

**YOUTH  
THEATRE**

**IRELAND**

# Cavan 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.

### Pieta Cavan:

Tusla Child and Family Agency, Hampton Court,  
Cootehill Road, Drumalee, Co. Cavan.

Phone: 090 6424111

## 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)

Connolly Street Primary Care Centre, Connolly Street, Cavan

Phone: 049 4378920

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 — 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

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### Focus Family Resource Centre

Portaliffe Centre, Main St Killeshandra

Phone: 049 4364065

Email: [info@focusfrc.com](mailto:info@focusfrc.com)

<https://focusfrc.com/>

Focus Family Resource Centre Killeshandra aims to create a positive environment where people are encouraged and supported to build their confidence, to meet their own needs, access their rights, fulfil their own potential and engage equally in society. They provide a professional confidential counselling service that is both accessible and affordable. Counselling is available for children and young people. The centre also has a youth cafe that hosts Killeshandra Youth Club.

### Teach Oscail Family Resource Centre

31 Church Street, Mainstreet, Cavan Town

Phone: 049 4372730

Support Email: [info@teachoscailfrc.ie](mailto:info@teachoscailfrc.ie)

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

The vision of Teach Oscail FRC is that the people of the area will take ownership of their community, therefore, helping themselves and

each other to achieve a better quality of life. The centre adopts an open and welcoming, non-judgemental approach to all in the community and believes that everyone deserves to be heard and that all opinions are respected. Services and programmes include counselling and a youth resilience programme.

### SOSAD – Cavan

24 Hour Helpline: 1800 901 909

Cavan Office and Drop in Centre: 26 Bridge Street, H12 C9P7

Phone: 049 4326339

Email: [Cavan@sosadireland.ie](mailto:Cavan@sosadireland.ie)

<https://sosadireland.ie/>

**Please note the service is available to those aged 16 or over.**

Since 2007, SOSAD has worked to raise awareness and help prevent suicide in Ireland. The organisation offers support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if you simply need to talk. Services include counselling, drop-in support, a messaging service and a 24-Hour helpline.





## 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.

### Youth Work Ireland Cavan Monaghan

#### West Cavan

Belturbet Youth Hub, Holborn hill, Belturbet

Phone: 087 3501287

#### South East Cavan

Adult Education Centre, Virginia Road,

Ballyjamesduff

Phone: 087 7684757

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

<https://www.facebook.com/ywimonaghan1>

This youth service's purpose is to support youth development through an informal education process enabling young people to build better

local communities. They do this by providing a community based response to young people's needs by offering them the opportunity to contribute to and participate in social education, artistic and recreational activities. Services include youth cafes, youth information, targeted programmes and youth clubs in a number of locations in Cavan.

### Youth Work Ireland – Our Generation

Contact: Tracey McArdle, Our Generation Coordinator

Phone: 086 0675334

Email: [tmcardle@youthworkireland.ie](mailto:tmcardle@youthworkireland.ie)

<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>

Our Generation(OG) is an EU– funded cross–border, cross–community partnership project which is being delivered through seven regional organisations, namely Action Mental Health, Donegal Youth Service, Co–Operation Ireland, Youth Action NI, Youth Work Ireland, PlayBoard NI and Ulster University.

The Youth Work Ireland OG team provide opportunities for young people in the region to develop their knowledge around issues such

as emotional well-being, sexual health, and leadership through the Be Well Programme, YES Project, and The Youth Fund. Delivery is taking place across the border counties of Cavan, Monaghan, Sligo, Leitrim, and Donegal.

## Connecting You App

**Downloadable from Google Play and Apple App Stores**

Youth Work Ireland Cavan Monaghan as part of the Monaghan Children and Young People's Services (CYPSC) Healthy Ireland Fund, developed an interactive mobile phone app for young people called Connecting You. The app takes health and wellbeing information, as well as local organisations that young people might be looking for, and puts it all in one easily accessible location. If someone is in need of emergency help, there's also an urgent help section where users can access the emergency support services that are available 24/7. For more information, contact Youth Work Ireland Cavan Monaghan on 042 9751979.

