

**YOUTH  
THEATRE**  
**IRELAND**

# **Carlow Youth Mental Health and Wellbeing Supports**



## **CRISIS SUPPORT**

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**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 Carlow:

**Pieta Wexford:** 14 Francis Street Y35 Y427

Wexford. Phone: (053) 9122787 or

**Pieta South East:** 20 Waterside Waterford City.

Phone: (051) 858510

## 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)

St Dymphna's Hospital, Carlow

Phone: 059 9178033

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

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### 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: The National Centre for Youth Mental Health**

<https://jigsaw.ie/>

Phone: ☎1 4727☎10

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. The services are based in Cork, Donegal, Dublin City, Dublin South West, Dublin 15, Galway, Kerry, Laois/Offaly, Limerick, Meath, North Fingal, Tipperary, Roscommon and Wicklow. For contact details go to: <https://jigsaw.ie/services-in-your-area/>

## **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

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### Carlow Regional Youth Services – Follaine Counselling service

Phone: 085 2780307

<https://carlowrys.com/follaine-counselling-service/>

Carlow Regional Youth Service provides a confidential one to one counselling service for young people from 12–18 years to help them come to terms with problems in their lives. The FOLLAINÉ Youth Counselling Service offers young people support from professionals who help with such issues as communication difficulties, relationship difficulties, problems resulting from marital separation or divorce, anxiety, depression, physical and sexual abuse, alcohol or drug abuse, bereavement, difficulties at home or in school, development issues

### Bagenalstown Family Resource Centre

Phone: 059 9722028

Email: [bagenalstownfrc70@gmail.com](mailto:bagenalstownfrc70@gmail.com)

<https://bagenalstownfamilyresourcecentre.ie/>

<https://www.facebook.com/Bagenalstown-Family-Resource-Centre-224450746223559>

Bagenalstown FRC is a not for profit registered charity that was originally formed in 2001 in response to social problems facing children, young people and parents. The Centre offers a range of supports to families including play therapy and a counselling service for anyone aged 13yrs–18yrs. They are a centre for Meitheal (Tusla's early intervention family support practice model).

### Forward Steps Resource Centre

Chapel Lane, Tullow, Co. Carlow

Phone: 059 9152776

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

<https://forwardstepsfrc.com/about>

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

The main aims of Forward Steps FRC is to enhance, support and facilitate the local community, families, children and individuals through the delivery of family support services and initiatives, education and training opportunities and community development practice. Among the services on offer are counselling and play therapy.





## **Other Counselling and Psychotherapy**

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**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.**

## Carlow Regional Youth Services

Carlow Regional Youth Service, Montgomery House, Athy Road, Carlow

Phone: 059 9130476

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

<https://carlowrys.com/>

Carlow Regional Youth Services (CRYS) is a local voluntary service affiliated to Youth Work Ireland and works with young people aged from 8 to 23 years. The organisation provides a wide range of services and opportunities through **community based** youth work programmes, drop in, specialised services for young people at risk, leadership training, etc. Mental health promotion filters through much of their work. Some of the related services they provide are counselling for young people (see above), a one-to-one Social Personal Development Programme and a FRIENDS Programme which aims to reduce anxiety and promote emotional resilience. They operate in a number of locations in the county. For more information on locations and programmes go to: <https://carlowrys.com/>

## Foróige Carlow

Contact: Jean Finnerty

Phone: 086 7783340

Email: [Jean.finnerty@foroige.ie](mailto:Jean.finnerty@foroige.ie)

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

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<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.

## **MUI LGBTI+ Youth Group – Carlow Regional Youth Services**

The Vault, Burrin Street, Carlow

Phone: 059 9133714

Email: [marcella@carlowys.ie](mailto:marcella@carlowys.ie)

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

[MuiLgbtGroupCrys/](#)

A safe, fun environment for LGBTI+ young people and their friends where they can meet new people, develop social and personal skills and make a difference in their community. Also provides information and advice for parents. MUI is part of the Belong To National Network.

## **Rainbows Ireland**

**Forward Steps Resource Centre CLG,**

Chapel Lane, Tullow, Co. Carlow

Phone: 059 9152776

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

## **Rainbows Carlow**

c/o Askea Parish Centre, Brownshill Road,

Askea, Co Carlow

Phone: 087 6636499

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement, parental separation or divorce.

## **Barnardos Carlow**

24 Askea Lawns, Tullow Road,

Carlow, Co. Carlow

Phone: 059 9132868

Email: [info@carlow.barnardos.ie](mailto:info@carlow.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 can support young people and families with specific challenges such as bereavement, post-adoption and teen parenting support.

## **Carlow Autism Support**

Phone: 085 7404617

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

<https://www.facebook.com/Carlow-Autism-Support-1431876660429730>

Supporting families with Autism in Carlow through support meetings and other initiatives.

## **Connecting For Life – Carlow**

<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 Carlow.

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