

**YOUTH
THEATRE**

IRELAND

Longford Youth Mental Health and Wellbeing Supports



CRISIS SUPPORT

The advice for anyone experiencing a serious mental health crisis is to visit their GP or contact an out of hours GP service.

If a person is at immediate risk of harm, they should go to their local Accident and Emergency or phone an ambulance by calling 112 or 999.

Disclaimer

This document does not claim to be a comprehensive listing of all relevant services and is based on information publicly available at the time of its creation.

Inclusion in this resource is not an endorsement of any organisation, group or individual listed. Youth Theatre Ireland is not responsible for any interaction or outcome resulting from engagement with any service listed.

Pieta

<https://www.pieta.ie/>

Freephone 1800 247 247

Text help to 51444

Pieta is a suicide prevention service. They offer counselling in centres around Ireland and have a 24/7 crisis helpline for those who are feeling suicidal or are self-harming. The service is open to people of all ages. The organisation also provides support and advice to those who are seeking to support someone who is self-harming or suicidal.

Closest Centre to Longford: **Pieta Midlands:**

Costello Street, Athlone, Co. Westmeath

Phone: 090 642 4111

Samaritans

Freephone 116 123 every day 24 hours a day

Email: jo@samaritans.ie

<http://www.samaritans.ie>

Samaritans is a registered charity established to provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. They provide a 24 hour phone service and an email address you can contact for support.

Child and Adolescent Mental Health Services (CAMHS)

Longford Westmeath CAMHS Community Mental Health Team

Primary Care Campus, Harbour Road,
Mullingar, Co Westmeath

Phone: 044 9337400/37401

Longford Westmeath (16–17 year olds) Community Mental Health Team

Complex, Unit 23B Lough Sheever Business Park,
Robinstown, Mullingar, Co. Westmeath

Phone: 044 9384260

Longford / North Westmeath Community Mental Health Team

Primary Care Campus, Harbour Road,
Mullingar, Co Westmeath

Phone: 044 9337400/37401

CAMHS is a national HSE service that provides assessment and treatment for young people and their families who are experiencing mental health difficulties. While a broad range of services support the mental health of children and adolescents, the term 'CAMHS' is usually applied very specifically to services that provide specialist mental health treatment and care to young people up to 18 years of age through a multidisciplinary team.

Please Note: Access to a CAMHS service is through professional referral e.g. through a GP, social worker or psychologist.

spunout have a very useful article on what to expect if a young person is referred to CAMHS: <https://spunout.ie/mental-health/getting-help/camhs>

To find out about additional national services, Youth Theatre Ireland has created a resource ‘National Supports for Youth Mental Health and Wellbeing’. It can be downloaded at:
<https://www.youththeatre.ie/content/files/YTI-National-Youth-Mental-Health-and-Wellbeing.pdf>

24 Hour National Supports

Text 50808

Text HELLO to 50808

<https://text50808.ie/>

50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained volunteer. It is for anyone who needs to talk, both young people and adults.

They are here to listen to you about any issue you want to talk about. Some of the most common reasons people reach out include anxiety, abuse, alcohol misuse, bullying, depression, drug misuse, grief, loneliness, panic attacks, relationship problems, sadness, self-harm, stress, suicidal thoughts. This service is funded by the HSE.



Childline

Free Phone: 1800 66 66 66

Free Text: 50101

Live message: <https://www.childline.ie/>

Childline is the national 24-hour active listening service for children and young people up to, and including, 18 years of age. It is run by the ISPCC. Children and young people can contact the service at any time, to talk about any issue on their mind. These issues can include sadness or other feelings, friends, home, family, sexuality, relationships, bullying, abuse, education, work and online safety.

Teenline

Phone: 1800 833 634

<https://www.ispcc.ie/teenline/>

The ISPCC also operates Teenline, a national active listening service for children and young people up to the age of 18. The service is free to contact and is confidential, non-directive and non-judgmental. Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

Jigsaw – National Services

Phone: 01 4727010

<https://jigsaw.ie/>

Jigsaw aims to ensure that every young person's mental health is valued and supported. Both online, and through their services around the country, advice and support is made available to young people aged 12–25. They provide families, educators, and those who support young people's mental health, with advice on coping and the skills to be there for young people. Jigsaw is not a crisis service. It is an early intervention, primary care service for young people's mental health. The organisation has 14 local services offering face to face support, as well as sessions by videolink and phone.

Jigsaw Live Chat

Get support if you're aged between 12–25 years-old from trained staff online through 1:1 webchats. Jigsaw Live Chat is open: Monday – Friday 1–5pm
<https://jigsaw.ie/talk-online/live-chat/>

Live Group Chats

Jigsaw live group chats are for young people between 12 and 25, living anywhere in Ireland. These are live discussions online on mental health themes, moderated by a Jigsaw clinician. Each week has a different theme.

<https://jigsaw.ie/talk-online/group-chats/>



Local Supports

Longford Counselling Services

Phone: 043 3347477

Mobile: Text: 087 3953437

<https://www.longfordcounsellingservices.com/>

The mission of Longford Counselling Services (LCS) is to provide a safe comfortable environment for the people of the community of Co. Longford and surrounding counties where they can receive a professional and effective counselling and psychotherapy service. The service is not-for-profit and strives to provide support in an affordable and accessible manner. They aim to improve the mental health of the Longford Community by promoting positive mental health and well-being, educating the community on how to cope with and resolve mental health problems and support the people who need it.

