

Contact us

Shine Cork Resource Centre

14A Washington Street West, Cork City

Phone 021 422 6064 | **Email** info@shine.ie

Shine Regional Service

Phone 086 852 5755 | **Email** south@shine.ie

Counselling Service

To speak with a counsellor or to make an appointment:

Phone 086 040 1657 | **Email** counsellingcork@shine.ie

Hours Monday to Friday 9am - 5pm

Visit www.shine.ie

Phone Shine Head Office 01 541 3715

Email info@shine.ie

Confidential Counselling Support phil@shine.ie







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 Plain English
 Approved by NALA



Shine
Supporting people affected by mental ill health

Cork



Shine Cork and our services

About this leaflet

This leaflet introduces you to Shine Cork and our services.

Shine Cork provides information and support services for people affected by mental health difficulties. We offer a resource centre, recovery focused individual and group work and counselling. We are based in Cork, but provide services across the south.



Shine Cork Resource Centre



The Shine Resource Centre provides a welcoming and confidential space where people can explore their experiences with mental health.

Can I attend the Shine Resource Centre?

The Shine Resource Centre is open to anyone with lived experience of mental health difficulties. You can contact us directly or be referred by your local community mental health team.

What happens at the centre?

Many different activities take place every week in our resource centre. Examples include:

- Recovery planning and support for individuals and groups
- Recovery training and education courses such as Taking Control, Stress Management, Wellness Recovery Action Plan®, Health and Nutrition
- Groups like art therapy, yoga, personal development
- Drop-in recovery information and support service. This is only available to people engaged in one-to-one or group work in the centre.

Shine Cork Regional Service

Our Cork Regional Service provides information and support services to people with mental health difficulties and their families.

We do this in the local community and services include:

- Support meetings for individuals
- Up-to-date information on local community supports
- Recovery education and training programmes
- Group peer support for people with lived experience
- Group peer support for relatives
- Referral to other Shine services or relevant support groups

Counselling Service



We provide a free and confidential counselling service. Counselling is available to anyone affected by mental health difficulties. This includes both people with lived experience and their families.

Our counsellors are fully qualified and accredited as members of recognised psychotherapy bodies.

You can contact our counsellor directly to make an appointment.