



Cavan

Comhairle Contae an Chabháin  
Cavan County Council

*Local Directory of*  
**DRUG & ALCOHOL**  
**Related Services**  
*in County Cavan 2021*














## Drug, Alcohol and Related Support Services in County Cavan

This document presents a listing of drug, alcohol and related support services available in County Cavan. It was prepared by the Cavan Drugs and Alcohol Forum to promote an understanding of the range of services available and help to identify gaps in services. This directory was first compiled in 2018 and has been updated over the Autumn of 2021.

The services are listed in the categories of: justice, health, youth, local/community development, family support and local authority services.

The services are colour coded in the following categories:

-  Justice
-  Health
-  Youth
-  Education
-  Local / Community Development / Family Support
-  Local Authority Services
-  Sports

## Overview - where to access supports for drug and alcohol issues in Cavan

If you have a drug or alcohol issue, if you are concerned about someone else, or if you require support because you are caring for someone with a drug or alcohol issue, there are a number of services available to you throughout the region. This service directory provides contact details (including key contact person where applicable), referral information, and a full list of available services. If an individual service is unable to meet your needs, they should be able to point you to a more appropriate service. As a general rule, your first point of contact should be one of the following:



## :: Merchants Quay Ireland CAMDAS (Cavan and Monaghan Drug and Alcohol Service)

**Acot House, Farnham Road, Cavan**

**Tel: (049) 437 9160**

CAMDAS provides a range of support services to individuals, their families and the wider community. It endeavours to provide a responsive, person-centred holistic service. The services are for people over the age of 18, which includes Key working/Case Management, Counselling, Family Support, Information, Education and Advocacy.

CAMDAS also sponsors a Drug Rehabilitation Community Employment Scheme for individuals in recovery from substance use to help them re-engage into active community and working life. This is achieved by a range of training, education, work experience, and activities delivered alongside therapeutic supports for drug and alcohol use.

## :: North Eastern Regional Drug and Alcohol Task Force

**Unit 2, First Floor, Kennedy Road,  
Navan, Meath, Ireland, C15 RCW1  
Tel (046) 924 8630**

The NE-RDATF helps coordinate the implementation of the National Drug Strategy across the North-East region (Cavan, Monaghan, Louth & Meath), working with partners from the statutory, NGO and community sectors. The Task Force assists local services and inter-agency networks supporting individuals, families and communities affected by alcohol & other drug use. They can also provide advice and information on the most appropriate available service and training opportunities for frontline workers. Further information is available on [www.drugs.ie](http://www.drugs.ie), [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) and the national helpline 1800 459 459.

## :: HSE Drug & Alcohol Counselling Service

**HSE Primary Care Team,  
Drumalee, Cavan, H12 NV22  
Tel (049) 4353190/4353100  
Email: [patricia.boyle@hse.ie](mailto:patricia.boyle@hse.ie)**

The HSE Drug & Alcohol Counselling service provides counselling support for adults with issues regarding drug or alcohol misuse in the Cavan and Monaghan areas. The service also provides advice, information and support on services and treatment options. Referral via GP or Primary Care

## :: Your General Practitioner

Your doctor will be able to provide appropriate medication, advise you as to the best course of action and refer into a full range of services including community dual diagnosis services (mental health and addiction), inpatient treatment and stabilisation, and HSE residential services.

Please note, in the event of a medical emergency (including mental health crises) you should immediately contact either your own GP or Cavan General Hospital's Emergency Department. If you suspect someone has overdosed or becomes ill as a consequence of drug or alcohol use, or appears to be in an altered mental state as a consequence of using drugs, you should call an ambulance.

### **Background to Mapping Exercise**

Following its establishment, the Cavan Drug and Alcohol Forum (CDAF) agreed to look at a number of priority areas for development. Before an overall strategic plan could be developed, it was agreed that a full review of existing services should be undertaken to ascertain gaps in services. The CDAF therefore decided its first task should be to research what organisations were currently providing support to drug and alcohol users, their families, and the wider community. A questionnaire was sent out by CDAF to all known service providers. The questionnaire requested information on contact details and the range of services provided by each organisation relevant to this cohort. It was agreed that this service mapping exercise should not be limited to drug and alcohol services as it was recognised that a wide variety of non drug and alcohol, specific services are providing valuable support to this vulnerable cohort on a daily basis. Indeed, the lack of addiction specific support services in the region means that general services are often managing these issues in their daily work. A key goal of the service mapping exercise will therefore be to not only raise awareness of existing services but to ensure clear referral pathways, contribute to the development of good interagency working practices and foster a culture of mutual support. The Mapping Exercise was first conducted in 2018 and updated in late 2021.

