áireamh (listing/directory)
- I** - Iarthar (West Cork region connection)
- L** - Léarscáil (map)



Introduction

The SÁBHÁIL DSGBV Mapping Resource has been developed to provide clear, accessible and up-to-date information on Domestic, Sexual and Gender-Based Violence (DSGBV) services across Cork City and County. The Cork Children and Young People's Services Committee (Cork CYPSC), in partnership with Barnardos and other key stakeholders under the CYPSC Safe and Protected subgroup, initiated this project to map DSGBV services across Cork City and County.

It has been designed to support individuals seeking help, as well as professionals, community organisations, and frontline staff who need to understand what services exist and how to access them. We would like to thank the members of Barnardos DV&A Recovery Programme whose ideas and feedback were instrumental in shaping this resource directory.

Domestic, sexual and gender-based violence can affect anyone. Finding the right support at the right time is crucial. This resource brings together information on services across Cork, ranging from emergency accommodation and crisis response to counselling, advocacy, outreach, child protection, and specialist supports.

Each listing includes details on the type of service provided, referral pathways, who the service supports, and the areas covered.

What This Resource Is

This mapping resource is available in two complementary formats

1 | PRINTED MAPPING RESOURCE (This Document)

A user-friendly, easy-to-navigate directory outlining

- The full range of DSGBV services in Cork
- Referral pathways and eligibility
- Key contacts for local, countywide and specialist supports
- Information to help professionals make appropriate, safe referrals

It is designed for use across community settings, Family Resource Centres, statutory agencies, and frontline services.

2 | WHATSAPP SERVICE NAVIGATOR

To increase accessibility and provide a safe way for people to find support, this project includes Ireland's first DSGBV WhatsApp Navigator, a discreet digital companion to the printed resource.

Using WhatsApp, individuals can quickly access tailored information on

- Where to get help
- Emergency supports
- Local services near them
- Guidance on next steps

The WhatsApp Navigator can be accessed via the link and QR code page 27 of this resource, or by visiting www.westcorkbeacon.ie/resourcedirectory

WHY WHATSAPP?

- It is Ireland's most widely used messaging app
- It requires no new downloads
- It is discreet and secure
- Chats can be deleted easily to protect privacy

This tool is designed to support people in crisis who may not feel able to speak to someone directly.

HOW TO USE THIS RESOURCE

1 | Start with your need or the person you are supporting

Use the directory sections to identify the relevant type of support—emergency, support or information.

2 | Check the referral pathway

Each service listing explains how to access the service

- Is it self-referral?
- Does it require a referral from a GP, Gardaí, or Tusla?
- Can someone be supported immediately, or is there a Waiting List

3 | Identify the service area

Many services cover specific geographical areas; others operate countywide or nationally. Each entry includes information about the areas covered and any outreach services available.

4 | Use the WhatsApp Navigator for quick support. The digital navigator provides instant guidance and can be accessed quietly and safely.

5 | Share and promote the resource

This directory is intended to strengthen local awareness, interagency collaboration, and timely, safe referral pathways across Cork.

Background

SÁBHÁIL means ‘to save’ or ‘to rescue’, reflecting the project’s focus on safety, protection, and support. It also serves as an acronym for the key elements of a comprehensive DSGBV mapping resource for Cork City and County

S – Seirbhísí (Services)
 Á – Áit (Place/Location)
 B – Bóthar (Pathway/Way Forward)
 H – Haven (Safe Space)
 Á – Áireamh (Listing/Directory)
 I – Iarthar (West – Cork Region Connection)
 L – Léarscáil (Map)

PURPOSE OF THE PROJECT

The Safe & Protected Subgroup of the Tusla Children and Young People's Service Committee (CYPSC) identified the need for an accessible and user-friendly resource to help both those seeking DSGBV support and professionals working in the area to understand what services are available and how to access them.

This project set out to develop a **Mapping Resource** that:

- Provides clear, up-to-date information on DSGBV services and referral pathways.
- Is accessible to a wide range of users.
- Encourages collaboration and awareness among service providers.

CONTEXT

Domestic, Sexual and Gender-Based Violence remains a serious issue across Ireland. Research shows that

- One in three Irish women experiences psychological abuse.
- One in four experiences sexual violence from a partner.
- One in five young women experiences intimate partner abuse before the age of 25.

DISCLAIMER

Every effort has been made to provide accurate and complete information within this mapping resource. Information has been provided by the organisations listed in the resource and checked with them prior to publishing. Cork CYPSC and its project partners accept no responsibility for any errors or omissions arising from information gathered from external sources.

Cork CYPSC and its partners also accept no responsibility for the accuracy, quality, or currency of the information contained in the directory. Users who identify any issues or queries regarding specific content are advised to contact the original source of the information for clarification before contacting Cork CYPSC.

Where any organisation or service is mentioned by name, this does not necessarily constitute or imply endorsement or recommendation by Cork CYPSC or its partners.

Note: Only Domestic, Sexual and Gender-Based Violence (DSGBV) services delivered within Cork City and County are included in this resource. These services are intended for individuals and families residing in the Cork region.

Overview of DSGBV provision in Co Cork

- The dataset for this mapping resource captures a broad range of services and providers - from frontline crisis response to family support, counselling, and outreach.
- Responses include statutory bodies, community/voluntary organisations, and specialist support services.
- The DSGBV service landscape in Cork is diverse and multi-layered, with strong community leadership and statutory partnerships.
- Outreach and rural provision appear well-developed, but access and waiting lists remain a constraint for therapeutic services.
- There is a strong child and family support orientation, with many agencies integrating DSGBV work into wider social or mental health programmes.

