

**YOUTH
THEATRE**

IRELAND

Tipperary 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 Roscrea:

Roscrea Primary Care Centre, Cre House,
Grange Roscrea

Phone: 0818 111 126

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)

North Tipperary Team Community Mental Health Team

Tyone Health Centre, Nenagh

Phone: 067 46455

South Tipperary CAMHS Team 2

Coleville House, Coleville Road Clonmel

Phone: 052 6189204

South Tipperary CAMHS Team 1

Glenconnor Road, Clonmel

Phone: 052 6177436

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 — Tipperary

G2, Innovation Works 3,
Tipperary Technology Park, Thurles
Phone: 0504 60023
Email: tipperary@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.

Roscrea Youth Counselling Service

Phone: 087 9529041
Email: mgrace@ntdc.ie

An initiative of Roscrea Youth Services, Roscrea Youth Counselling Service offers one-to-one counselling for young people aged 10–17 years. The service also offers group facilitation in creative mindfulness as an early intervention piece.

Family Resource Centres — Tipperary

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.



Tipperary has a number of Family Resource Centres across the county:

Millennium FRC

Glengoole, New Birmingham, Thurles

Phone: 052 9157992

Email: accounts@mfrc.ie

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

<https://www.facebook.com/Millennium-Family-Resource-Centre-121936837906939/>

Spafield FRC

Old Road, Cashel

Phone: 062 63622

Email: reception@spafieldfrc.ie

<https://www.facebook.com/Spafield-Family-Resource-Centre-1362865523747140/>

Three Drives FRC

22/23 Greenane Drive, Tipperary Town

Phone: 062 80831

Email: info@threedrivesfrc.org

<https://threedrivesfrc.org/>

<https://www.facebook.com/Three-Drives-Family-Resource-Centre-768291659983661/>

Silver Arch FRC

52 Silver Street, Nenagh

Phone: 067 31800

Email: info@silverarchfrc.ie

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

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



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 Tipperary

Main Office: Croke St., Thurles

Phone: 0504 23426

Email: info@youthworktipperary.ie

<https://youthworktipperary.ie/>

Youth Work Ireland Tipperary delivers an integrated youth service across Tipperary and East Limerick, working with young people aged between 8 and 25 years, their families and communities. Services include youth projects, youth clubs, youth information and a peer-led youth mental health programme. The organisation has youth centres in Templemore, Thurles, Tipperary Town, Cashel and Killenaule/Fethard.

Waterford and South Tipperary Community Youth Service

Main Office: Manor Street Youth & Community

Centre, Manor St, Waterford

Phone: 0505 24462

Email: rfoley@ntdc.ie

<https://www.ntdc.ie/programmes/youth-services/>

Roscrea Youth Service offers the community of Roscrea a unique one stop shop for youth supports and services. It is managed by North Tipperary

Development Company and funded through multiple key stakeholders. Among the services on offer are youth clubs and projects, family support and a drop in youth cafe.

Foróige – Tipperary

Contact: Brid Canny

Phone: 086 2043599

Email: brid.canny@foroige.ie

<https://www.facebook.com/Tipperary-Foroige>

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.

OUTstanding Tipperary

Youth Work Ireland Tipperary, Tipperary

Phone: 087 7720222

Email: mcgrath@youthworktipperary.ie

<https://www.facebook.com/Outstanding-lgbt-allies-group-Youth-Work-Ireland-Tipperary-628811410591426/>

OUTstanding LGBT+ Allies group is where like-minded young people can come together in a safe and friendly space once a month. For young people outside Tipperary Town, transport is organised. OUTstanding also meets locally in Templemore on a weekly basis. For up to date information, use the contact details above.

GOSHH – Support for LGBTI+ Young People

Redwood Place, 18 Davis Street, Limerick

Phone: 061 314354

Email: info@goshh.ie

<https://goshh.ie/>

GOSHH works with young people who often identify as LGBTI+ in Limerick, Clare and North Tipperary. They provide one to one support for young people as well as facilitate support groups in relation to gender and orientation. They also offer supports for people of all sexual orientations if they have questions around sexual health. The aim of their work is to help improve mental and social well-being. One-to-one, group, online and phone support are all available.

Autism Awareness Roscrea

Phone: 089 2358524

Email: autismawarenessroscrea@gmail.com

<https://www.facebook.com/Autism-Awareness-Roscrea>

This group aims to create awareness of autism in Roscrea and surrounding areas, to encourage community involvement and promote inclusion.

South Tipperary Autism Support Group

Room No 4, Clonmel Community Resource Centre, Kickham Street, Clonmel

Phone: 052 6129529

Email: info@southtippautism.ie

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

South Tipperary Autism Support Group offers support and advice to families and carers of children and young people on the autism spectrum. It is a parent-led charitable organisation and organises activities and events for children and young people.

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.

Knockanrawley Resource Centre CLG

Knockanrawley, Tipperary Town, Co Tipperary

Phone: 062 52688

Clonmel Community Resource Centre

Kickham Lodge, Kickham Street, Clonmel,
Co. Tipperary

Phone: 052 6129143

Barnardos – Tipperary

Targeted Early Intervention (Early Years)

& Thurles Family Support

Slievenamon Road, Thurles

Phone: 0504 20018

Email: info@thurles.barnardos.ie

Clonmel Family Support Project

140 Elm Park, Clonmel

Phone: 052 6170665

Email: info@clonmel.barnardos.ie

Barnardos Family Welfare Conference Service – South Tipperary / Carlow Kilkenny

140 Elm Park, Clonmel

Phone: 052 6170665

Email: info@southtipp.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. Barnardos has a range of services available to children, young people and families in the Tipperary area including a Family Support Project.

Connecting for Life – Mid West

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/>

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 Limerick, Clare and North Tipperary.

**YOUTH
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IRELAND

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