## :: Detailed Information on Local Services

Category	Justice
Name of Service	An Garda Síochána
Type of Service	Policing Service – Juvenile Liaison Officer
Address	Cavan Garda Station, Farnham Street, Cavan
Age Group	12-18 Years
Referral Criteria	Young people who have committed any offence referred by Gardaí
Opening Hours	24 hours at District Headquarters
Contact Information	<b>24 hour Garda District Headquarters</b> Cavan Garda Station (049) 436 8800 Bailieboro Garda Station (042) 969 4570  Edel Gilliland, Juvenile Liaison Officer 049 436 8800 087 060 1856 Edel.b.gilliland@garda.ie
Geographic Area Covered	County Cavan
Outreach Service	Yes
Afterhours Service	Yes

Category	Justice
<b>Name of Service</b>	Cavan 365 Project - Cavan Garda Youth Diversion Project
<b>Type of Service</b>	Garda Youth Diversion Project
<b>Address</b>	Tullacmongan Resource Centre, Killymooney Drive, Cavan
<b>Age Group</b>	8 - 24 Years – (primary target in line with the age of criminal responsibility is 12-17years)
<b>Referral Criteria</b>	JLO, schools, Tusla/HSE, community and parents
<b>Opening Hours</b>	Monday - Friday 10am - 9pm Occasional Weekends
<b>Contact Information</b>	<p>Ashling Tobin 086 7760189 ashling.tobin@foroige.ie (West Cavan)</p> <p>Sharon Ivers 086 7791685 sharon.ivers@foroige.ie (East Cavan)</p> <p>Alma Mc Cabe 0866017534 alma.mccabe@foroige.ie (East Cavan)</p>
<b>Geographic Area Covered</b>	Yes
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes



Category	Justice
<b>Name of Service</b>	Probation Service
<b>Type of Service</b>	Provide probation supervision, community service, offending behaviour programmes and specialist support services to both adult and young offenders, which aim to stop them committing further offences.
<b>Address</b>	Unit 15 Churchview, Cavan Town, Cavan. Eircode H12 ET38
<b>Age Group</b>	Juvenile & Adult Offenders
<b>Referral Criteria</b>	Court & Prison Service
<b>Opening Hours</b>	9am-5.45pm (5.30pm on Fridays)
<b>Contact Information</b>	Clive Stone – Senior Probation Officer  049 432 7474 / 086 0439792 cjstone@probation.ie www.pprobation.ie
<b>Geographic Area Covered</b>	Cavan/Monaghan/Leitrim
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No

Category	Justice
<b>Name of Service</b>	An Garda Síochána
<b>Type of Service</b>	Community Engagement Unit
<b>Address</b>	An Garda Síochána, Cavan, Co Cavan An Garda Síochána, Bailieboro, Co Cavan
<b>Age Group</b>	All ages with the community
<b>Referral Criteria</b>	All requests for Garda assistance for community initiatives and projects.
<b>Opening Hours</b>	24 Hours at each District Headquarters
<b>Contact Information</b>	Cavan 049 4368800 Bailieborough 042 9694570
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

<b>Category</b>	<b>Health</b>
<b>Name of Service</b>	Cavan General Hospital
<b>Type of Service</b>	Accident & Emergency Service
<b>Address</b>	Lisdarn, Cavan, Co. Cavan
<b>Age Group</b>	All ages
<b>Referral Criteria</b>	Open / Self-Referral / GP Referral
<b>Opening Hours</b>	24 hours
<b>Contact Information</b>	049 437 6000
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	Yes

Category	Health
<b>Name of Service</b>	Merchants Quay Ireland Cavan and Monaghan Drug and Alcohol Service (CAMDAS)
<b>Type of Service</b>	Community Drug and Alcohol Service (Counselling, Key Working and Case Management, Family Support, Information, Education, Advocacy and a Drug Rehabilitation Community Employment Scheme)
<b>Address</b>	Acot House, Drumnavanagh, Farnham Road, Cavan, H12 FT29
<b>Age Group</b>	18 and above
<b>Referral Criteria</b>	Self-referral, external agency or drop in
<b>Opening Hours</b>	Monday to Friday 9.30am - 5.30pm
<b>Contact Information</b>	Service Coordinator Zoe Wells.  049 4379160 zoe.wells@mqi.ie or info.cavan.monaghan@mqi.ie
<b>Geographic Area Covered</b>	Cavan and Monaghan
<b>Outreach Service</b>	By arrangement
<b>Afterhours Service</b>	No