RANGE OF SERVICES PROVIDED

Most organisations deliver multiple services. The most common combinations include

- Family Support, Children’s Services, Counselling/Therapy
- Helpline, Outreach Support, Court Accompaniment, Advocacy, Legal Information
- Children’s Services only
- Frontline crisis and hospital-based response

GEOGRAPHICAL COVERAGE & OUTREACH

- All organisations contained in this resource are either located in Cork or provide a service that people living in the Cork area can access.
- 34 organisations mention providing outreach or rural supports, showing good reach beyond urban Cork City.

- Many note home visiting, outreach to hospitals, and support across Cork County, though intensity of coverage varies.
- A few organisations limit service delivery to Cork City or a defined local catchment.

WAITING LISTS AND ACCESS

- A number of organisations mention waiting lists or intake processes – please check carefully if you are referring an individual or family for waiting lists.
- Several highlight prioritisation based on risk or vulnerability.
- Some services (e.g., emergency accommodation, helplines) remain open-access, while counselling and therapy services often face delays.

TARGET GROUPS

- Services target a broad range of individuals including women, children, families, and (in fewer cases) men or perpetrators.
- A subset also serve migrants, LGBTQI+ clients, or young people.
- A few organisations specifically identify trauma recovery, court accompaniment, or parenting supports as their main role.

COLLABORATION AND PARTNERSHIPS

- Frequent partners include Tusla, HSE, Gardaí, local councils, ETBs, and other community and voluntary groups.
- Collaboration is particularly strong in Cork City and County.

Directory





An Garda Síochána

GENERAL INFORMATION

ADDRESS: Blackrock, Cork City, T12 KH30

WEBSITE:
www.garda.ie/en/Contact-Us/Station-Directory/

EMAIL: N/A

PHONE: 999

AREAS COVERED: All areas.

OUTREACH / TRANSPORT SUPPORTS: Yes

KEY PARTNERS / COLLABORATORS: HSE, Tusla

SERVICES PROVIDED **EMERGENCY**

An Garda Síochána is the police force of Ireland. If a victim is in immediate danger, they can call 999 and Gardaí will respond.

On arrival, Gardaí will assess the risk, separate parties, take an immediate statement, and may arrest the perpetrator if a domestic abuse order is breached or an offence has occurred.

Victims are given information about their rights, about protective orders (e.g., barring orders) and about supports available.

REFERRAL PATHWAYS: If a victim is in immediate danger, they should call 999 and Gardaí will respond.



B&B Outreach Service, Good Shepherd Cork

GENERAL INFORMATION

ADDRESS:
Edel House, Gratten Street, Cork T12 H3AA

WEBSITE:
www.goodshepherdcork.ie/bb-outreach-service/

EMAIL: outreachtteam@goodshepherdcork.ie

PHONE: 021-4274240

AREAS COVERED: Cork city and the surrounding Cork county areas.

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: City Council, County Council, Tusla, ETB, Social inclusion

SERVICES PROVIDED

SUPPORT | INFORMATION

The B&B Outreach team provides support and advocacy for families who are homeless and currently staying in B&B or Hotel accommodation.

REFERRAL PATHWAYS: Local authority Council homeless section Tusla, schools, PHN, Nasc, DV services & self-referral.



Ballincollig Family Resource Centre

GENERAL INFORMATION

ADDRESS: The Village Shopping Centre, Station Rd, Ballincollig, Co. Cork

WEBSITE: www.ballincolligfrc.org/

EMAIL: info@ballincolligfrc.org

PHONE: 021- 487 6295

AREAS COVERED: Cork County

OUTREACH / TRANSPORT SUPPORTS: N/A

KEY PARTNERS / COLLABORATORS: N/A

SERVICES PROVIDED

SUPPORT | INFORMATION

A range of family and community supports, including early years and after-school services, family support and counselling, a community health and referral (linkwork) service, play and art therapy, parent-toddler groups, summer camps, support groups, education and training opportunities, as well as regular information sessions and social events.

REFERRAL PATHWAYS: Self-referral



Barnardos

GENERAL INFORMATION

ADDRESS: Regional Office, Blackmore House, Meade Street, Cork

WEBSITE: www.barnardos.ie

EMAIL: info.mahon@barnardos.ie

PHONE: (021) 4274240

AREAS COVERED: Cork City and some areas of County, depending on service requested. Please contact for further info.

OUTREACH / TRANSPORT SUPPORTS: We offer home visiting within our catchment areas and support with transport on a needs-led basis where practicable.

KEY PARTNERS / COLLABORATORS: City Council, County Council, Tusla, ETB, Social inclusion.

SERVICES PROVIDED **SUPPORT**

Barnardos provides targeted intensive family support and specialised recovery programmes for children and families impacted by Childhood Domestic Violence and Abuse.

The TLC Kidz Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. At the core of this project, is an evidence informed 12-week, psycho-educational, group programme is for children (5 - 18 years) and their mothers recovering from domestic abuse. Child and mother groups are run concurrently.

REFERRAL PATHWAYS: Please contact for further information

Beara West Resource Centre

Beara West

GENERAL INFORMATION

ADDRESS: Castletownbere, Co. Cork. P75WN88

WEBSITE: www.bearawest.ie

EMAIL: info@bearawest.ie

PHONE: 083 103 0407

AREAS COVERED: Beara - Rossmacowen, Eyeries, Castletownbere, Allihies, Urhan, Garnish, Dursey & Bere Island

OUTREACH / TRANSPORT SUPPORTS: We provide out-reach, we don't provide transport

KEY PARTNERS / COLLABORATORS: Tusla, CFSN, HSE

WAITING LIST: No

SERVICES PROVIDED SUPPORT

Beara West is a community-led space, here to listen, support, and evolve with the people of Beara. Rooted in connection and belonging, we adapt to the needs of individuals, families, and visitors, ensuring that everyone who walks through our doors feels valued and supported. Beara West is a Family Resource Centre everyone within the community is welcome to join.

