

**YOUTH
THEATRE**

IRELAND

Wicklow 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.

Closest services to Wicklow:

Pieta Wexford:

14 Francis Street, Wexford

Phone: 053 9122787

Pieta Lucan:

Lucan Road, Dublin

Phone: 01 6010000

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)

Lucena Wicklow – Bray Community Mental Health Team

Lucena Clinic, Sessa House,
Vevay Road, Bray
Phone: ☎1 2866886

Lucena Wicklow – Arklow Community Mental Health Team

Lucena Clinic, Summerhill, Wicklow Town
Phone: ☎4☎4 25591

Lucena Tallaght (West Wicklow) 2 Community Mental Health Team

St. John of God's, Lucena Clinic, Exchange Hall,
Belgard Square North, Tallaght, Dublin 24
Phone: ☎1 4526333

Lucena Tallaght (West Wicklow) 1 Community Mental Health Team

St. John of God's, Lucena Clinic, Exchange Hall,
Belgard Square North, Tallaght, Dublin 24
Phone: ☎1 4526333

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 Wicklow

Unit 2, Aubrey Court, Parnell Road, Bray

Phone: 01 5240796

Email: wicklow@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.

InSync Youth Services – Counselling Service

St. Joseph's Hall, Blessington

Phone: 045 831045 / 083 4445074

Email: keith.silvester@insync.ie

<https://insync.ie/west-wicklow-project/>

InSync Youth Service offers a TUSLA funded counselling service for young people aged 11–25. Professional counsellors and psychologists work alongside other InSync services. Both in-person and online counselling are on offer to support young people with a range of challenges.

Greystones Family Resource Centres

28 Burnaby Court, Greystones

Phone: 01 2557528

Email: administrator@greystonesfrc.ie

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

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

Greystones Family Resource Centre has been supporting children, adults and families in Greystones, Delgany, Kilcoole and Newtown since 2002. Among the services provided are a low cost professional and quality counselling service to members of the wider Greystones community. Play therapy is also available.



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.

Spectrum Mental Health

Bray Clinic

Fitzwilliam Terrace, 11 Strand Rd, Bray

<https://mentalhealth.ie/bray>

Blessington Clinic

McGreals Primary Care Centre,
Blessington Business Park, Blessington

<https://mentalhealth.ie/blessington>

Spectrum Mental Health provides expert-led counselling services with a team of experienced and highly skilled counsellors, psychologists and psychotherapists including those who specialise in child and adolescent counselling

Arklow Springboard

27 Ferrybank, Arklow

Phone: 0402 24828

Email: arklowspringboard@docharity.ie

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

[Arklow-Springboard-Family-Support-Service-196642200351478/](https://www.facebook.com/Arklow-Springboard-Family-Support-Service-196642200351478/)

Since 2002 Arklow Springboard Family Support Service has provided a community based family support service to local families in Arklow Town and surrounding areas.

The Springboard initiative recognises that families

should be supported within their own communities. Services include peer support programmes for young people, groups and activities.

Be Well Bray

Email: bewellbray@gmail.com

www.facebook.com/BeWellBray/

Be Well Bray is a group of young people promoting a practical and positive outlook within youth mental health. Initiatives have included a course on adolescent mental health for parents of teenagers; online interviews; the Be Well seminar and other workshops and campaigns.

East Wicklow Youth Services

The VAULT — Coomie Lane, Arklow

INSPIRE Youth Service, Unit 2, Main St, Rathdrum

Hillview Community Centre, Wicklow Town

Phone: 0402 39646

Email: ewys@crosscare.ie

<https://crosscare.ie/services/crosscare-youth/east-wicklow/>

East Wicklow Youth Service is a regional office of Crosscare and offers services and supports to young people in the Arklow/Rathdrum/Avoca/Aughrim/Rathnew/Wicklow areas. Centres are

located in Arklow, Rathdrum and Wicklow Town. A range of services and programmes are available to young people including one-to-one support, a drop in and information service and programmes related to mental health and wellbeing.

Bray Youth Services

St. Bricin's

Herbert Rd, Bray

The Seomra Youth Centre

Unit 1 Carlisle House, Adelaide Rd, Bray

Newtown Community Centre

Newtownmountkenny

The Community Centre

Kilcoole

Phone: 01 2050502

Email: bys@crosscare.ie

<https://crosscare.ie/services/crosscare-youth/bray/>

Bray Youth Service is a regional office of Crosscare. While based in Bray, it also has centres in Newtownmountkenny and Kilcoole. Programmes and services include information on training, employment, counselling for young people and programmes related to mental health and wellbeing.

InSync – West Wicklow Youth Project

St. Joseph's Hall, Blessington

Phone: 045 831045 / 083 4445074

Email: keith.silvester@insync.ie

<https://insync.ie/west-wicklow-project/>

InSync's mission is to provide a service that supports young people aged 10–24 in West Wicklow and enable them to live a full and active life within their communities and society. They work in Blessington, Dunlavin and Baltinglass as well as the surrounding areas.

The West Wicklow Youth Project provides opportunities for young people to engage with their peers in safe spaces to take part in a range of targeted programmes and develop as people, learn new skills and enjoy new experiences whilst meeting new people.



Foróige Wicklow

Contact Edel McGrath

Phone: 086 2378067

Email: Edel.McGrath@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 Wicklow. For more information, view their interactive map:

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

Arklow LGBT Support Group

Vault Youth Centre, Coomie Lane, Arklow

Phone: 0402 39646

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

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

Arklow LGBT is a peer support group for 12–18 year olds. For up to date information on when and where they meet, use the contact details above.

Bray LGBTQ+ Youth Group

Seomra Youth Centre, 1 Adelaide House,

Adelaide Road, Bray

Phone: 01 2050502

Email: braylgbtyouth@gmail.com

Bray LGBT Youth & Friends is a drop-in space for LGBT+ young people aged 13–17. 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.

Greystones Family Resource Centre

Greystones, Co. Wicklow

Phone: 01 2557528

Email: coordinator@greystonesfrc.ie

Little Bray Family Resource Centre

Ard Chulainn, Upper Dargle Road,

Fassaroe, Bray

Phone: 01 2867644

Wicklow Triple A Alliance

Bray, County Wicklow

Phone: 087 3471596

Email: tripleawicklow@gmail.com

Triple A Alliance host a wide range of events, some for parents and family members and others aimed at children and young people with a condition on the Autistic Spectrum.

Barnardos – Wicklow

Barnardos Family Support Project

4 Dublin Road, Little Bray, Bray

Phone: 01 9058749

Email: tracey.toner@barnardos.ie

Sharon.McCormick@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 – Kildare and West Wicklow

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

Connecting for Life – Dublin South East, Dublin South and Wicklow

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectdublinsouth.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. Local Action Plans have been developed for Wicklow.

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