Category	Health
<b>Name of Service</b>	Cuan Mhuire
<b>Type of Service</b>	Cuan Mhuire in Ballybay is a secondary residential treatment service for clients who have attended Cuan Mhuire primary residential services throughout the country / Peer and family support meetings / AA, GA & NA meetings.
<b>Address</b>	Ballybay, County Monaghan
<b>Age Group</b>	18 + Years
<b>Referral Criteria</b>	Referral via GP/Hospital or self-referral
<b>Opening Hours</b>	24/7 – drop in available
<b>Contact Information</b>	Charlie Lennon – Manager  042 974 8533 cuanmhuire@gmail.com www.ballybay.ie/cuanmhuire.html
<b>Geographic Area Covered</b>	Counties Monaghan & Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

Category	Health
<b>Name of Service</b>	Extern
<b>Type of Service</b>	Primary Health Care Programme for Travellers
<b>Address</b>	89 Church Street, Cavan Town, County Cavan
<b>Age Group</b>	18 + and family groups
<b>Referral Criteria</b>	Open to Travellers only
<b>Opening Hours</b>	Monday to Wednesday 9am - 5pm
<b>Contact Information</b>	Emily Mc Cusker  086 043 7850 Emily.McCusker@extern.org
<b>Geographic Area Covered</b>	Cavan Traveller Primary Health care caters for Traveller families throughout County Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No

Category	Health
<b>Name of Service</b>	HSE Drug & Alcohol Counselling Service
<b>Type of Service</b>	Counselling Service
<b>Address</b>	HSE Primary Care, Drumalee, Cavan, H12 NV22
<b>Age Group</b>	18 +
<b>Referral criteria</b>	Referral via GP, Acute Hospital or Primary Care services
<b>Opening Hours</b>	Monday to Friday 9.30am - 5.30pm
<b>Contact Information</b>	Patricia Boyle  049 435 3100 patricia.boyle@hse.ie
<b>Geographic Area Covered</b>	County Cavan & Monaghan
<b>Outreach Service</b>	Satellite clinics in Ballyconnell, Virginia, Clones as well as Cavan and Monaghan town.
<b>Afterhours Service</b>	No

Category	Health
<b>Name of Service</b>	HSE Resource Officer for Suicide Prevention
<b>Type of Service</b>	Support with development and co-ordination of suicide prevention plans and implementation of integrated suicide prevention responses and services.
<b>Address</b>	Carrickmacross Primary Care Centre, Donaghmoyn Road, Carrickmacross, Co. Monaghan
<b>Age Group</b>	N/A
<b>Referral Criteria</b>	N/A
<b>Opening Hours</b>	Monday to Friday 9am - 5pm
<b>Contact Information</b>	Emer Mulligan  086 171 7563 emer.mulligan@hse.ie
<b>Geographic Area Covered</b>	Counties Cavan and Monaghan
<b>Outreach Service</b>	N/A
<b>Afterhours Service</b>	N/A



**Category****Health****Name of Service**

HSE Mental Health Addiction Service

**Type of Service**

Advice, information and counselling support for individuals with a definitive Dual Diagnosis incorporating an addiction problem and a mental health issue.

**Address**

St. Davnets Hospital Complex, Rooskey, Monaghan Town, Co. Monaghan.

**Age Group**

18+

**Referral Criteria**

Referral through GP or other Health Care Professionals

**Opening Hours**

Monday - Friday  
9am - 5pm

**Contact Information**

Martin Sheridan / Geraldine Brady

047 72100 / 047 95300

**Geographic Area Covered**

Counties Cavan and Monaghan

**Outreach Service**

Yes - As required based on clinical need in agreed locations for both Cavan/ Monaghan.

**Afterhours Service**

No

<b>Category</b>	<b>Health</b>
<b>Name of Service</b>	Family Addiction Support Network
<b>Type of Service</b>	Peer led family support Group for families affected by a loved one in addiction
<b>Address</b>	The Hub, Lios Dubh, Armagh Rd, Dundalk, Co. Louth.
<b>Age Group</b>	18+
<b>Referral Criteria</b>	Self-referral
<b>Opening Hours</b>	Monday Evenings (Excluding Bank Holidays) 7.30 - 9.30pm
<b>Contact Information</b>	042 935251 info.fasn@gmail.com
<b>Geographic Area Covered</b>	Cavan town and environs
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

Category	Health
<b>Name of Service</b>	MaCYSS (Monaghan and Cavan Youth Substance Support)
<b>Type of Service</b>	Youth (12-18yrs) and Family alcohol and other drug service delivered by Alcohol Forum Ireland
<b>Address</b>	County Cavan & Monaghan
<b>Age Group</b>	12 - 18 Years
<b>Referral Criteria</b>	Referral via GP, community, voluntary and statutory organisations
<b>Opening Hours</b>	Monday - Friday 9.30am - 4.30pm  (Closed 1pm - 2pm)
<b>Contact Information</b>	085 744 2857 macyss@alcoholforum.org www.alcoholforum/macyss
<b>Geographic Area Covered</b>	County Cavan & County Monaghan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No