REFERRAL PATHWAYS: Self-Referral, Tusla. Walk-in, telephone, email

OPEN TO: Women; Men; Children; LGBTQIA+ individuals; Migrants. All age groups.



Carrigtwohill Family Resource Centre

GENERAL INFORMATION

ADDRESS: Taylor Centre, Main Street, Carrigtwohill, Co Cork, T45 PH28

WEBSITE: www.carrigtwohillfrc.ie

EMAIL: supportandwellbeing@carrigtwohillfrc.ie

PHONE: 085 756 6662

AREAS COVERED: Carrigtwohill, Lisgoold, Leamlara - East Cork

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Tusla, Pobal, HSE

WAITING LIST: Yes, can be up to two weeks for service depending on urgency

SERVICES PROVIDED SUPPORT

Counselling/Therapy, Advocacy.

Parenting Supports, supports for parents of children with additional needs.

Women; Men; Children; LGBTQIA+ individuals; Migrants; Traveller or Roma communities; People with disabilities.

REFERRAL PATHWAYS: Self-referral, Gardai, PHN, Doctors, Tusla, schools, Social Work, HSE

AGE GROUPS: Adolescents (13-17); Adults (18-64); Older people (65+)



Comhairle Contae Chorcaí
Cork County Council

Cork County Council

GENERAL INFORMATION

ADDRESS: County Hall, Cork. T12 R2NC

WEBSITE: www.yourcouncil.ie

EMAIL: HomelessSouth@CorkCoCo.ie
HomelessNorth@CorkCoCo.ie
HomelessWest@corkcoco.ie

PHONE: South - (021) 4276891
North - (022) 21123
West - (023) 8833328

AREAS COVERED: Cork County

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Organisations involved in the provision of support to homeless clients.

WAITING LIST: Yes - Housing Waiting List

SERVICES PROVIDED

SUPPORT | EMERGENCY

Emergency accommodation for Women; Men; LGBTQIA+; individuals; Migrants; Traveller or Roma communities People with disabilities;

REFERRAL PATHWAYS: Self-referral & any others relevant to adults. By email/phone

AGE GROUPS: Adults (18-64); Older people (65+).



Cork Traveller Visibility Group

GENERAL INFORMATION

ADDRESS: 25 Lower Street, Cork

WEBSITE: www.tvgcork.ie

EMAIL: tvgharia92@gmail.com
or tvgnoreilly@gmail.com

PHONE: 021 4503786

AREAS COVERED: Cork City

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Cork City Council, HSE Community Work Department Cork and Kerry, CESCA and other local services

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | INFORMATION

Outreach support and Advocacy for Traveller or Roma communities.

The Traveller Women's Awareness Workers at TVG signpost victims of domestic violence to relevant services.

REFERRAL PATHWAYS: Self-referral, services such as family centres. By email/phone

AGE GROUPS: All ages



Cork University Maternity Hospital

GENERAL INFORMATION

ADDRESS: Wilton Road, Cork

WEBSITE: www.irelandsouthwid.cumh.hse.ie/

EMAIL: N/A

PHONE: (021) 4927448

AREAS COVERED: All of Cork

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: The Medical Social Work Department works closely with a range of partner agencies, including Cuan, An Garda Síochána, Tusla, DSGBV community support network and our colleagues in the HSE and Primary Care services. These partnerships help ensure a coordinated and effective response to the needs of those we support.

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Advocacy, Practical and emotional support, Counselling/Therapy.

Medical Social Work support available to all patients and staff of Cork University Maternity Hospital, including those attending The Emergency Department (ED) Outpatient clinics, Inpatient wards and Parents or guardians of children receiving care in the Neonatal Unit.

Medical Social Workers in CUMH play a key role in supporting and advocating for individuals who have experienced domestic abuse. Medical Social Workers provide -Emotional and practical support -Counselling services -Guidance on legal options -Referral to specialist community resources. The Medical Social Work Department currently operates Monday to Friday. If you attend the hospital outside of these hours, support will be provided by our multi-disciplinary colleagues.

Targeted at Women and Children.

REFERRAL PATHWAYS: Self-referral, Gardaí, GPs, Tusla, community and voluntary services. Patients and staff can contact the Medical Social Work Department directly to request support. Referrals can also be made on your behalf by a friend, family member, partner agency or healthcare professional involved in your care (e.g. your midwife or doctor).

AGE GROUPS: All ages



CUAN

Cuan, the Domestic, Sexual and Gender-Based Violence (DSGBV) Agency

GENERAL INFORMATION

ADDRESS: 34-37 Clarendon Street, Dublin 2, D02DE61

WEBSITE: www.gov.ie/cuan

EMAIL: info@cuanagency.ie

PHONE: (01) 602 8357

AREAS COVERED: All Ireland

OUTREACH / TRANSPORT SUPPORTS: Yes

WAITING LIST: At times

SERVICES PROVIDED

SUPPORT | INFORMATION

Please note that Cuan is not a frontline service and does not provide in-person services to the public. Cuan coordinates and drives the implementation of the Zero Tolerance strategy, including through:

- Coordinating and monitoring the development and delivery of services to victims of DSGBV, including delivering on the number of safe and accessible accommodation spaces available, as well as ensuring that helpline and other supports are available to anyone requiring them.

