

**YOUTH
THEATRE**

IRELAND

Waterford 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 South East:

20 Waterside, Waterford City

Phone: 051 858510

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)

Waterford Team CAMHS Community Mental Health Team

University Hospital Waterford, Dunmore Road

Phone: 051 842146

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

Squashy Couch

34 The Mall, Waterford

Phone: 051 859 000

<https://www.facebook.com/Squashy-Couch-193145250812793/>

Squashy Couch is an Adolescent Health & Information project, based in Waterford City. It provides young people aged between 14–19 years with access to health and information services and a youth cafe which provides teenagers with their own space. They also provide a counselling service. All the services that Squashy Couch offers are free of charge. Open to the public Monday to Friday 9–5 for anyone looking to attend any of the services available.

SHIP (Self Harm Intervention Project)

Counselling Co-ordinator, Lismore Park

Primary Care Centre, 223 Lismore Park, Waterford

Phone: 1800 234 118

Free professional counselling for individuals over age 16 with suicidal ideation or the impulse to self harm. It is not a crisis response service. Referral to the service is by written referral by a relevant health professional.

Family Resource Centres – Waterford

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. Waterford has a number of Family Resource Centres:

Brill FRC

The Campus, Ballybeg

Phone: 051 350 100

Email: community@brillfrc.ie

<https://brillfrc.ie/>

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

Sacred Heart FRC

Community Buildings, Richardson's Meadow,
Old Tramore Road

Phone: 051 306728

Email: info@sacredheartfrc.ie

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

St Brigid's FRC

37 Lower Yellow Road, Waterford

Phone: 051 375261

Email: info@stbrigidsfcc.ie

<http://stbrigidsfcc.ie/>

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.

Waterford and South Tipperary Community Youth Service

Main Office: Manor Street Youth & Community
Centre, Manor St, Waterford

Phone: 051 872710

Email: info@wstcys.ie

<https://wstcys.ie>

Affiliated to Youth Work Ireland, WSTCYS exists to cater for the needs of young people and local communities, particularly those experiencing marginalisation, disadvantage and social exclusion.

The organisation aims to enable young people to become free active human beings who take responsibility for their lives and participate fully in the development of their community, environment and society. The organisation provides a range of services and opportunities for young people including youth clubs, groups, community youth projects, programmes and youth information throughout Waterford and South Tipperary.

Foróige – Waterford

Contact: Gail O’Sullivan

Phone: 086 2316302

Email: gail.osullivan@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.

Foróige has a number of youth clubs and projects in Waterford. For more information, view their interactive map:

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

Manor St. John Youth Services

Lisduggan, Waterford City

Phone: 051 372169

Email: info@manorstjohn.ie

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

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

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

Manor St. John Youth Services is a progressive youth service providing educational,

developmental and recreational opportunities and programmes to young people, between the ages of 10 to 25, in the catchment area of Waterford City. They pride themselves in delivering these experiences in a professional, safe and fun environment.

Chill-Out

The Manor Youth Café, Manor Street, Waterford

Phone: 051 309364

Email: chillout@wstcys.ie

ChillOUT youth project works with LGBT+ young people in Waterford City and the Southeast. It provides group support for young people, between 14—21 years, to allow them to safely engage with confidence building, personal development, peer support and making friends. For up to date information, use the contact details above.

GenderBlender

The Manor Youth Café, Manor Street, Waterford

Phone: 086 0218941

Email: chillout@wstcys.ie

GenderBlender youth group works with Transgender young people in Waterford City and the Southeast. It is a small peer support group for young people 14—21 years old who are Transgender or questioning their gender. For up to date information, use the contact details above.

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. Brigid's Family and Community Centre

37 Lower Yellow Rd, Co. Waterford

Phone: 051 375261

Waterford Autism Social & Sports Action

Phone: 086 6637055

Email: contact@wassa.ie

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

WASSA are a volunteer group that organises events and workshops for children with autism.

Barnardos – Waterford

Barnardos Regional Office, South East

130 Clonard Park, Ballybeg

Phone: 051 844140

Barnardos Waterford Student Mothers Group

Phone: 051 844140

Email: info@wsm.barnardos.ie

Barnardos Family Support

128 Clonard Park, Ballybeg

Phone: 051 844140

Email: info@ballybeg.barnardos.ie

Barnardos Centre Dungarvan

Barnardos Family Support Project,
Presentation Community Building,
2nd Floor, Mitchel Street, Dungarvan

Phone: 058 45331

Email: info@dungarvan.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 Waterford area including Family Support Projects.

**YOUTH
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