Category	Youth
<b>Name of Service</b>	Foróige Big Brother Big Sister Programme
<b>Type of Service</b>	Youth mentoring
<b>Address</b>	c/o Tullacmongan Resource Centre, Killmooney Drive, Cavan
<b>Age Group</b>	10 - 18 Years
<b>Referral Criteria</b>	Yes
<b>Outreach Service</b>	Service is available across County Cavan and Monaghan depending on the availability of mentors.
<b>Opening Hours</b>	Monday - Friday and some weekends. Contactable by phone/email
<b>Contact Information</b>	086 048 1992 yvonne.mcmanus@foroige.ie
<b>Geographic Area Covered</b>	County Cavan & Monaghan

Category	Youth
<b>Name of Service</b>	Comhairle na nÓg
<b>Type of Service</b>	Representational structure
<b>Address</b>	Cavan County Council, Farnham Centre, Cavan Town
<b>Age Group</b>	12-18 Years
<b>Referral Criteria</b>	Nominations through schools
<b>Opening Hours</b>	Scheduled meetings once a month
<b>Contact Information</b>	Jane Crudden Cavan County Council  0871229614 jcrudden@cavancoco.ie
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	Yes for certain activities
<b>Afterhours Service</b>	Yes - meetings are held at weekends

Category	Youth
<b>Name of Service</b>	The Cavan Centre
<b>Type of Service</b>	Community Development Centre
<b>Address</b>	Kilnacrott, Ballyjamesduff, County Cavan
<b>Age Group</b>	All Ages
<b>Referral Criteria</b>	Individuals / groups who are risk of being marginalised and disadvantaged or participate in community organisations for example youth reach, Simon community, community addiction service, family resource centre etc.
<b>Opening Hours</b>	Monday - Friday 9am - 6pm
<b>Contact Information</b>	049 854 4436 <a href="http://www.cavancentre.ie">www.cavancentre.ie</a>
<b>Geographic Area Covered</b>	Primarily works with children and adults from the North Inner city of Dublin, surrounding Dublin areas but also works with community organisations from local county's such as Cavan, Meath, Longford, Westmeath, Louth Etc.
<b>Outreach Service</b>	Training facilities are available for workshops, conferences, seminars etc.
<b>Afterhours Service</b>	Residentials or day trips

Category	Youth
<b>Name of Service</b>	TUSLA Child & Family Agency
<b>Type of Service</b>	Aftercare Services
<b>Address</b>	Drumalee Cross, Cavan
<b>Age Group</b>	17-22 Years
<b>Referral Criteria</b>	Children in care. Social work referrals. Prevention, - number etc is correct Partnership and Family Support (PPFS) and Social Work teams
<b>Opening Hours</b>	Monday - Friday 9am - 5pm
<b>Contact Information</b>	Patricia Mulligan  049 436 9800 086 850 1945
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No

Category	Youth
<b>Name of Service</b>	TUSLA Aftercare Service
<b>Type of Service</b>	Supporting people to leave care and after care
<b>Address</b>	Castleblayney, County Monaghan
<b>Age Group</b>	18-23 Years
<b>Referral Criteria</b>	Social work referral for young people who have been in care
<b>Opening Hours</b>	Monday - Friday 9am - 5pm
<b>Contact Information</b>	Sean Blackwell  086 049 0109 sean.blackwell@tusla.ie
<b>Geographic Area Covered</b>	Cavan/Monaghan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No



Category	Youth
<b>Name of Service</b>	TUSLA Child Wellbeing Centre
<b>Type of Service</b>	Offers a range of community interventions
<b>Address</b>	Bree, Castleblayney, County Monaghan
<b>Age Group</b>	They work with children (0 - 18 years) and families
<b>Referral Criteria</b>	Referred by Tusla, Social Work
<b>Opening Hours</b>	Monday - Friday 9am - 5pm
<b>Contact Information</b>	042 979 5623
<b>Geographic Area Covered</b>	Counties Cavan and Monaghan
<b>Outreach Service</b>	Cavan and Monaghan
<b>Afterhours Service</b>	N/A

Category	Youth
<b>Name of Service</b>	Youth Advocate Programme
<b>Type of Service</b>	Intensive support services for young people and families with complex needs
<b>Address</b>	2nd Floor, Office 4, Bridge Street Resource & Community Centre Bridge Street Cavan
<b>Age Group</b>	10 - 18 Years
<b>Referral Criteria</b>	Yes (from Tusla)
<b>Opening Hours</b>	N/A
<b>Contact Information</b>	Karen Williams Team Cavan & Monaghan  049 436 5006 087 9876078 info@yapireland.ie kwilliams@yapireland.ie
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	Yes