- Putting in place a robust set of national service standards and governance arrangements to ensure adherence to the appropriate standards for such supports

- Leading on consistent and ongoing research to inform DSGBV policy development, working with others such as the CSO who have data projects underway

- Leading on awareness-raising campaigns designed to reduce the incidence of DSGBV in Irish society as well as ensuring that all victims know how to access the supports they require

- Coordinating all government actions set out in the Third National Strategy and reporting on their delivery to the Minister for Justice, Home Affairs and Migration. Political oversight of the strategy will be provided by the Cabinet Committee on Social Affairs and Equality

- Coordinating, overseeing and providing advice and support, as appropriate, in relation to the implementation by public service bodies of the strategies and plans in relation to domestic, sexual or gender-based violence

REFERRAL PATHWAYS: N/A

AGE GROUPS: All ages



Cuanlee CLG

GENERAL INFORMATION

ADDRESS: Kyrls Quay, Cork city

WEBSITE: www.cuanleerefuge.org/

EMAIL: info@cuanleerefuge.org

PHONE: (021) 4277698

AREAS COVERED: Cork City & County

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Cuan

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY

Helpline; Emergency accommodation; Outreach support; Advocacy; Children's services;

Domestic violence services for Women and Children. Can accommodate 12 families

REFERRAL PATHWAYS: Open to all.

AGE GROUPS: All ages



Dunmanway Family Resource Centre

GENERAL INFORMATION

ADDRESS: Kilbarry Rd, Dunmanway, Co. Cork, P47EC43

WEBSITE: www.dfrc.ie

EMAIL: referral@dfrc.ie

PHONE: (023) 8856818

AREAS COVERED: Dunmanway and surrounding areas

OUTREACH / TRANSPORT SUPPORTS: Yes, we outreach some of our work and groups to accommodate people in those areas.

KEY PARTNERS / COLLABORATORS: Tusla & HSE

WAITING LIST: Yes

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Counselling/Therapy, Children's services. We have Family support workers, migrant family support workers, therapeutic services, we host groups and events throughout the year

Services provided to Women, Men, Children, LGBTQIA+ individuals, Migrants, People with disabilities.

REFERRAL PATHWAYS: A referral form, emailed or posted in. Referrals accepted from Self, Gardaí, GP's, Tusla, schools, other services, PHNs

AGE GROUPS: All ages



Fernbrook Family Hub, Good Shepherd Cork

GENERAL INFORMATION

ADDRESS: Western Road, Clonakilty

WEBSITE: N/A

EMAIL: fernbrookstaff@goodshepherdccork.ie

PHONE: (023) 8811036

AREAS COVERED: Cork County (excluding Cork city)

OUTREACH / TRANSPORT SUPPORTS: N/A

KEY PARTNERS / COLLABORATORS: Cork Co. Council

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY

Counselling/Therapy, Children's services. Transitional accommodation;

We provide accommodation for families who would have previously stayed in B&Bs or emergency accommodation through Cork County Council

REFERRAL PATHWAYS: Referrals are through Cork County Council and Good Shepherd B&B team

AGE GROUPS: Families (adults with children)



Foroige

GENERAL INFORMATION

ADDRESS: All locations available on www.foroige.ie/find-your-foroige/

WEBSITE: www.foroige.ie

EMAIL: info@foroige.ie

PHONE: (01) 630 1560

AREAS COVERED: Cork City and County Cork. The 'Find your Foroige' page on our website shows addresses and contact details.

OUTREACH / TRANSPORT SUPPORTS: Yes. Outreach to rural areas, can be found on foroige.ie

KEY PARTNERS / COLLABORATORS:

Science Foundation Ireland, department of Rural and Community Development, Tusla, Toyota Ireland, ETBs, Boyle Family Resource Centre, Roscommon Youth service, Pavee Point, LEADER partnerships

WAITING LIST: No

SERVICES PROVIDED SUPPORT

Court accompaniment; Outreach support; Advocacy; Children's services; Legal information;

We run youth-club-based interventions and other interventions like youth diversion services, staff get trained and certified in court accompaniment, which enables us to support young people and their families throughout legal proceedings, ensuring they have a knowledgeable advocate by their side from start to finish.

Migrants; People with disabilities; Traveller or Roma communities; LGBTQIA+ individuals; Women; Men; Children and parents; Children.

REFERRAL PATHWAYS: Tusla Gardaí school's self-referrals and other Foroige services

AGE GROUPS: Children (0-12); Adolescents (13-17); Adults (18-64)



International Protection Support Team Tusla

GENERAL INFORMATION

ADDRESS: Carnloch Court, The Glen, Cork

WEBSITE: www.tusla.ie

EMAIL: Michelle.Henessy@tusla.ie

PHONE: N/A

AREAS COVERED: All of Cork city and County

OUTREACH / TRANSPORT SUPPORTS: Yes

KEY PARTNERS / COLLABORATORS: Community centres, HSE and FRCs

WAITING LIST: Yes

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

The IPS team support children and families seeking international protection and beneficiaries of temporary protection.

Advocacy; Children's services.

Children; Migrants.

REFERRAL PATHWAYS:

AGE GROUPS: Children (0-12); Adolescents (13-18)



LINQ Ireland

GENERAL INFORMATION

ADDRESS: 11a White Street, Ballintemple Cork

WEBSITE: www.linqireland.ie/

EMAIL: info@linqireland.ie

PHONE: (021) 4808600

AREAS COVERED: All of Cork

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: HSE

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | INFORMATION

We are an LGBTQ+ women's (trans and non-binary inclusive) organisation and can help people within that community.

Helpline; Advocacy.

LGBTQIA+ individuals.

