



ATHY CFRC COMMUNITY SERVICE DIRECTORY COVID-19



HSE	1850 24 1850 - Website here - Covid10 Public Information booklet - Corona virus explanation for children - For more resources for children, click here (including children with autism, intellectual disabilities and children in care) - Minding your mental health during the Coronavirus outbreak	This dedicated helpline is for if you or someone you know may have symptoms of Coronavirus or have been in contact with someone who has
Covid-19 Pandemic Unemployment Payment	Apply Online here Print Application: Pandemic Unemployment Payment form	For more information, go to Citizens Information website here
Government information	Gov.ie website link	On this page you can view the latest information on how Ireland is responding to cases of COVID-19. The latest information, advice and guidelines will be published here and updated daily.
Kildare Covid-19 Response Forum	Public information page click here Freephone: 1800300174 E-mail: covidsupport@kildarecoco.ie	A dedicated community support helpline has been established to assist vulnerable members of the public. Kildare Covid-19 Community response forum is open from 8am-8pm 7 days a week.
Kildare Public Participation Network Resource List	Available here	A comprehensive list of available resources & supports.

Athy Local Services:

Athy Community Family Resource Centre Our Facebook page is updated regularly. You can also contact us on it Website: www.athycfrc.ie	Victoria: 0858059464 Brenda: 0872438951 Sarah: 0858059466 or sarah@athycfrc.ie (Centre Manager)	For family support, advice and information. Available 9am -5pm Monday to Friday. If we can't answer the phone, please leave a voicemail and we will get back to you as soon as possible.
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<p>Athy Garda Station</p>	<p>0598634210</p> <p>An Garda Siochana website here</p>	<p>For non-emergency or general enquiries, you can contact your local Garda Station by telephone and email.</p>
<p>Athy Health Centre</p>	<p>Telephone: 0598633500 Fax: 059 863 3501</p>	<p>Woodstock Street, Athy, Co. Kildare Opening Hours: Mon - Fri 9.00-1.00pm & 2.00-5.00pm</p>
<p>Helping Hands Athy</p>	<p>0877587910</p> <p>Facebook: 'Helping Hands Athy' public group.</p>	<p>The community and local businesses of Athy and surrounding areas are organizing that the elderly and most vulnerable to the COVID-19 Virus has a hot meal every day, free of charge . If there's anyone that needs dinner dropped off to them, or any collection they might need from Athy Town, please phone Helping Hands, if possible provide your Eircode.</p>
<p>Athy Urbact Volunteering</p>	<p>0868470232</p>	<p>Can be contacted for collection of shopping, prescriptions, etc</p>
<p>The Eating place Athy</p>	<p>Call Alan 0852703316</p>	<p>Operating food supplies to anyone who may need help and they deliver.</p>
<p>Athy St Vincent De Paul</p>	<p>Contact: Ber McEvoy 087 2869116</p>	<p>Covering Athy, offering community supports</p>
<p>Athy GAA</p>	<p>Contact Marty McEvoy 087 9373025</p>	<p>Offering community supports, including befriending</p>
<p>Athy Lions Club</p>	<p>Contact Mary Feely 087 7527826</p>	<p>Offering community supports including befriending</p>
<p>Athy Tidy Towns</p>	<p>Contact Ger Kelly 085 2280077</p>	<p>Offering community supports including befriending</p>
<p>Community Spirit Volunteers</p>	<p>Contact Edwina Curtis 087 7587910</p>	<p>Offering Meals to those vulnerable or in isolation</p>
<p>Kilberry Text Alert</p>	<p>Contact 0872445618</p>	<p>Covering Kilberry. Picking up groceries, Meds, etc and can be added to a meals on wheels list that's in Athy everyday</p>



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Castledermot Local Services:

Horan's Centra	0599162780	<p>Castledermot Community have come together to help anyone who may need help during Covid-19 isolation.</p> <p>If you can't leave your home due to self-isolation or are high risk or vulnerable, you can order from the previous shops, pay for your items over the phone and a community member will deliver direct to your home and leave your shopping at your door to minimise contact.</p>
Raths Londis	0599144103	
Behan's	0599144141	
O' Gorman's Butchers	0599144201	
Stacks Pharmacy	059914446	

Helplines & Online Supports:

Domestic Violence:		
Teach Tearmainn	045527584 or email admin@teactearmainn.ie	Teach Tearmainn domestic abuse support service and women's refuge for Kildare & West Wicklow. Providing online support to women experiencing domestic abuse amid coronavirus isolation.
Women's Aid	1800 341 900 or helpline@womensaid.ie	24-hour support for women living with abusive partners. If you have concerns about your immediate safety please contact the garda on 999 or 112.
Department of Justice & Equality	https://www.stillhere.ie/	Public Awareness Campaign on domestic abuse during the Covid-19 Pandemic



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Mental Health:		
Samaritans	116123 Or Email jo@samaritans.ie	If you are worried or finding it difficult to cope, this helpline is free and open day and night.
Pieta House	Freephone 1800 247 247 (any time, day or night) Text HELP to 51444 (standard message rates apply)	Free 24/7 professional helpline for people at risk of suicide & self-harm, and those bereaved by suicide. Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm
Aware	1800 80 48 48 supportmail@aware.ie	Support Line if you are concerned about your mood or the mood of a loved one (7 days a week, 10am-10pm) Support Mail if you are concerned about your mood or the mood of a loved one (contact anytime and expect a response within 24 hours)
Online Counselling & Supports:		
Turn2Me	www.turn2me.org	Free online counselling and online support groups for people over 18
MyMind	www.mymind.org or email: hq@mymind.org	Online counselling service
Shine	www.shine.ie or email phil@shine.ie	Support for people with mental ill health. Shine also are currently providing remote support and an outreach service to people who use Shine services by phone and email.



