

**YOUTH
THEATRE**

IRELAND

Roscommon 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.

Pieta West:

Bishop St, Townparks (4th Division)

Tuam Co Galway

Phone: 093 25586

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)

Roscommon / East Galway Community Mental Health Team

Child and Family Guidance, Castlecourt House,
Castle Street, Roscommon

Phone: 090 6630350 / 090 6665290

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

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

Jigsaw — Roscommon

Primary Care Centre, Golf Links Road,
Roscommon Town

Phone: 090 6643010

Email: roscommon@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.

Helplink

Phone: 0818 99 88 80

Email: helplinksupport@helplink.ie

<https://helplink.ie/>

Helplink Mental Health's mission is to provide accessible, free or low cost mental health services; locally, nationally and internationally, 7 days a week and out-of-hours. Their services are for all ages including young people. The three types of mental health services that Helplink provides are: Counselling, Information Provision and Education. In Galway and Mayo they provide face-to-face the above suite of counselling services and also Play or Art Therapy. A face-to-face service will soon be available in Roscommon.



Vita House Family Centre

Abbey St, Ballypheasan, Roscommon

Phone: 090 6625898

Email: info@vitahouse.org

<http://vitahouse.org/>

Vita House Family Centre was established in 1993. The aim is to provide a welcoming place that contributes to the dignity of every person, where families and individuals are encouraged and supported to develop their true potential. They have a low-cost, subsidised counselling service for young people and can help with a range of issues including stress, anxiety, body image, alcohol, drug use, bullying etc.

Family Resource Centres — Roscommon

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.

Roscommon has a number of Family Resource Centres across the county.

Boyle FRC

Knocknashee, Boyle

Phone: 071 9663000

Email: info@boylefrc.ie

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

Castlereagh FRC

Trinity Arts Centre, Church Road, Castlereagh

Phone: 086 4615537

Email: castlereacfrc@gmail.com

<https://www.facebook.com/Castlereagh-Community-and-Family-Resource-Centre-815976131919992/>

Ballaghaderreen FRC

New Street, Ballaghaderreen

Phone: 094 9860767

Email: lindadevine@ridc.ie

<https://www.facebook.com/Ballaghaderreen-Family-Resource-Centre-319308348648265/>



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.

West Be Well

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

West Be Well is a website offering information on voluntary, statutory and community groups involved in wellbeing, mental health promotion and suicide prevention initiatives in Galway, Mayo and Roscommon. The site contains a range of mental health resources and details of relevant events. It includes a section on support for young people.

Supportme.ie

<http://www.supportme.ie/>

The SupportMe website provides a simple directory of services in Galway and Roscommon including mental health and wellbeing supports and services for children and young people.

Foróige – Roscommon Youth Services

The Quad Youth Centre

Circular Road, Roscommon Town
and various locations

Phone: 086 0105547

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

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

<https://www.facebook.com/The-QUAD->

[Youth-Centre-136184899728216/](https://www.facebook.com/Foroige-136184899728216/)

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.

The Quad Youth Centre is a Foróige Youth and Family Support Project in Roscommon Town. It is a community based facility where much valuable work is undertaken through volunteer-led clubs and staff-led programmes. The Project Workers in The Quad Youth Centre provide Individual Support, Family Support and Educational Programmes including Drug and Alcohol Awareness, Teenage Health Initiative, Leadership Skills and much more.

Other Foróige Clubs and Projects

Contact: Bernie McHugh

Phone: 086 9672921

Email: Bernie.McHugh@foroige.ie

Foróige has youth clubs and projects across Roscommon. For more information, view their interactive map:

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

Youth Work Ireland — Midlands

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

Phone: 090 6477075

Email: info@youthworkmidlands.org

<https://www.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 and youth information.

Indigo LGBT+ & Allies

The Quad Youth Centre, Circular Road,
Roscommon Town

Contact: Helen

Phone: 086 1437606

This is a Youth Group for LGBT+ people and allies aged 13–18. The aim of the group is to allow LGBT+ young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. If you would like to express an interest in joining the group, use the contact details above.

Boyle LGBT+ & Allies

Family Resource Centre, Military Road, Boyle

Contact: Helen

Phone: 086 1437606

This is a Youth Group for LGBT+ people and allies aged 13–18. The aim of the group is to allow LGBT+ young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. If you would like to express an interest in joining the group, use the contact details above.

Ballaghaderreen LGBT+ & Allies

The Phoenix, Cathedral Street,
Ballaghaderreen, Co Roscommon

Contact: Helen

Phone: 086 1437606

This is a Youth Group for LGBT+ people and allies aged 13–18. The aim of the group is to allow LGBT+ young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. If you would like to express an interest in joining the group, use the contact details above.

MWB Autism Support

Phone: 087 9877342

Email: info@mwbautism.ie

<http://mwbautism.ie/>

<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 people 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.

Vita House Family Centre

Abbey Street, Ballypheasan, Roscommon Town,
Co. Roscommon

Contact: Sarah Brennan

Phone: 090 6625898

Boyle Family Life Centre

Military Road, Knocknashee, Boyle,
Co. Roscommon

Phone: 071 9663000

Connecting for Life – Galway, Mayo and Roscommon

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectgalwaymayoroscommon.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 counties Galway, Mayo and Roscommon.

**YOUTH
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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