REFERRAL PATHWAYS: Self-referral, Phone, email and in person

AGE GROUPS: Adults (18-64); Older people (65+)



Medical Social Work Department

GENERAL INFORMATION

ADDRESS: Cork University Hospital

WEBSITE: www.cuh.hse.ie/our-services/our-departments-a-z/social-work/

EMAIL: N/A

PHONE: (021) 4922488

AREAS COVERED: Cork University Hospital is a supra-regional centre, providing specialist care to patients not only from Cork but also from Limerick, Kerry, Tipperary, Waterford, and Kilkenny, in addition to its primary catchment area.

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: The Medical Social Work Department works closely with a range of partner agencies, including Cuan, An Garda Síochána, Tusla, DSGBV support network and our colleagues in the HSE and Primary Care services. These partnerships help ensure a coordinated and effective response to the needs of those we support

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Our service is available to all patients and staff of Cork University Hospital, including those attending:

- The Emergency Department (ED)
- Outpatient clinics
- Inpatient wards
- Parents or guardians of children receiving care.

Medical Social Workers in CUH play a key role in supporting and advocating for individuals who have experienced domestic abuse. Medical Social Workers provide

- Emotional and practical support
- Counselling services
- Guidance on legal options
- Referral to specialist community resources.

The Medical Social Work Department operates Monday to Friday. If you attend the hospital outside of these hours, support will be provided by our multi-disciplinary colleagues.

REFERRAL PATHWAYS: Patients and staff can contact the Medical Social Work Department directly to request support. Referrals can also be made on your behalf by a friend, family member, partner agency or healthcare professional involved in your care.

You can be referred to the Medical Social Work Department by contacting us directly on 021-4922488 or through the internal referral system within Cork University Hospital.

AGE GROUPS: All ages



Mná Feasa Women's Domestic Violence Project

GENERAL INFORMATION

ADDRESS: The Gate Lodge, St. Mary's Health Campus, Gurranabraher

WEBSITE: www.mnafeasa.com

EMAIL: mnafeasa@gmail.com

PHONE: (021) 4211757

AREAS COVERED: Cork City and County

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS:

Cork Domestic Violence Network, Safe Ireland, CUAN, Department of Justice.

WAITING LIST: No, we accommodate all women who contact us. We make appointments for 1-1 meetings and require at least 3 weeks' notice for court dates.

SERVICES PROVIDED

SUPPORT | INFORMATION

The legal information that is provided is done via a free legal advice clinic which is kindly provided to Mná Feasa by a family law solicitor pro bono once a month.

Helpline; Outreach support; Court accompaniment; Advocacy; Legal information; Support groups, 1-1 meetings, personal development programmes, Schools programme;

REFERRAL PATHWAYS: GPs, court services, Gardai, other DV services, Tusla, mental health teams. Referrals are made through the phone and email, and some are self-referrals

AGE GROUPS: Adults (18-64); Older people (65+); Adolescents (13-17); Adolescents only through the schools programme which is early intervention.



Nasc the Migrant and Refugee Rights Centre

GENERAL INFORMATION

ADDRESS: 34 Paul Street, Cork City

WEBSITE: www.nascireland.org

EMAIL: info@nascireland.org

PHONE: Helpline (021) 427 3594 (Press 1) opening hours available at <https://nascireland.org/casework-service>

AREAS COVERED: All areas

OUTREACH / TRANSPORT SUPPORTS: No

WAITING LIST: NO

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

If you're worried that leaving an abusive relationship could affect your immigration status, Nasc's Casework team offers free, confidential immigration support.

REFERRAL PATHWAYS: Self-referrals through our helpline, Gardai, Tusla, Homeless services, DSGBV organisations

AGE GROUPS: Adults (18-64); Older people (65+)



One in Four

GENERAL INFORMATION

ADDRESS: 34-35 Arran Quay

WEBSITE: www.oneinfour.ie

EMAIL: info@oneinfour.ie

PHONE: (01) 6624070

AREAS COVERED: Advocacy services are provided nationwide as engagement can be over the telephone or staff will travel to provide support through the criminal justice system. Psychotherapy sessions are held in person in Dublin, however we can signpost people to other services or private psychotherapists closer to where they live. The Prevention Programme is in person in Dublin.

OUTREACH / TRANSPORT SUPPORTS: We can meet people to provide support throughout their engagements with the criminal justice system or other agencies (i.e. Garda stations, courts, Tusla, etc.)

KEY PARTNERS / COLLABORATORS: We share best practice with other DSGBV organisations, psychotherapy bodies, and other trauma-informed services. We collaborate with academia, law enforcement, the justice department, and other stakeholders in the area of child sexual abuse.

WAITING LIST: Yes - there is a waitlist for psychotherapy support, however there are dedicated Waiting List case managers to provide ongoing support while on the Waiting List. There is no waitlist for advocacy services.

SERVICES PROVIDED

SUPPORT | INFORMATION

One in Four offers psychotherapy and advocacy support services for survivors of child sexual abuse and their families. We offer a Prevention Programme based on risk management and child protection principles for people who have sexually harmed children.

Counselling/Therapy; Court accompaniment; Advocacy; Legal information; Perpetrator programmes

REFERRAL PATHWAYS: By telephone or email via Self, Gardai, GPs, Tusla

AGE GROUPS: Adults (18-64); Older people (65+)



OSS Cork

GENERAL INFORMATION

ADDRESS: 94 South Main Street, Cork

WEBSITE: www.oss cork.com

EMAIL: oss cork@gmail.com

PHONE: 1800 497497

AREAS COVERED: Cork City and County (we will

signpost to more local services but will facilitate clients who prefer to attend in the city and male services users will be accommodated from outside of Cork)

OUTREACH / TRANSPORT SUPPORTS: Outreach to hospitals and other stakeholders e.g. Legal Aid, Solicitors, Dept of Social Protection etc.

