

**YOUTH  
THEATRE**

**IRELAND**

# **Clare 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 247247

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 Midwest:

Ardaulin, Mungret, Co. Limerick, V94 T258

Phone: 061 484444.

Email: [mary@pieta.ie](mailto:mary@pieta.ie)

## 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)

### Clare West Community Mental Health Team

Unit 6 Quin Road Business Park, Quin Road, Ennis

Phone: 065 6706601

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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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### Let's Get Talking

Shannon Family Resource Centre,  
Community Centre, Rinneanna View, Shannon

Phone: 0818 714001

Email: [midwest@letsgettalking.ie](mailto:midwest@letsgettalking.ie)

<https://letsgettalking.ie/>

Let's Get Talking is a non-profit counselling and 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 ensuring no one is excluded from accessing mental health support due to their financial circumstances. A team of specialist adolescent counsellors provide therapy to young people aged 11 to 18 for difficulties including low mood, anxiety, bullying and changes in family circumstances.

### West Clare Family Resource Centre — Counselling Service

Community Centre, O'Gorman St, Kilrush, Co. Clare

Phone: 065 9052173

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

<http://westclarefamilyresourcecentre.ie/>

West Clare Family Resource Centre offers free counselling to those aged 12—18 including one-to-one and group supports. Other services include personal development courses/groups, volunteering opportunities and education supports. Young people can find support with a range of challenges including anxiety, depression, bullying, relationships etc.

### East Clare Community Co-op — Counselling Service

Main Street, Scariff, Co. Clare.V94 HPX9

Phone: 061 921536

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

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

The Family Support Service at the East Clare Community Co-op provides accessible resources to families and individuals, including young people, in order to meet their social, emotional, physical and mental health needs in an inclusive, confidential, welcoming environment. The service offers one-to-one, phone and online support. Reduced rate/subsidised sessions are available.





## **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.**

## Elevate Foundation

Phone: 065 7079000

Email: [elevatefoundation.info@gmail.com](mailto:elevatefoundation.info@gmail.com)

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

Elevate is a dedicated philanthropic fund which funds the very best mental health and well-being professionals in their field to connect with young people in Co. Clare through schools and youth organisations. It fully funds mindfulness programmes, resilience workshops, powerful inspirational talks, emotional well-being workshops, youth community events, campaigns, youth counselling, the annual YouthFest well-being events, and other initiatives as they arise. Elevate's vision is to empower young people to develop the skills, awareness, confidence and opportunities they need to realise their greatest potential and to create a sustainable improvement in the lives and well-being of young people in Clare.

## HeadsUP Clare

<https://headsupclare.ie/>

The HeadsUP Clare website provides facts about the mental health services in the Clare area as well as other youth services and provides opportunities to hear about other young people's mental health experiences. It hosts a range of mental health and wellbeing resources for young people and those that support them. It was created by the Clare Children and Young People's Services Committees (CYPSC).

## Clare Youth Service

Carmody St, Ennis

Phone: 065 6845350

Email: [info@clareyouthservice.org](mailto:info@clareyouthservice.org)

[www.clareyouthservice.org](http://www.clareyouthservice.org)

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

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Clare Youth Service is affiliated to Youth Work Ireland and operates sixty-four clubs, information points and projects in twenty-seven locations around County Clare. The Service is committed to the development and delivery of quality youth work. Supports and programmes for young people are offered in the areas of Advocacy, Alcohol & Drugs Education/Prevention, Education and Training, Information Provision, Targeted Interventions and Youth Justice Work.

## GOSHH — Support for LGBTI+ Young People

Redwood Place, 18 Davis Street, Limerick, V94 K377

Phone: 061 314354

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

<https://goshh.ie/>

GOSHH works with young people who often identify as LGBTI+ in Limerick, Clare and North Tipperary. They provide one to one support for young people as well as facilitate support groups in relation to their Gender and Orientation. They also offer supports for people of all sexual orientations if they have questions around sexual health. The aim of their work is to help improve mental and social well-being. One-to-one, group, online and phone support are all available.

## Ennis Voices for Autism

Phone: 086 8120055

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

<https://www.facebook.com/eva.clare.5/>

Ennis Voices for Autism (EVA) is a voluntary group for families of children with Autism. They organise events and a range of activities.

## **Clare Immigrant Support Centre (CISC)**

Unit 6, Clonroad Business Park, Clonroad, Ennis

Phone: 065 6822026

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

<http://www.clareimmigrantsupportcentre.com/>

CISC aims to ensure access to appropriate state and community services and the upholding of all the rights and entitlements of all in the immigrant community. Clare Immigrant Support Centre also aims to support better outcomes for individuals and families in their engagement with and access to state agencies and authorities by providing translation, information, accompanied visits and advocating where necessary.

## **Rainbows Ireland**

### **North West Clare FRC CLG**

Aronaculla, Ennistymon, Co. Clare

Phone: 065 7071144

### **Shannon FRC**

Respond Community Building, Rineanna View, Shannon, Co. Clare

Phone: 061 707600

<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.

## **Connecting for Life – Mid West**

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/>

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 counties Limerick, Clare and North Tipperary.

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