Lus Na Gréine Family Resource Centre

Main Street, Granard

Phone: 043 6660977

Email: info@lngfrc.ie

<https://lusnagreinefrc.ie/>

Lus na Gréine FRC, Granard works in partnership with the North Longford community to provide

concrete, practical and emotional social supports and services across the life-course. The work of the FRC helps to build and sustain a resilient and strong community. Services include counselling and wellbeing programmes. The FRC also has a youth club and other activities for young people.

Bridgeways Family Resource Centre

Dean Egan Library, Main St, Ballymahon

Phone: 090 6432691 / 085 8665336

Email: admin@bridgewaysfrc.com

<https://bridgewaysfrc.com/>

[https://www.facebook.com/](https://www.facebook.com/BridgewaysFamilyResourceCentre/)

[BridgewaysFamilyResourceCentre/](https://www.facebook.com/BridgewaysFamilyResourceCentre/)

Bridgeways FRC works in conjunction with local agencies and the community to provide a range of different activities that meet the needs of their community. Bridgeways FRC works on the ground supporting the community in practical and reliable ways. Supports and services include adolescent therapy and youth groups.



Other Counselling and Psychotherapy

For those with the means to access private counselling, a good place to source a practitioner is the website of the Irish Association for Counselling and Psychotherapy: <https://iacp.ie/>

The site includes a ‘Find A Therapist’ section where you can search by location. The listing for each practitioner includes their specialist areas which can include teenage counselling.

County Longford Youth Service

Templemichael, N39 RH22

Phone: 043 3345555

Email: mwall@lcrl.ie or enquiries@lcrl.ie

<https://lcrl.ie/youth-service/>

[https://www.facebook.com/](https://www.facebook.com/CountyLongfordYouthService/)

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County Longford Youth Service (CLYS) was set up in 2005 under the social inclusion auspices of Longford Community Resources CLG (LCRL) and is affiliated to Youth Work Ireland. CLYS uses a range of youth work methodologies which include one to one, detached, outreach, centre-based, youth groups and issue based provision. Groups and programmes operate in a number of locations in the county including Edgeworthstown, Longford Town, Ballymahon, Lanesboro and Granard.

Foróige — Longford

Main Office: Earl Street, Longford

Contact: Cyril Reilly

Phone: 086 0144832

Email: cyril.reilly@foroige.ie

<https://www.facebook.com/Longfordforoige/>

Foróige is one of Ireland's leading youth work organisations whose purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society. The organisation works directly with young people through clubs and youth work programmes.

County Longford Foróige is made up of Ballinalee Foróige Club, Ballycloghan Foróige Club, Ballymahon Foróige Club, Granard Foróige Club, Longford Autism Spectrum Foróige Club, The Attic House Teen Project including seven Foróige youth clubs. For contact details for individual clubs and projects, visit the Foróige map:

<https://www.foroige.ie/foroige-map>

The Attic House

Majorswell, Ballinalee Rd, Longford

Phone: 043 3336183

Email: info@attichouse.ie /

attichouse.bookinginfo@gmail.com

<http://attichouse.ie/>

[https://www.facebook.com/](https://www.facebook.com/attichouselongford/)

[attichouselongford/](https://www.facebook.com/attichouselongford/)

The Attic House is a purpose-built youth centre which encapsulates the needs of young people aged 10–18 years of age through the various programs, activities and events that are organised by dedicated, trained and committed volunteers on a daily basis. A range of supports for young people include mental wellbeing programmes.

WYLD LGBT+ Youth Group

Contact: Mark

Phone/Text: 086 8536438

WYLD is a group for young people, run by County Longford Youth Service, who identify as LGBT and their friends to gather in a safe and supportive environment to have fun, chat, meet new people and take part in various activities. The group is open to all young people aged 13+ If you are interested in finding out more about this group, use the contact details above.

Longford Autism Spectrum Foróige Club

c/o Attic House, Majorswell, Ballinalee Road, Longford

Phone: 043 3336183

Email: info@attichouse.ie /

attichouse.bookinginfo@gmail.com

<http://attichouse.ie/>

[https://www.facebook.com/](https://www.facebook.com/attichouselongford/)

[attichouselongford/](https://www.facebook.com/attichouselongford/)

Longford Autism Foróige Club was established in November 2016 with the principal aim of giving young people on the Autism spectrum a place to meet and socialise in a fun, safe environment.

MWB Autism Support

Phone: 087 9877342

Email: info@mwbautism.ie

<http://mwbautism.ie/>

[https://www.facebook.com/](https://www.facebook.com/longfordautismgroup)

[longfordautismgroup](https://www.facebook.com/longfordautismgroup)

MWB (Midlands West Border) Autism Support is a parent-run support group for families with children diagnosed with an Autism Spectrum Disorder. Included are families living in Longford, Leitrim, Roscommon and Sligo. Children and young in the group range in age from 3 to 21. They offer emotional support and understanding, a forum to ask questions and get ideas from each other. They also provide social outings to promote integration and improve social skills. Training days and fundraising events are also organised. Through their endeavours, they aim to promote awareness, understanding and acceptance.

Rainbows Ireland

<https://www.rainbowsireland.ie/>

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement, parental separation or divorce.

Lus na Greine Family Resource Centre

Main Street, Granard, Co. Longford

Phone: 043 6660977

Connecting for Life – Longford Westmeath

<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/preventionstrategy/connecting-for-life-local-areas/connectmidlands.html>

Connecting for Life is Ireland's national strategy to reduce suicide. It sets out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

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**Youth Theatre Ireland
7 North Great George's Street,
Dublin 1**

Telephone: ☎ 353 1 878 1301

Email: info@youththeatre.ie

Web: www.youththeatre.ie