

**YOUTH  
THEATRE**

**IRELAND**

# Sligo 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 Sligo:

Northside Resource Centre, Forthill, Sligo

Phone: 074 9126594

## 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)

Sligo (excluding east Sligo Community Mental Health Team)

Nazareth House, Church Hill, Sligo

Phone: 071 9113960

### Leitrim, east Sligo and west Cavan Community Mental Health Team

Nazareth House, Church Hill, Sligo

Phone: 071 9113960

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.

### **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.

### 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/>

**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>



## Local Supports

---

### St Michael's Family Centre

Church Hill, Sligo

Phone: 071 9170329 / 087 3902661

Email: [centrestmichaels@gmail.com](mailto:centrestmichaels@gmail.com)

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

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

St. Michael's Counselling service is supported by Túsla and provides help for children, families, couples and individuals. Counsellors are fully qualified and professionally accredited. The service is donation based.

### Family Resource Centres – Sligo

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. Sligo has a number of Family Resource Centres across the county:

#### West Sligo Family Resource Centre

Unit 1, Castlepark House, Pier Road, Enniscrone

Phone: 096 37444

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

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

#### Ballymote Family Resource Centre

Cnr Wolfe Tone Street & Keash Road, Ballymote

Phone: 071 9197818

Email: [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)

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

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

#### Sligo Family Resource Centre

49 The Mall, Sligo

Phone: 071 9146315

Email: [sligofrc@gmail.com](mailto:sligofrc@gmail.com)

<https://sligofamilyresourcecentre.org/>

#### Tubbercurry Family Resource Centre

Mountain Road, Tubbercurry

Phone: 071 9186926

Email: [info@tubbercurryfrc.com](mailto:info@tubbercurryfrc.com)

<https://tubbercurryfrc.com/>





## **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 North Connaught

Rockwood Parade, Sligo

Phone: 071 9144150 / 9147468

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

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

Affiliated to Youth Work Ireland, YWINC is a regional youth service provider covering Sligo, Leitrim and Mayo. It aims to support the development of young people, to enable them to take greater control of their own lives by making decisions, exercising responsibility and contributing to the development of both their community and their society. The organisation provides a wide range of services for young people in the Sligo area including youth information, youth clubs and projects.

## Youth Work Ireland – Our Generation

Contact: Tracey McArdle, Our Generation

Coordinator

Phone: 086 0675334

Email: [tmcardle@youthworkireland.ie](mailto:tmcardle@youthworkireland.ie)

<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>

Our Generation(OG) is an EU- funded cross-border, cross-community partnership project

which is being delivered through seven regional organisations, namely Action Mental Health, Donegal Youth Service, Co-Operation Ireland, Youth Action NI, Youth Work Ireland, PlayBoard NI and Ulster University.

The Youth Work Ireland OG team provide opportunities for young people in the region to develop their knowledge around issues such as emotional well-being, sexual health, and leadership through the Be Well Programme, YES Project, and, a pilot project, The Youth Fund. Delivery is taking place across the border counties of Cavan, Monaghan, Sligo, Leitrim, and Donegal.

## Foróige

### CRIB Youth & Family Support Project, Sligo

1 Rockwood Parade, Abbeyquarter North, Sligo

Phone: 071 9146526

Email: [crib@foroige.ie](mailto:crib@foroige.ie)

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

The C.R.I.B. provides a range of personal development, education and recreational programmes for young people and parents/guardians. It is open to young people aged 10–18 years. The project works with young people individually or as part of a group.

### Other Foróige Clubs and Projects

Contact: Shane McManus

Phone: 086 7013182

Email: [shane.mcmanus@foroige.ie](mailto:shane.mcmanus@foroige.ie)

Foróige has youth clubs and projects across Sligo.

For more information, view their interactive map:

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

### SMILY LGBT

Rockwood Parade, Sligo Town

Phone: 089 4820330

Email: [smilyyouthlgbt@gmail.com](mailto:smilyyouthlgbt@gmail.com)

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

SMILY LGBTI+ Youth Project provides a safe, fun and supportive environment where young LGBTI+ young people can be who they are or want to be and socialise with like-minded people in an accepting space, in both Sligo and Leitrim. SMILY LGBTI+ runs a youth group for teens that may be lesbian, gay, bisexual, transgender or questioning their sexual or gender identity and who are aged 14–23 years old. For up to date information, use the contact details above.

### The Avalon Centre

Chapel Street, Sligo

Phone: 071 9161836

Email: [manager@theavaloncentre.ie](mailto:manager@theavaloncentre.ie)

<https://theavaloncentre.ie/>

The Avalon Centre is a vibrant charity organisation in the heart of Sligo town. The organisation provides a diverse range of programmes and services to meet the needs of the local and wider community both young and old. Projects/programmes include programmes for children and young people with special needs and integrated youth clubs.

### ThisAbility

Email: [thisabilitysligo@gmail.com](mailto:thisabilitysligo@gmail.com)

A support group for parents and families with members with a range of additional needs. It is open for children, siblings, parents and any family member.

### MWB Autism Support

Phone: 087 9877342

Email: [info@mwbautism.ie](mailto: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.

### **St. Michael's Family Life Centre**

Church Hill, Sligo Town, Co. Sligo

Phone: 071 9170329

### **Tubbercurry Family & Childcare Resource Centre**

Tubbercurry, Co Sligo

Phone: 071 9186926

### **West Sligo FRC**

Co Sligo

Phone: 096 37444

### **Diversity Sligo**

Globe House, Chapel Hill, Sligo

Phone: 086 2325951

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

<https://diversitysligo.ie/>

Diversity Sligo helps asylum seekers and refugees adapt to their new surroundings in Sligo. They provide advice and support to families and children.

### **Connecting for Life – Sligo Leitrim**

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/>

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 Sligo Leitrim.

**YOUTH  
THEATRE**  
  
**IRELAND**

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

**Telephone: ☎ 353 1 878 1301**

**Email: [info@youththeatre.ie](mailto:info@youththeatre.ie)**

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