KEY PARTNERS / COLLABORATORS: Cuan (Dept of Justice), Safe Ireland, Cuanlee Refuge, YANA, West Cork Beacon, Mná Feasa, Barnardos.e

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Helpline; Court accompaniment; Advocacy; Legal information; Face-to-Face Support and Outreach to Hospitals only;

All the above are available 9-5pm Monday-Friday, free of charge and confidential. Primary support is delivered in-person

Women; Men; LGBTQIA+ individuals.

REFERRAL PATHWAYS: Telephone, email via Courts, Hospitals, Citizen's Information, Social Workers, Housing, other DV services, NASC, Counsellors/Therapists, Mental Health Services

AGE GROUPS: All clients are adults 18 years and older. No upper age limit.



Rape Crisis Midwest

GENERAL INFORMATION

ADDRESS: Headquarters - Limerick Phoenix House, Punches Close, Rosbrien Road, Limerick, V94E0O8 - Also have satellite services in Nenagh, North Tipperary and Ennis Co Clare

WEBSITE: www.rapecrisis.ie/

EMAIL: info@rapecrisis.ie

PHONE: 1800 311 511

AREAS COVERED: Serve the Midwest - Limerick, Clare and North Tipperary. We do get people from Cork border - Charleville, Buttevant etc

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Cuan - National Domestic, Sexual & Gender Based Violence Agency

WAITING LIST: Yes. Waiting list for counselling services is in place

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Counselling/Therapy; Court accompaniment; Advocacy; Legal information; Helpline;

Women; Men; LGBTQIA+ individuals; Migrants; People with disabilities; Traveller or Roma communities;

REFERRAL PATHWAYS: Telephone, email via Self-referral, Gardaí, therapists, GPs

AGE GROUPS: Adolescents (13-17); Adults (18-64); Older people (65+)



Ruhama

GENERAL INFORMATION

ADDRESS: Sóilsíú, Heron House, Blackpool, Co. Cork T23R50R

WEBSITE: www.ruhama.ie/

EMAIL: admin@ruhama.ie

PHONE: 1800 02 02 02

AREAS COVERED: All of Cork County

OUTREACH / TRANSPORT SUPPORTS: Yes. Caseworkers provide outreach and can subsidise travel in some circumstances.

KEY PARTNERS / COLLABORATORS: HSE, Gardaí, other NGOs and community support services.

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | INFORMATION

Ruhama provides support for people affected by prostitution or trafficking. Internal supports include Education and Development, Casework, Trauma Therapy, Bridge to Work, Peer Support and Inter-Cultural Group

Helpline; Outreach support; Counselling/Therapy; Court accompaniment; Advocacy; Legal information;

Women; Men.

REFERRAL PATHWAYS: Phone/referral form/email. Self-referrals, HSE, Gardaí, Solicitors, IPO, other NGOs etc

AGE GROUPS: Adults (18-64); Older people (65+)



Safe Ireland

GENERAL INFORMATION

ADDRESS: Unit 3C Ground Floor, Marshalsea Court, 22/23 Merchant's Quay, Dublin 8

WEBSITE: www.safeireland.ie

EMAIL: info@safeireland.ie

PHONE: (01) 5783001

AREAS COVERED: Nationwide

KEY PARTNERS / COLLABORATORS: Network members

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Emergency accommodation; Helpline; Advocacy; Outreach support.

Safe Ireland works to create confident, competent community-based responses to domestic, sex, gender and sexuality-based violence, wherever it occurs. We work strategically to create effective pathways out of coercive control for women, for young people, and children.

Women; Children.

REFERRAL PATHWAYS: Telephone based Self-referral, Gardaí, Social Workers etc

AGE GROUPS: Children (0-12); Adolescents (13-17); Adults (18-64); All ages; Older people (65+)



SATU/Paediatric Forensic Medical Service

GENERAL INFORMATION

ADDRESS: The Family Centre 2,
St. Finbarr's Hospital, Douglas Road, Cork T12 XH60

WEBSITE: www2.hse.ie/services/child-forensic-services/cafmas/

EMAIL: Clancy.Richelle@sivuh.ie

PHONE: 087 283 7117

AREAS COVERED: Cork, Kerry, South Tipperary and Waterford

OUTREACH / TRANSPORT SUPPORTS: Not currently

KEY PARTNERS / COLLABORATORS: We work with all agencies and are part of the Barnahus South Team

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Children's services

A medical service for children up to the age of 14yrs who have experienced or there is an allegation of sexual assault.

The service offers forensic medical exams within a 72hr period. Acute and no acute medical exams. The service is specifically tailored to children/young people under the age of 14 years.

REFERRAL PATHWAYS: A&E departments, Social workers, GP's, An Garda Síochána. Predominantly via Phone calls and through the multi-disciplinary interagency meetings chaired in Barnahus South

AGE GROUPS: Children (0-12); Any child or young person under the age of 14 years

Sexual Assault Treatment Unit

GENERAL INFORMATION

ADDRESS: South Infirmary Victoria University Hospital, Old Blackrock Road, Cork city

WEBSITE: www2.hse.ie/services/satu/contact/#cork-satu

EMAIL: satu@sivuh.ie

PHONE: (021) 4926297 or (021) 4926100

AREAS COVERED:
No geographical limitation.

OUTREACH / TRANSPORT SUPPORTS:
Outreach follow up clinics in Tralee and Limerick.

KEY PARTNERS / COLLABORATORS: HSE, An Garda Síochána and TUSLA.

WAITING LIST: No

SERVICES PROVIDED

SUPPORT | EMERGENCY

Health care following sexual violence. A 24/7 service for anyone over the age of 14 years who experiences sexual violence. Medical and forensic care available

Women; Men; Children; LGBTQIA+ individuals; Migrants; Traveller or Roma communities; People with disabilities; All

REFERRAL PATHWAYS: Only such service in the South we are willing to take referrals from wherever they come

AGE GROUPS: There is no age limit, from 14 years and upward.