Category	Youth
<b>Name of Service</b>	Focusing on Your Future
<b>Type of Service</b>	Focusing on Your Future is a dynamic programme for young people aged 16-25yrs who are not attending school, employment or training. Its key focus is to provide opportunities for young people to explore their needs, make decisions, remove barriers and develop their learning and employment opportunities. Through mentoring and group work young people are encouraged to improve their lives, communities and interaction with others.
<b>Address</b>	Focus Family Resource Centre Portaliffe Centre Main Street, Killeshandra Co Cavan, H12K6D3
<b>Age Group</b>	16 - 25 Years
<b>Referral Criteria</b>	Self-referral or by another party
<b>Opening Hours</b>	Flexible
<b>Contact Information</b>	049 4364065 cathy@focusrc.com
<b>Geographic Area Covered</b>	West Cavan
<b>Outreach Service</b>	The supports can be accessed through the family resource centre in Killeshandra or in the young person's own area
<b>Afterhours Service</b>	N/A

Category	Youth
<b>Name of Service</b>	Bounce Back Youth Service West Cavan
<b>Type of Service</b>	Youth Service
<b>Address</b>	Belturbet Youth Hub, Holborn Hill, Belturbet, Co. Cavan
<b>Age Group</b>	10 - 24 Years
<b>Referral Criteria</b>	Rural Resilience Service requires referral forms to be completed by professional, parent or child.
<b>Opening Hours</b>	Monday: 10am - 7pm Tuesday: 10am - 8pm Wednesday: 10am - 7pm Thursday: 11am - 8pm Friday: 12am - 9pm
<b>Contact Information</b>	<p>Michelle Connolly michelle@ywicavan.ie 0873501287</p> <p>Jason Brady jason@ywicavan.ie 087 682 6925</p> <p>Karen Heaslip 087 353 3070 karen.heaslip@ispcc.ie</p>
<b>Geographic Area Covered</b>	Belturbet, Ballyconnell & Swanlinbar
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

Category	Youth
<b>Name of Service</b>	Bounce Back Youth Service South East Cavan
<b>Type of Service</b>	Youth Resilience Service
<b>Address</b>	ETB Building, Virginia Road, Ballyjamesduff Cavan
<b>Age Group</b>	10 - 24 Years
<b>Referral Criteria</b>	Individual Rural Resilience Service Requires referral form to be completed by professional, parent or child. Contact service for more information.
<b>Opening Hours</b>	Monday: 9am - 8pm Tuesday: 9am - 7pm Wednesday: 9am - 8pm Thursday: 9am - 6pm Friday: 9am - 10pm
<b>Contact Information</b>	Youth officer: Con Cullen 087 768 4757  ISPCC: Karen Heaslip 087 353 3070  Karen McGovern 087 359 9332 karen2.mcgovern@ispcc.ie
<b>Geographic Area Covered</b>	Ballyjamesduff, Bailieborough, Virginia
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

Category	Education
<b>Name of Service</b>	Home School Community Liaison Service
<b>Type of Service</b>	Support service linking parents, teachers and communities. Part of the DEIS Programme (Delivering Equality of Opportunity in Schools) that aims to combat educational disadvantage
<b>Address</b>	HSCL Co-ordinators are based in Breifne College, St Felim's NS and St Clare's NS
<b>Age Group</b>	School aged children and their families
<b>Referral Criteria</b>	N/A
<b>Opening Hours</b>	N/A
<b>Contact Information</b>	Home School Liaison Co-ordinators:  Breifne College: 049 433 1735 St Felim's NS: 049 433 2366 St Clare's NS: 049 433 2671
<b>Geographic Area Covered</b>	School catchment
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No

Category	Education
<b>Name of Service</b>	School Completion Programme
<b>Type of Service</b>	Aim is to increase the numbers of young people staying in primary and second level school and in doing so improve the numbers of pupils who successfully complete the Senior Cycle, or the equivalent.
<b>Address</b>	Breifne College, Cootehill Road, Cavan Town
<b>Age Group</b>	6 - 18 Years
<b>Referral Criteria</b>	At risk of early school leaving
<b>Opening Hours</b>	During school term and some summer supports.
<b>Contact Information</b>	Alana Shannon  alana.shannon@scp.ie
<b>Geographic Area Covered</b>	DEIS Schools St. Clare's NS, St. Felim's NS, Breifne College, St. Michael's NS, Cootehill and St. Mogue's Bawnboy.
<b>Outreach Service</b>	By arrangement
<b>Afterhours Service</b>	By arrangement

