



Cork County Council  
**COVID-19**  
COMMUNITY SUPPORT  
PROGRAMME



Our COVID-19 Community Support Programme is here to assist vulnerable members of the community or those living alone;

- Delivery of food, medication, fuel or other household items
- Someone to talk to
- Other practical supports
- Signposting and referral to reliable information and services

## Contact Cork County Council's Community Call

Call: 1800 805 819

Text: (085) 8709010

email: [covidsupport@corkcoco.ie](mailto:covidsupport@corkcoco.ie)

or if calling from outside Ireland for a friend or relative:

+353 21 4285517

## Mental Health Supports

**Samaritans** - 24/7 service on  
116123

**Pieta House** - 24/7 service on  
1800 247 247

**Childline** - 1800 666 666

**Southdoc** - 1850 335 999

**ALONE** - 0818 222 024

**AWARE** - 1800 804 848

**YourMentalHealth** - 1800 111 888  
or e: [yourmentalhealth.ie](http://yourmentalhealth.ie)

**Farm & Rural Stress  
Helpline** - 1800 742 645 -  
6.00pm-10.00pm Daily or e:  
[farmandruralstress@mailp.hse.ie](mailto:farmandruralstress@mailp.hse.ie)

**Jigsaw** - 01 472 7010

Cork County Council's Community Support Forum coordinates a multi-agency response in the delivery of much needed services to vulnerable citizens across County Cork.

Organisations involved include Avondhu Blackwater Partnership, Ballyhoura Development, West Cork Development Partnership, IRD Duhallow, SECAD Partnership, Church Leaders, An Garda Síochána, Health Service Executive, Cork County Fire Services, Red Cross, Local Link Cork, GAA, Alone, Community Welfare Service, TUSLA Child & Family Agency, Cork Volunteer Centre, Irish Farmers Association, Age Friendly Alliance, Citizens Information, An Post, Comhar na nOileán and Udarás na Gaeltachta.



## KEEP WELL

For Support in Keeping Well  
in Your Community

IN YOUR COMMUNITY

Visit [www.corkcoco.ie](http://www.corkcoco.ie)



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Government of Ireland

**Keeping active** is important to help physical and mental health and wellbeing.

**Keeping in contact** with people and addressing isolation as person-to-person connection is important to our wellbeing.

**Switching off** and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.

**Eating well** and nourishing your body and mind can positively impact your physical and mental wellbeing.

**Managing Your Mood** Life is quite difficult and stressful for a lot of us right now and it's important to reach out and get help when you feel everything is getting too much.



## KEEP WELL

IN YOUR COMMUNITY



Comhairle Contae Chorcaí  
Cork County Council



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