Sexual Violence Centre Cork

GENERAL INFORMATION

ADDRESS: 11 North Mall

WEBSITE: www.sexualviolence.ie

EMAIL: info@sexualviolence.ie

PHONE: 1800 48 64 96

AREAS COVERED: City and County

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Gardai Courts, Tusla, Voluntary & Statutory services and Community Sector and 3rd level colleges

WAITING LIST: Yes

SERVICES PROVIDED

SUPPORT | INFORMATION

Helpline; Outreach support; Counselling/ Therapy; Court accompaniment; Advocacy; Legal information;.

Women; Men; LGBTQIA+ individuals; Migrants; Traveller or Roma communities; People with disabilities

REFERRAL PATHWAYS: All the above

AGE GROUPS: Adolescents (13-17); Adults (18-64); Older people (65+).



Togher Family Centre

GENERAL INFORMATION

ADDRESS: 6 Maglin Grove, Deanrock Estate, Togher, Co. Cork

WEBSITE: www.tfamc.ie

EMAIL: gcsupport@tfamc.ie

PHONE: 085 858 8390

AREAS COVERED: All

OUTREACH / TRANSPORT SUPPORTS: No

KEY PARTNERS / COLLABORATORS: Tusla

WAITING LIST: Yes

SERVICES PROVIDED

SUPPORT | EMERGENCY | INFORMATION

Outreach support; Counselling/Therapy; Family Support; Advocacy;

Women; Men; Children; LGBTQIA+ individuals; Migrants; Traveller or Roma communities; People with disabilities

REFERRAL PATHWAYS: Anyone can refer for family support by referral form, telephone or email

AGE GROUPS: All ages



Tusla

GENERAL INFORMATION

WEBSITE: www.tusla.ie

EMAIL: LibertyStreferrals@tusla.ie

PHONE: (021) 4921728

AREAS COVERED: All Cork

OUTREACH / TRANSPORT SUPPORTS: Yes

WAITING LIST: At times

SERVICES PROVIDED

SUPPORT, INFORMATION

Legal information; Court accompaniment; Outreach support; Advocacy;

Women

REFERRAL PATHWAYS: Tusla child protection, hospitals, self-referrals, by email and phone

AGE GROUPS: Over 18 with dependent children



WEST CORK BEACON
TACKLING DOMESTIC ABUSE & SEXUAL VIOLENCE

West Cork Beacon

GENERAL INFORMATION

ADDRESS: Wolfe Tone Square, Bantry

WEBSITE: www.westcorkbeacon.ie

EMAIL: admin@westcorkbeacon.ie

PHONE: (027) 53847

AREAS COVERED: All of West Cork, as far North as Macroom and as far East as Kinsale, including the peninsulas and the islands.

OUTREACH / TRANSPORT SUPPORTS: Yes, we can make arrangements as necessary

KEY PARTNERS / COLLABORATORS: CUAN, An Garda Síochána, CFSN, Tusla, SATU, Rape Crisis Network Ireland & Safe Ireland

WAITING LIST: There is no waiting list for our clients who wish to be seen, but there can be a wait for counselling

SERVICES PROVIDED

SUPPORT | INFORMATION

Helpline; Outreach support; Court accompaniment; Advocacy; Legal information; Counselling/Therapy; out-sourced subsidised therapy, outsourced therapy for young people,

WEST CORK BEACON
TACKLING DOMESTIC ABUSE & SEXUAL VIOLENCE

We offer free and confidential listening, information and support services to women who have experienced or are experiencing domestic violence and we offer information support and professional counselling to all survivors of sexual violence aged 14 and over.

Our SV team provides a service to all people aged 14 and up, our DV service offers supports to adult women, and their children indirectly.

REFERRAL PATHWAYS: You don't need a referral to get support, although we can make connections through many other services like Citizen's Information Offices, MABS, GP's, Family Resource Centres, Gardaí, friends and family, mental health workers, social workers, solicitors, hospitals,

You can contact us on our freephone number, or call the office, or by email directly or through the website, or social media, or call to the office.

AGE GROUPS: Our SV team provides a service to all people aged 14 and up, our DV service offers supports to adult women, and their children indirectly.



Women's Aid

GENERAL INFORMATION

ADDRESS: 5 Wilton Place

WEBSITE: www.womensaid.ie

EMAIL: helpline@womensaid.ie

PHONE: 24 hour National Freephone Helpline 1800 34 19 00

AREAS COVERED: All

OUTREACH / TRANSPORT SUPPORTS: N/A

KEY PARTNERS / COLLABORATORS: N/A

WAITING LIST: Not for the helpline - there is an appointment system to speak to a support worker, accessed by contacting the helpline.

SERVICES PROVIDED

SUPPORT | INFORMATION

We offer 'basic' legal information and support through our instant messaging service available on www.womens.ie. The National Freephone Helpline provides support in 240 languages. The interpretation service is free. The Helpline also supports friends, family member and professionals supporting those subjected to domestic violence and abuse.

REFERRAL PATHWAYS: Appointment system for women who would like to arrange to meet with an Outreach Support Worker for one-to-one support. This is accessed through the 1800 341 900 number, and if there are appointments available the call is transferred to the Outreach Department.

AGE GROUPS: Adults (18-64); Older people (65+);



YANA You Are Not Alone

GENERAL INFORMATION

ADDRESS: Unit E Springmount Centre,
Market Square, Mallow, Co. Cork P51N2R4I

EMAIL: info.yananorthcork@gmail.com

PHONE: (022) 53915 or (024) 25 389

AREAS COVERED: North and East Cork

OUTREACH / TRANSPORT SUPPORTS: Yes

KEY PARTNERS / COLLABORATORS:
Mental health, G.P, Social Workers,
Addiction service, schools, Gardai and other
community services.