Category	Education
<b>Name of Service</b>	Youthreach (Moynehall)
<b>Type of Service</b>	Educational service
<b>Address</b>	Moynehall, Cavan
<b>Age Group</b>	16 - 20 Years
<b>Referral Criteria</b>	No
<b>Opening Hours</b>	Monday - Thursday 9am - 4.30pm Fridays 9am - 1.30pm
<b>Contact Information</b>	Sabrina Mc Entee 049 4361573 sabinamcentee@cmetb.ie  Nathalie McCaul 086 304 5186 nathaliemccaul@gmail.com
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No



Category	Education
<b>Name of Service</b>	Youthreach (Kingscourt)
<b>Type of Service</b>	Educational service
<b>Address</b>	Lower Main St., Kingscourt, Co. Cavan
<b>Age Group</b>	16 - 20 Years
<b>Referral Criteria</b>	No
<b>Opening Hours</b>	Monday - Thursday 9.30am - 4pm Friday 9.30am - 1pm
<b>Contact Information</b>	Michael Murphy  042 969 3794 / 087 143 9306 michaelmurphy@cmetb.ie
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No

Category	Education
<b>Name of Service</b>	Youthreach (Cootehill)
<b>Type of Service</b>	Educational service
<b>Address</b>	Market St., Cootehill, Co. Cavan
<b>Age Group</b>	16 - 20 Years
<b>Referral Criteria</b>	No
<b>Opening Hours</b>	Monday - Thursday 9.30am - 4pm Friday 9.30am - 1pm
<b>Contact Information</b>	Mike Durkan  049 5552561 / 087 652 3517 mikedurkan@cmetb.ie
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No

**Category****Local / Community  
Development / Family Support****Name of Service**

Cavan County Local Development

**Type of Service**

Local development

**Address**Unit 6A Corlurgan Business Park,  
Ballinagh Road, Cavan Town**Age Group**

16+ Years

**Referral Criteria**

No

**Opening Hours**Monday to Thursday 9am - 5pm  
Friday 9am - 4pm**Contact Information**049 433 1029  
info@cclld.ie**Geographic Area Covered**

County Cavan

**Outreach Service**

Yes

**Afterhours Service**

Yes for certain programmes

Category	Local / Community Development / Family Support
<b>Name of Service</b>	Focus Family Resource Centre
<b>Type of Service</b>	Family Support, education and training, youth services, community development
<b>Address</b>	Portaliffe Centre, Main Street, Killeshandra, Co Cavan
<b>Age Group</b>	All Age Groups
<b>Referral Criteria</b>	No
<b>Opening Hours</b>	Monday to Thursday 9am - 5pm Friday 9am - 1pm
<b>Contact Information</b>	Angie McKenna  049 436 4065 focusfrc@gmail.com
<b>Geographic Area Covered</b>	Killeshandra and its environs
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

**Category****Local / Community  
Development / Family Support****Name of Service**

Tearmann Domestic Abuse Service

**Type of Service**

Tearmann provides an information and support service for women who have experienced or are experiencing domestic abuse.

**Address**

Primary Care Building, Rooskey, Monaghan

**Age Group**

18 + Years

**Referral Criteria**

Women who are experiencing domestic abuse can self refer. Any individual or service can refer a woman who is experiencing domestic abuse

**Opening Hours**

Monday - Friday  
9am - 4pm

**Contact Information**

Helpline: 047 72311  
tearmann dvs@eircom.net  
www.tearmann.net

**Geographic Area Covered**

County Cavan and County Monaghan

**Outreach Service**

The service is available (Wednesdays and Thursdays) on an outreach basis in the Bridge Street Centre, Cavan Town by appointment only. Outreach can also be arranged by appointment in the community if access to the centre in Monaghan or Cavan is not possible.

**Afterhours Service**

The service may be available out of hours by prior arrangement.

**Category****Local / Community  
Development / Family Support****Name of Service**

North East Regional Drugs & Alcohol Task Force

**Type of Service**

Coordination of the implementation of the National Drug Strategy, information on drug and alcohol services, advice and onward referral

**Address**

Unit 2, First Floor,  
Kennedy Road, Navan,  
Meath, Ireland,  
C15 RCW1

**Age Group**

All

**Referral Criteria**

Open access

**Opening Hours**

Monday - Friday  
9.30am - 5pm

**Contact Information**

046 924 8630  
info@nedrugstaskforce.ie

**Geographic Area Covered**

Counties Cavan, Louth, Meath and Monaghan

**Outreach Service**

Yes

**Afterhours Service**

No

**Category****Local / Community  
Development / Family Support**

<b>Name of Service</b>	Teach Oscail Family Resource Centre
<b>Type of Service</b>	Family and Community Support
<b>Address</b>	Unit 10, New Court, Church St, Cavan Town
<b>Age Group</b>	All ages
<b>Referral Criteria</b>	Persons in need of support for addiction are usually referred to project through GPs, Self-Referral, HSE, Schools, Parents.
<b>Opening Hours</b>	Monday 9am - 8pm Tuesday 9am - 7pm  Wednesday 9am - 5pm Thursday 9am - 5pm Friday 9am - 1pm  Addiction Services - Narcotics Anonymous (weekly meetings) Tuesdays 6 - 7pm - Angel's Support (Supporting families with loved ones in addition weekly meetings) Mondays 7.30pm - 9.30pm  All new members welcome
<b>Contact Information</b>	049 437 2730 info@teachoscailfrc.ie
<b>Geographic Area Covered</b>	We service Cavan town and environs
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes

**Category****Local / Community  
Development / Family Support****Name of Service**

SOSAD

**Type of Service**

Suicide Prevention and Awareness

**Address**

26 Bridge Street, Cavan Town

**Age Group**

16+

**Referral Criteria**

GP, School, Self Referral, Family, Friends

**Opening Hours**Monday to Friday  
Office 10am - 6pm  
Phone line 24 hours**Contact Information**049 432 6339  
cavan@sosadireland.ie**Geographic Area Covered**Cavan, Monaghan Town, Carrickmacross,  
Drogheda, Navan, Kells, Dundalk and  
Laois.**Outreach Service**

Yes

**Afterhours Service**

Yes



Category	Local / Community Development / Family Support
<b>Name of Service</b>	EmployAbility
<b>Type of Service</b>	Employment Support
<b>Address</b>	116 College St., Cavan;  5 North Road, Monaghan
<b>Age Group</b>	18 +
<b>Referral Criteria</b>	Anyone with a long-term medical condition, illness, disability or mental health difficulty
<b>Opening Hours</b>	Monday to Friday 9am - 5pm
<b>Contact Information</b>	087 797 7093 087 465 4378
<b>Geographic Area Covered</b>	County Cavan and Monaghan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No

**Category****Local / Community  
Development / Family Support**

<b>Name of Service</b>	Parenting Cavan
<b>Type of Service</b>	Parenting Programmes
<b>Address</b>	Teach Oscail Family Resource Centre
<b>Age Group</b>	See our Facebook page for Parenting Programmes scheduled with particular age categories
<b>Referral Criteria</b>	N/A
<b>Opening Hours</b>	Monday - Friday 9am - 5pm Parenting Programmes are scheduled in morning or evening time on week days.
<b>Contact Information</b>	085 8755448 parentingcavan@gmail.com Facebook: @parentingcavan
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	N/A
<b>Afterhours Service</b>	N/A

**Category****Local / Community  
Development / Family Support****Name of Service**

Cavan &amp; Monaghan Rainbow Youth

**Type of Service**

Confidential One to One, Group and peer support, Support for parents and siblings. Support for schools and youth services.

**Address**FOCUS Family Resource Centre,  
Main St, Killeshandra**Age Group**

12 - 24 Years

**Referral Criteria**

Self / Youth Service / School / Social Work

**Opening Hours**

Varied

**Contact information**087 219 3904  
049 436 4065  
info@camry.ievia social media  
Facebook @cavanrainbowyouth  
Twitter @cavanrainbow  
Instagram @cavanrainbowyouth  
Snapchat @cavanrainbowyouth**Geographic Area Covered**

County Cavan &amp; County Monaghan

**Outreach Service**Drop In's in Bridge St Centre, Cavan  
and YMCA Monaghan Town**Afterhours Service**

Drop In's and by Appointment

Category	Local / Community Development / Family Support
<b>Name of Service</b>	Cavan Citizens Information Service
<b>Type of Service</b>	Provision of Information, Advice/ Assistance and Advocacy services to all individuals about their civil and social rights and entitlements, their civic duties and of the social services that exist to support them. A Free & Confidential Service.
<b>Address</b>	Ground Floor, Elm House, Elm Bank, Cavan H12 A8H7
<b>Age Group</b>	All Ages
<b>Referral Criteria</b>	None/Open Referral
<b>Opening Hours</b>	Monday to Friday 9.15am - 1pm & 2pm - 5pm (Closed Wednesdays from 2.00pm - 5.00pm) Citizens Information Centres (CICs) continue to provide local services during COVID-19. Cavan CIC can be contacted by phone or email Monday to Friday 9.15am - 5pm (closed for lunch 1pm - 2pm). An appointment may be offered following a telephone consultation. A drop in service is available on Monday, Tuesday, Thursday, and Friday and Wednesday mornings from 9.15am - 1pm. Please note that capacity may be limited due to necessary public health measures. Those entering the CIC will be required to wear face coverings, follow staff instructions regarding COVID-19 protocols and complete a pre-service screening form.
<b>Contact information</b>	0818 07 5200 cavan@citinfo.ie
<b>Geographic Area Covered</b>	County Cavan Predominantly / Not restricted
<b>Outreach Service</b>	Yes Virginia / Bailieborough / Kingscourt / Ballyconnell / Loughan House Please telephone 0818 07 5200 to check if open.
<b>Afterhours Service</b>	Citizens Information Phone Service Monday to Friday 8am - 8pm Telephone: 0818 07 4000 www.citizensinformation.ie

