

**YOUTH  
THEATRE**

**IRELAND**

# **Offaly Youth Mental Health and Wellbeing Supports**



## **CRISIS SUPPORT**

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**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.

### Pieta Midlands:

Seán Costello Street, Athlone, Co. Westmeath

Phone: 090 6424111

## Samaritans

Freephone 116 123 every day 24 hours a day

Email: [jo@samaritans.ie](mailto: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)

Offaly Community Mental Health Team

Offaly CAMHS, Primary Care Centre,  
Church Avenue, Tullamore

Phone: 057 9319400

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>

## 24 Hour National Supports

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### 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.

**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>

### 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.



## Local Supports

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### Jigsaw — Laois/Offaly

Cormac Street, Tullamore

Phone: 057 9352871

Email: [reception.offaly@jigsaw.ie](mailto:reception.offaly@jigsaw.ie)

<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.

### Youth Work Ireland Midlands — Here 4 U Teen Counselling

Phone: 086 3294763 in confidence

Here4U is a freely available listening, advice and referral service for teenagers (12—19) who, while not in immediate crisis, feel that they would benefit from a listening ear, or would like to learn more about who might best provide them with specialised assistance to address their concerns.

## **Family Resource Centres – Offaly**

Family Resource Centres (FRC) are located within a community-based model of family support. A central feature of the FRC programme is the involvement of local people in identifying needs and developing needs-led responses. FRCs are participative and empowering organisations that support families while building the capacity and leadership of local communities. FRCs provide a range of universal and targeted services and development opportunities that address the needs of families, young people, children and other individuals in their locality.

Many FRCs have supports for young people including low-cost counselling, wellness programmes, youth groups and activities.

### **Clara Family Resource Centre**

The Parochial Hall, River Street, Clara

Phone: 057 9331928

Email: [clarafrc@eircom.net](mailto:clarafrc@eircom.net)

[https://m.facebook.com/Clara-Community-and-Family-Resource-Centre-229903085647176/?\\_rdr](https://m.facebook.com/Clara-Community-and-Family-Resource-Centre-229903085647176/?_rdr)

<http://www.claraoffaly.ie/index.php/clara-family-resource-centre.html>

## **Arden View Community and Family Resource Centre**

Arden View, Puttaghan, Tullamore

Phone: 057 9320598

Email: [avfamilyresource@eircom.net](mailto:avfamilyresource@eircom.net)

## 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.**



## Youth Work Ireland – Midlands

Offaly Coordinator: Ann Sheeran

Phone: 086 7955357

Email: [asheeran@youthworkmidlands.org](mailto:asheeran@youthworkmidlands.org)

**Regional Office:** 17–18 Inis Óir, Golden Island,  
Athlone, Co Westmeath

Phone: 090 6477075

Email: [info@youthworkmidlands.org](mailto:info@youthworkmidlands.org)

Youth Work Ireland Midlands, in partnership with young people and their communities, aims to develop, coordinate and promote a comprehensive response to youth needs throughout Westmeath, Roscommon and Offaly. Young people can avail of a range of activities and opportunities including youth clubs, youth programmes, youth information and UBU projects.

## Foróige – Offaly

Contact: Brid Canny Regional Youth Officer

Phone: 086 2043599

Email: [brid.canny@foroige.ie](mailto:brid.canny@foroige.ie)

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

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.

Clubs and projects operate in a number of areas in Offaly. For more details, visit the Foróige map: <https://www.foroige.ie/foroige-map>

## St. Mary’s Youth and Community Centre

Harbour Street, Tullamore

Phone: 057 9322963

Email: [stmyc@stmarysyouthcentre.ie](mailto:stmyc@stmarysyouthcentre.ie)

<http://stmarysyouthcentre.ie/>

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

St. Mary’s Youth and Community Centre is a local voluntary organisation that provides a full-time youth programme in the Tullamore area. Services and supports include a youth cafe, youth clubs and youth exchanges.

## **Offaly Traveller Movement**

Harbour Street, Tullamore

Phone: 057 9352438

Email: [info@otm.ie](mailto:info@otm.ie)

<https://otm.ie/>

Offaly Traveller Movement youth project provides young Travellers with informal, social and educational support, and a platform for youth development. OTM youth aims to respond to the needs of young Travellers through the imperative provision of culturally appropriate social outlets, and a safe space, for those from the ages of 10 and over. Counselling services and mental health programmes are also offered.

## **Offaly Minding Our Mental Health**

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

OMOMH is a community driven initiative launched in 2011. It is developed and delivered in collaboration with community, voluntary, statutory & non statutory agencies, all working to promote positive mental health in Offaly. Initiatives include Offaly Mental Health Talk Week and partnerships with other local organisations including Offaly Local Development Company.

## **Offaly Local Development Company**

Millennium House, Main St, Tullamore

Phone: 057 9352467

Email: [info@offalyldc.ie](mailto:info@offalyldc.ie)

<https://offalyldc.ie/home>

Offaly Local Development Company (OLDC) is a partnership of agencies and groups representing the community, statutory and private sectors. It is funded by a number of government departments and agencies to deliver a variety of programmes and supports to individuals, communities and businesses in Co. Offaly. Programmes and supports are available to people of all ages including young people.

## **Support for LGBTI+ Young People**

Phone: 087 1457372/086 7955357

Email: [asheeran@youthworkmidlands.org](mailto:asheeran@youthworkmidlands.org)

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

Tullamore Youth Project, a Youth Work Ireland Midlands initiative, holds events and meet-ups for young people who identify as LGBTI+ and their friends.

## **Laois Offaly Families for Autism**

Email: [info@loffa.ie](mailto:info@loffa.ie)

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

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

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

Laois Offaly Families for Autism is a local support group by parents for parents and families of children and adults with Autism Spectrum Disorder (ASD).

## **Rainbows Ireland**

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

St. Mary's Youth and Community Centre,  
2 Harbour St, Tullamore, Co. Offaly  
Phone: 057 9322963

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

## **Barnardos – Offaly**

### **Barnardos Centre**

Edenderry Business Park, St Mary's Road,  
Edenderry

Phone: 046 9732463

Email: [info@edenderry.barnardos.ie](mailto:info@edenderry.barnardos.ie)

## **Barnardos Family Support Project (FRC)**

Arden View, Puttaghan, Tullamore

Phone: 057 9326803

Email: [info@tullamore.barnardos.ie](mailto:info@tullamore.barnardos.ie)

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

Barnardos mission is to deliver services and work with families, communities, and partners to transform the lives of vulnerable children who are affected by adverse childhood experiences. The organisation offers a wide range of supports and programmes to children and young people aged 0–18, through services and projects throughout the country.

## **Connecting For Life – Laois, Offaly, Longford, Westmeath, Louth & Meath**

[https://www.hse.ie/eng/services/  
list/4/mental-health-services/nosp/  
preventionstrategy/connecting-for-life-local-  
areas/connectmidlands.html](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. A Local Action Plan has been developed for the Midlands including Offaly.

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**Web: [www.youththeatre.ie](http://www.youththeatre.ie)**