WAITING LIST: No, normally we get back to
woman promptly

SERVICES PROVIDED

**SUPPORT | EMERGENCY |
INFORMATION**

one-to-one DV support, advocacy, court
accompaniment, Children support, referrals
to external agencies and safety planning.

REFERRAL PATHWAYS: Self-referral; other
professionals can refer to us.

AGE GROUPS: Over 18 years for the woman
and age 4 years up for the children



Youghal Family Resource Initiative

GENERAL INFORMATION

ADDRESS: 2 New Catherine Street, Youghal,
Co. Cork. P36HY86

WEBSITE: www.barnardos.ie

EMAIL: info.youghalfri@barnardos.ie

PHONE: 086 047 1060

AREAS COVERED: Youghal Urban and Rural

OUTREACH / TRANSPORT SUPPORTS:
Home visiting support provided, or arrangement
to meet in a service close to or chosen by
parent/carer.

KEY PARTNERS / COLLABORATORS: Barnardos,
TUSLA PPFS IPAS team, TUSLA Child Protection,
CYPSC, Cork County Childcare, YANA, Cork
County Council, HSE North Cork Community
Work, Foroige Youghal, Cumann na Daoine,
Youghal Community Health Project, St. Vincent
de Paul

WAITING LIST: Yes, we triage our waiting list
based on needs arising



SERVICES PROVIDED

SUPPORT | INFORMATION

Children's services - YANA Domestic Violence
Services are in the same building as us and
we collaborate to support parents and their
children experiencing domestic violence in a
coordinated supportive way.

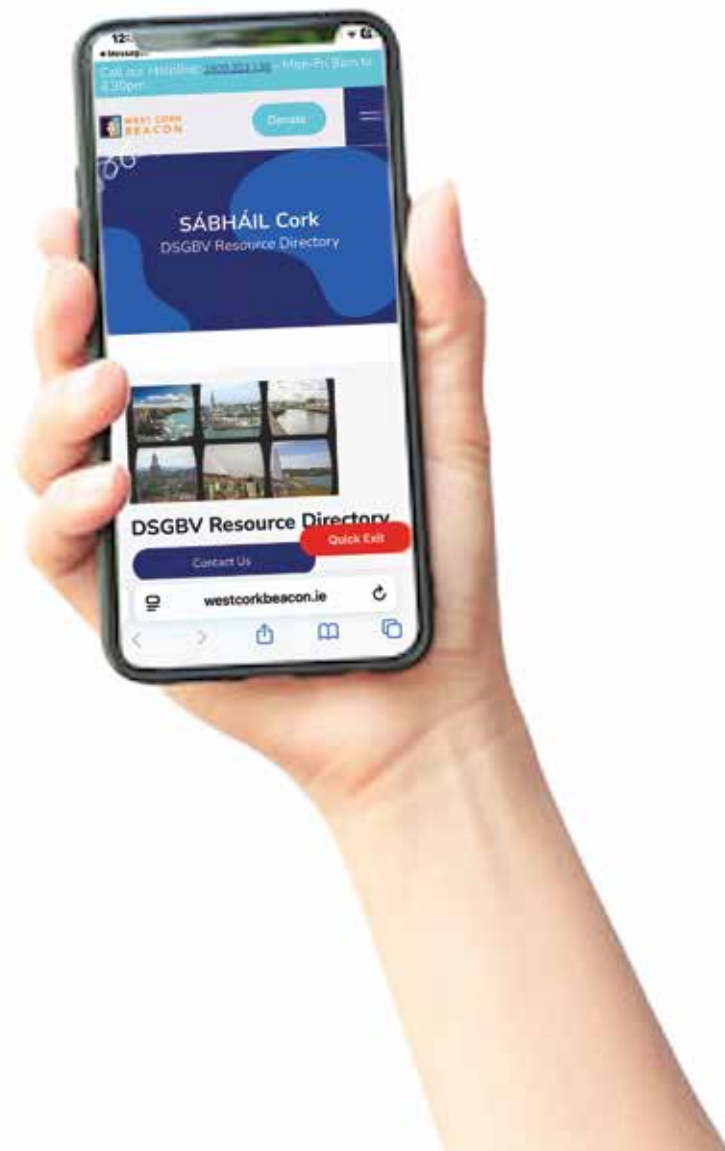
One to one parenting support - home-based
or in our service, drop-in clinic on Tuesday
mornings no appointment necessary,
afterschool care, parenting workshops,
parent peer support group for one-parent
families, parenting courses. All services free
of charge.oma communities; People with
disabilities.

REFERRAL PATHWAYS: Self-referral, TUSLA,
GPs, schools, PHN's etc it is very varied, by
Telephone, email, face to face consultation

AGE GROUPS: All ages; Children (0-12);
Adolescents (13-17).

WHATSAPP SERVICE NAVIGATOR

The WhatsApp Navigator can be accessed via the QR code below, or by visiting www.westcorkbeacon.ie/resourcedirectory





This directory was developed by the Safe & Protected Subgroup of Cork Children and Young People's Services Committee. For further information about CYPSC and signposting documents for child and family services in Cork go to <https://www.cypsc.ie/your-county-cypsc/cork.228.html>



An Garda Síochána
Ireland's National Police and Security Service


Barnardos



**An Roinn Leanaí, Míchun
agus Comhionannais**
Department of Children
Disability and Equality



MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



**Sexual Assault
Treatment Units**



**WEST CORK
BEACON**