

**YOUTH
THEATRE**

IRELAND

Wexford 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 Wexford:

14 Francis Street, Wexford

Phone: 053 9122787

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)

Wexford (South) Community Mental Health Team

Slaney House, Newtown Road, Wexford

Phone: 053 9123522

Wexford (North) Community Mental Health Team

Arnold House, Parnell Road, Enniscorthy

Phone: 053 9259860

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: [???????](#)

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

Let's Get Talking

54 Weafer Street, Enniscorthy

Phone: 0818 714001

Email: wexford@letsgettalking.ie

<https://letsgettalking.ie/>

Let's Get Talking is a nonprofit Counselling & Psychotherapy Service providing accessible, professional, non-set fee therapy nationwide. Let's Get Talking's aim is to reduce the barriers to accessing counselling and psychotherapy by providing a non-set fee service ensuring no one is excluded from accessing mental health support due to their financial circumstances. Child and Adolescent counselling are among the services provided. A team of specialist adolescent counsellors provide therapy to young people aged 11 to 18 for difficulties including; low mood, anxiety, bullying, a change in family circumstances.

FDYS Youth Counselling Service

Phone: 087 9351725

Email: mairead.duffy@fdys.ie

FDYS Youth Counselling service provides a space for young people (aged 13–25) to talk about those things which cause them worry or anxiety. It provides a safe comfortable environment within which these issues may be discussed and helps to promote the wellbeing of the young person.

Family Resource Centres – Wexford

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. Wexford has a number of Family Resource Centres.

Taghmon FRC

St Joseph Street, Taghmon

Phone: 053 9134465

Text: 089 2656920

Email: admin@taghmonfrc.ie

<http://taghmonfrc.ie/>

South West Wexford FRC

Ramsgrange Centre, Ramsgrange,
New Ross

Phone: 051 389418

Email: reception@swwfrc.ie

<http://swwfrc.ie/>

Gorey FRC

4 Charlotte Row, Upper Main Street,
Gorey

Phone: 053 9489017

Email: goreyfrc@gmail.com

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

[GoreyFamilyResourceCentre/](#)

South End FRC

Seaview House, Maudlintown

Phone: 053 9126027

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

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

ARC FRC

Raheen, Clonroche, Enniscorthy

Phone: 051 442888

Email: info@raheenfrc.ie

<http://raheenfamilyresourcecentre.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.

Ferns Diocesan Youth Service

Main Office: FDYS, Francis Street, Wexford

Phone: 053 9123262

<https://fdys.ie/>

FDYS provides programmed activities directed at supporting each young person through the challenging times of growing up. It is a developmental approach with the key objectives of ensuring the young person has the skills, confidence and information to make informed choices and decisions as they grow.

Foróige – Wexford

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 youth clubs and projects in Wexford.

For more information, view their interactive map:

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

Youth New Ross

The Bullawn, New Ross

Phone: 051 425415

Email: info@ynr.ie

<https://www.youthnewross.com/youth-project/>

Youth New Ross (YNR) was founded in 1994 by a group of dedicated professionals for the benefit of young people, and their families in New Ross and the surrounding area. In this time YNR has grown and continues to be led by local people working for the community, providing a range of youth and family services in partnership with other services and with the support of volunteers. Their youth project offers a range of activities and supports including mental health programmes and one-to-one support.

Gorey Youth Needs Group

Mary Ward Lane, St. Michael's Road, Gorey

Phone: 053 9422611 / 053 9481704

Email: info@gyng.ie

<https://gyng.ie/wp/>

This youth group was first established in 1995 and has since proven its commitment to supporting young people and their families living in the Gorey area. GYNG works directly with young people, often in collaboration with other agencies. The group helps young people to address their issues and empower them to make small or significant changes that will have a positive impact on their lives. It has a range of initiatives and activities including employment programmes and after schools groups.

OPEN MIX, Gorey

Gorey Youth Needs, Mary Ward Lane,
St Michael's Road, Gorey

Phone: 053 9422611 or 085 8612670

Email: karen.mccann@gyng.ie

OPEN MIX is an LGBTI+ Youth Drop-in Service for people between 13 and 19. They offer two groups – a LGBTI+ members Junior group open to young people from 1st to 3rd year and a senior group

that caters for 4th year to 6th year students.

The group is a safe place for young people to hang out and discuss the LGBT+ community, along with any issues that they might experience in a safe non-judgmental, friendly environment with the support of staff members. It's a place to make new friends, plan and attend events, take part in fun activities or just chill out. For up to date information, use the contact details above.

Wexford LGBT Youth Support

FDYS, Francis Street, Wexford

Phone: 053 9123262

Email: emma.whitty@fdys.ie

Wexford LGBT+ Youth Support is a group for 16–25 year olds. New members are always welcome. There is also a one-to-one support service for LGBTI+ young people available from Monday–Friday by appointment. For up to date information, use the contact details above.

Wexford LGBT Youth Drop-In Services

1 Island Road, Templeshannon, Enniscorthy

Phone: 053 9123262

Email: emma.whitty@fdys.ie

paula.kelly@fdys.ie

This LGBT+ youth drop-in service provides a safe, supportive, non-judgemental and welcoming space for young LGBT+ people and their allies to come and express their authentic selves in a safe and confidential environment. The group is for 14–18 year olds and one-to-one support is also available. For up to date information, use the contact details above.

YNR LGBT+ Group, New Ross

Youth New Ross, Bullawn, Bowling Green,
New Ross

Phone: 089 4397202

Email: catherine@ynr.ie

This group takes place on Wednesday evenings for young people in the LGBTI+ community aged 14–17 years. The group exists to give young people a non-judgmental, friendly, safe, confidential space to meet. It is a place to make new friends, plan/attend events, take part in fun activities, or just chill out. For up to date information, use the contact details above.

Cottage Autism Network

Taghmon, Co. Wexford

Phone: 087 1035355

Email: info@cottageautismnetwork.com

<https://cottageautismnetwork.com/>

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

Cottage Autism Network aims to improve the quality of life of families affected by Autism Spectrum Disorder by providing support, promoting equality and inclusion as well as raising awareness in the community by being a voice for their members. The organisation also provides activities for young people on the Autism spectrum.

Advocates for Autism

Phone: 085 1410024

Email: advocatesforautismwexford@gmail.com

<http://advocatesforautism.ie/>

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

[AdvocatesAutismAFA](#)

Advocates for Autism (AFA) is a local registered charity founded by a group of parents of children with autism spectrum disorder (ASD) and based in County Wexford. They aim to make a difference in the lives of local children by promoting an awareness and understanding of autism. The group also organises workshops and social activities.



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.

Taghmon FRC

Joseph St, Poulmarl, Taghmon, Co. Wexford

Phone: 053 9134465

Raheen Family Resource Centre

Raheen, Enniscorthy, Co. Wexford

Phone: 051 4428888

Family Project Youth

New Ross, Co. Wexford

Phone: 051 425415

Gorey Youth Needs Group CLG

Mary Ward Lane, Gorey, Co. Wexford

Phone: 053 9422611

Barnardos – Wexford

Barnardos Enniscorthy and North Wexford

Family Support Service

Castle Hill, Enniscorthy

Phone: 053 9236342

Email: info@wexford.barnardos.ie

Teen Parent Support Programme

Castle Hill, Enniscorthy

Phone: 053 9236342

Email: teenparent@wexford.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 – Wexford

<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 Wexford.

**YOUTH
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