## Foróige — Cavan

Contact: Erica Reade

Phone: 086 3880717

Email: [Erica.Reade@foroige.ie](mailto:Erica.Reade@foroige.ie)

[www.foroige.ie](http://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 clubs and projects across Cavan. For more information, visit the Foróige map: <https://www.foroige.ie/foroige-map>

## Cavan & Monaghan Rainbow Youth

c/o Focus Family Resource Centre,

Main Street, Killeshandra

Phone: 049 4364065 (Office), 087 2193904

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

<https://camry.ie/>

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

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

Cavan & Monaghan Rainbow Youth is an LGBTi+ youth project covering counties Cavan &

Monaghan. It provides support for young people, between 12–24 years, to allow them to safely engage & develop, through one on one, group and peer support.

They hold weekly drop-in's in Cavan & Monaghan Towns, along with supporting other youth services throughout the region. For details on where and when they meet, the different age ranges in the groups and any other questions you might have, feel free to contact them.

### **Monaghan and Cavan Youth Substance Support (MaCYSS)**

Phone: 085 7442857

Email: [macyss@alcoholforum.org](mailto:macyss@alcoholforum.org)

<https://alcoholforum.org/macyss/>

Monaghan and Cavan Youth Substance Support (MaCYSS) is a youth (12–18 years) and family alcohol and other drug service delivered by Alcohol Forum Ireland in partnership with HSE, TULSA, NE Regional Drug and Alcohol Task Force. MaCYSS is a multi-level project that incorporates both elements of community development and clinical intervention at a local level. The initiative covers all areas of Cavan and Monaghan.

### **Cavan Autism Parents Support**

CAPS Cabin, BJD Community Creche, Virginia Road, Ballyjamesduff, A82 R282

Phone: 086 3540899

Email [admin@capssupport.ie](mailto:admin@capssupport.ie)

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

Cavan Autism Parents Support was set up to support families with children/young adults with autism. In addition to ongoing support and advice, they organise activities and events.

### **Rainbows Ireland**

#### **Focus FRC**

Portaliffe Centre, Main Street, Killesandra, Cavan, Co. Cavan

Phone: 049 4364065

#### **Teach Oscail FRC**

Unit 10, Church St,

Cavan, Co. Cavan (Run from St. Felim's BNS)

Phone: 049 4372730

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

## Youth Advocate Programme — Cavan

2nd Floor, Office 4, Bridge Street Resource  
& Community Centre, Bridge Street, Cavan

Phone: 049 4365006

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

<https://yapireland.ie/>

The Youth Advocacy Programme provides intensive, needs-led, wraparound, focused support to children, young people and families who are struggling with a range of issues in their lives. YAP Ireland matches community-based advocates with those referred, leading to more positive engagement and outcomes. The organisation has a disability and mental health intensive support service that provides a 12 month programme to young people aged 10 – 21 years and their families who require support in achieving their goals. The Independent Advocacy Service is provided to Child and Adolescent Mental Health services and adolescent in-patient units. A Crisis Intervention service is also available for young people at particular risk.

## Barnardos — TLC KIDZ Project

Phone: 086 0600616

Email: [eimear.kilpatrick@barnardos.ie](mailto:eimear.kilpatrick@barnardos.ie)

<https://www.barnardos.ie/our-services/work-with-families/tlc-kidz>

The TLC KIDZ project offers support to children and their mothers who have experienced domestic violence. The project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. It seeks to create a common vision and shared responsibility among services in supporting the recovery of children. The project is aimed at those aged 5–16 and is open to those in all parts of Cavan and Monaghan.

## Connecting For Life — Cavan and Monaghan

Phone: 086 1717563

Email: [emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie)

<http://www.connectingforlifecavanmonaghan.ie>

Connecting for Life is Ireland's national strategy to reduce suicide. The initiative offers training and support in relation to mental health promotion and suicide prevention. The service provides training programmes that support mental health, and works with other providers to promote health and wellbeing to communities, including schools and youth settings.

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**Youth Theatre Ireland  
7 North Great George's Street,  
Dublin 1**

**Telephone: ☎ 353 1 878 1301**

**Email: [info@youththeatre.ie](mailto:info@youththeatre.ie)**

**Web: [www.youththeatre.ie](http://www.youththeatre.ie)**