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Bodywhys	www.bodywhys.ie or email alex@bodywhys.ie	Support for people who are affected by eating disorders including for friends and families. Online support groups are continuing as normal.
Phone, Email & Text Supports:		
Crisis Text Line Ireland	Text TALK to 086 1800 280 (any time day or night, standard SMS rates may apply)	A confidential messaging support service
LGBT Ireland	LGBT Helpline 1890 929 539 (every day) Gender Identity Family Support Line 01 907 3707 Email info@lgbt.ie for support or information while face to face services are closed	Online support and through the helpline for LGBT+ people across Ireland An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun
Mental Health Ireland	Information line 01 284 1166 (from 9am to 5pm Monday to Friday) Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie for more information	Information and support for people who experience mental health difficulties
GROW Mental Health Recovery	Information line 1890 474 474	Visit www.grow.ie or email info@grow.ie for more information
www.calm.com	www.calm.com	Calm.com is a website that produces meditation products, including guided meditations and Sleep Stories.



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Apps to help you manage your mental health:

Mobile apps to support your mental health. These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

The following apps are available the App Store or on Google Play:

<p>Mindshift (by Anxiety Canada)</p> <ul style="list-style-type: none"> A user-friendly self-help tool based on proven scientific strategies, MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app. 	<p>Clear Fear</p> <ul style="list-style-type: none"> Clear Fear is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change. 	<p>Headspace</p> <ul style="list-style-type: none"> Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other along the way.
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More online supports:

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night).

Minding your mental health during the Coronavirus outbreak:

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Financial Services:

<p>MABS (Monday advice and budgeting service)</p>	<p>0761072000 (Head office) 0761072070 (Carlow Office)</p>	<p>Advice service for money management and debt issues, pm weekdays 9am – 8pm.</p>
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	MABS also have a chat service available on their website from 9am to 8pm.	https://www.mabs.ie/en/
Travel:		
TravelWise	016131733	The Department of Foreign Affairs helpline for people with travel related concerns about Coronavirus
Migrant Rights Centre Ireland	Link to MRCI website here: https://www.mrci.ie/	Migrant Rights Centre Ireland is a national organisation working for justice, empowerment and equality for migrants and their families.
Older People Support:		
ALONE	0818222024 Website: www.alone.ie	Open 8am – 8pm for older people who have concerns or are facing
SeniorLine	1800804591	Free phone service open everyday 10am -10pm, which now supports older people with concerns about Coronavirus.
Children & Young People Support:		
Childline	call 1800 66 66 66 (any time, day or night) or freetext 50101 (from 10am to 4pm every day) Chat online at www.childline.ie (from 10am to 4pm every day)	Both available 24/7. Childline is open every day and is a confidential, non-judgemental service for all children and young people up to the age of 18 in Ireland.



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<p>BeLonG To (Text Support)</p>	<p>Text LGBTI+ to 086 1800 280 to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)</p> <p>Visit www.belongto.org</p>	<p>BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland</p>
<p>Jigsaw</p>	<p>www.jigsawonline.ie</p>	<p>Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Jigsaw also offer an online group chat service.</p>
<p>Kildare Youth Services 12 to 18 years daily workshop</p>	<p>Youth Work Team: Aidan, Lavina, Sharon and Sinead The chats will be on Zoom app. PM for password. 087 9614540 or e-mail Aidan at aidan.farrelly@kys.ie</p>	<p>3pm daily (Mon-Fri) live online workshops/chat for young people aged 12-18 years, hosted by the youth work team in Kildare Town Youth Project.</p> <p>Everyone welcome to join!!!!</p>
<p>Children & Young People Services Committee</p>	<p>Available here</p>	<p>Wellbeing Resources for Children & Young People</p>
<p>Legal Advice:</p>		
<p>FLAC (Free Legal Advice Clinic)</p>	<p>1890350250 or 018745690</p>	<p>If you have a legal query, the free legal advice centres helpline is open Monday – Friday 9:30am – 1pm and 2-5pm</p>
<p>LGBT Support:</p>		
<p>LGBT Ireland</p>	<p>LGBT Helpline Call 1890 929 539</p> <p>Gender Identity Family Support Line Call 01 907 3707</p>	<p>Monday to Thursday: 6:30pm to 10:00pm Fridays: 4:00pm to 10:00pm Saturday and Sunday: 4:00pm to 6:00pm</p> <p>Sundays, 6pm to 9pm Tuesdays, 10am to 12pm</p>



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	Instant messaging support service available here	The service is available 7 days a week, from 6.30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun.
Worker's Rights:		
Worker's Rights Centre	1890747881 (SIPTU helpline)	Opens 8:30am – 5:30pm Monday to Friday, for issues related to work in all sectors.
Housing/ Homelessness		
Threshold	1800454454	If you are a rented and you're worried about the security of your tenure during the pandemic this helpline is open Monday to Friday 9am – 9pm.
Kildare County Council : Housing Section	045980705 http://www.kildare.ie/CountyCouncil/Housing/	Anyone seeking support in respect of homeless and housing services during office hours should contact Kildare County Council. The Housing Department is open Monday - Friday from 9am - 2pm.
Out of hours freephone	1800804307	Out of Hours Information and Advice Service for County Kildare is operated by Peter McVerry Trust on behalf of Kildare County Council. The service offers information and advice to those at risk of or experiencing homelessness in Kildare. Monday – Friday - 5pm - 9pm & Saturday & Sunday - 12 Noon -5pm
Bereavement Support:		
The Irish Hospice Foundation	01 679 3188 Or	More Information Here



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	Email: info@hospicefoundation.ie	
Bereavement in exceptional times	Covid-19 Care and Information	Information on grief in exceptional times by the Irish Hospice Foundation