**Category****Local / Community  
Development / Family Support****Name of Service**

CMETB Youth Services

**Type of Service**

Statutory Youth Work Function to provide support, co-ordination, administration, and assessment of all youth work funding through the DCEDIY

**Address**CMETB, Unit 4 Church View Square,  
Cavan Town**Age Group**

Priority 10 years to 24 years

**Referral Criteria**Self / Community Based / Youth Club /  
Service / Interagency**Opening Hours**Monday - Friday  
9am - 5pm**Contact information**049 4331044  
youthservices@cmetb.ie**Geographic Area Covered**

Cavan and Monaghan

**Outreach Service**

Issue/Priority based

**Afterhours Service**

Issue/Priority based

Category	Local Authority Service
<b>Name of Service</b>	Cavan Library Service
<b>Type of Service</b>	Library services
<b>Address</b>	<p>Johnston Central Library, Farnham Street, Cavan</p> <p>Arva, Bailieborough, Ballyconnell, Ballyjamesduff, Cootehill, Kingscourt, Virginia</p>
<b>Age Group</b>	All ages
<b>Referral Criteria</b>	None
<b>Opening Hours</b>	Varies per library
<b>County Cavan Contact Information</b>	<p>Johnston Central Library 049 437 8500 library@cavancoco.ie</p>
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	Late opening on certain evenings

**Category****Local Authority Service**

<b>Name of Service</b>	Dublin Simon Community Tenancy Sustainment Service
<b>Type of Service</b>	Prevention/Tenancy Sustainment/ Homeless support service
<b>Address</b>	Cavan Courthouse, Farnham Street, Cavan
<b>Age Group</b>	18+ Years
<b>Referral Criteria</b>	Deemed to need support with securing or maintaining a tenancy by County Council and private rented accommodations. Referrals received only by Cavan County Council.
<b>Opening Hours</b>	Monday - Friday 9am - 5pm
<b>Contact Information</b>	Lynda McDermott  086 145 0554 lyndamcdermott@dubsimon.ie
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	No

Category	Sports
<b>Name of Service</b>	Cavan Gaelic Athletics Association
<b>Type of Service</b>	Information, support and referrals to appropriate services.
<b>Address</b>	Kingspan Breffni Park, Cavan, Co. Cavan
<b>Age Group</b>	16+ Years
<b>Referral Criteria</b>	No
<b>Opening Hours</b>	N/A
<b>Contact Information</b>	<p>Gerry Soden  Cavan County Board GAA Health and Wellbeing Officer (Voluntary)</p> <p>gerrysoden@eircom.net  086 272 4180</p>
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	Yes
<b>Afterhours Service</b>	Yes



Category	Sports
<b>Name of Service</b>	Cavan Sports Partnership
<b>Type of Service</b>	Sports & Physical Activity
<b>Address</b>	Sports Partnership, Cavan County Council, Community & Enterprise, Farnham St., Cavan
<b>Age Group</b>	All Ages
<b>Referral Criteria</b>	N/A
<b>Opening Hours</b>	Monday - Friday 9am - 5.15pm
<b>Contact Information</b>	049 4378582 info@cavansportpartnerip.ie www.cavansportspartnip.ie Facebook: @cavansportpartnership
<b>Geographic Area Covered</b>	County Cavan
<b>Outreach Service</b>	No
<b>Afterhours Service</b>	No

## :: National Supports

### **Al Anon and Al Teen**

(01) 873 2699  
[www.al-anon-ireland.org](http://www.al-anon-ireland.org)

### **Alcoholics Anonymous** (Over 18's Only)

(01) 842 0700  
[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

### **Gamblers Anonymous** (Over 18's Only)

(01) 872 1133  
[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)

### **HSE Drug & Alcohol Helpline**

1800 459 459  
[www.drugs.ie](http://www.drugs.ie)

### **Narcotics Anonymous** (Over 18s)

086 862 9308  
[www.na-ireland.org](http://www.na-ireland.org)

### **National Family Support Network**

(01) 898 0148  
[info@fsn.ie](mailto:info@fsn.ie)



**Compiled by Cavan Drug and Alcohol Forum, 2021**

Every effort has been made to ensure that the information in this directory is correct at the time of going to print, however contact details and services will change over time.