

**YOUTH  
THEATRE**

**IRELAND**

# **Donegal 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 Northwest:

3rd Floor, Grand Central Building Canal Road,  
Letterkenny.

Phone: 074 9126594

## 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)

### South Donegal Child & Adolescent Mental Health Service

HSE Ardeskin House, Old Laghey Road,  
Donegal Town

Phone: 074 9724200

### North Donegal Child & Adolescent Mental Health Service

First Floor, Park House, Rossan College Complex,  
Ballyraine, Letterkenny

Phone: 074 9120340

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.

**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

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### Jigsaw — Donegal

Pearse Road, Letterkenny

Phone: 074 9726920

Email: [donegal@jigsaw.ie](mailto:donegal@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.

### YouthTalk Donegal

Drop in: Donegal Youth Service,

16–18 Port Rd, Letterkenny

Phone: 074 9129630

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

<https://www.donegalyouthservice.ie/dys-projects/youthtalk/>

An initiative of Donegal Youth Service, YouthTalk Donegal is a free and confidential one to one support service for young people aged 12–25 years. Young people experiencing difficulty in their life can avail of this support to help them cope with issues such as bullying, sexuality, family conflict, problems at school or friendship/relationship difficulties or anything else they may be struggling with.



## **Family Resource Centres – Donegal**

Family Resource Centres (FRCs) 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 and individuals in their locality.

Many FRCs have supports for young people including low-cost counselling, wellness programmes, youth groups and activities. Donegal has a number of Family Resource Centres across the county:

### **Donegal Family Resource Centre**

Upper Main St, Milltown, Donegal

Phone: 074 9725337

Email: [donegalfamilyresource@eircom.net](mailto:donegalfamilyresource@eircom.net)

<https://www.facebook.com/Donegal-Family-Resource-Centre-163723803677806/>

### **Cara House Family Resource Centre**

Castle Street, Letterkenny

Phone: 074 9123986

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

<https://carahouse.ie/>

### **Raphoe Family Resource Centre**

St Michaels Place, Castle Road, William St, Raphoe

Phone: 074 9145796 / 087 3641503

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

<https://raphoefrc.ie/>

### **Finn Valley Family Resource Centre**

Ceol na Coille, Drumboo Ave, Stranorlar, Donegal

Phone: 074 9131245

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

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



### **The Forge Family Resource Centre**

Main Street, Pettigo

Phone: 071 9861924

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

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

### **Moville & District Family Resource Centre**

Market Square, Moville

Phone: 074 9385548

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

<https://movillefrc.yolasite.com/>

### **Dunfanaghy Family Resource Centre**

Main Street, Dunfanaghy

Phone: 074 9136548

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

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

### **Downstrands Family Resource Centre**

Kilclooney, Portnoo, F94 DN83

Phone: 087 6202508

Email: [downstrandsfrc@yahoo.ie](mailto:downstrandsfrc@yahoo.ie)

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

### **St Johnston and Carrigans Family Resource Centre**

Chapel Road, St Johnston, Lifford,

Phone: 074 9148551

Email: [coordinator@stjohnfrc.ie](mailto:coordinator@stjohnfrc.ie)

<https://www.facebook.com/St-Johnston-and-Carrigans-Family-Resource-Centre-752736094772565/>

## **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.**

## Donegal Youth Service

16–18 Port Road Letterkenny, F92N2KC

Phone: 074 9129630

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

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

Affiliated to Youth Work Ireland, Donegal Youth Service is a countywide youth service with over 30 affiliated youth clubs and projects that provide drop-in facilities, programmes and services to young people all over Donegal. Supports and services for young people include personal & social development programmes, and positive mental health awareness. The organisation works in partnership with a range of agencies to support local and national health promotion events such as Wellness Week and Stand Up Week. A youth information service is also provided. The UBU Donegal Youth Service project addresses issues of early school leaving, targeting young people from disadvantaged areas, young people who identify as LGBT, young travellers and young people who have issues with isolation living in rural areas, providing quality youth work experiences to young people aged 10–18yrs.

## 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 a pilot project, The Youth Fund. Delivery is taking place across the border counties of Cavan, Monaghan, Sligo, Leitrim, and Donegal.

## Foróige — Donegal

### Donegal North

**Contact:** Danny Harkin

**Phone:** 086 7808867

**Email:** [Danny.Harkin@foroige.ie](mailto:Danny.Harkin@foroige.ie)

### Donegal South

**Contact:** Susan Cleary

**Phone:** 086 0484482

**Email:** [susan.cleary@foroige.ie](mailto:susan.cleary@foroige.ie)

<https://www.facebook.com/foroigedonegal/>  
[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. Projects include the Donegal UBU Project, based in Donegal Town, and covering the south of the county. The project is under the management of Foróige and is funded by Donegal ETB. The project works with young people between the ages of 10 to 24 and is open to all young people and cultures. Project staff work with young people in a wide range of educational, developmental and preventative based programmes including Leadership for Life,

Health and Well-being programmes, Cultural Awareness, youth employability, LGBT+ groups, Alcohol and Drug education programmes, Activity groups, Summer and Transition programmes. A youth officer also provides individual programmes for young people as needs arise.

There are Foróige clubs across Donegal. For more information on individual clubs and projects, visit the Foróige map: <https://www.foroige.ie/foroige-map>

## Involve Youth Project Letterkenny

**Phone:** 083 1747694

**Email:** [involveletterkenny@gmail.com](mailto:involveletterkenny@gmail.com)

<https://www.facebook.com/Involve-Youth-Project-Letterkenny-175235279971186/>

Involve Youth Project Letterkenny is a joint youth service between Donegal Travellers Project and Involve. They run various programmes for young Travellers in the Letterkenny area.

Projects include wellbeing programmes, groups and activities.

## Connect Mental Health

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

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

Connect Mental Health is a community mental health organisation promoting positive mental health in Donegal through an annual programme of events, online workshops and supports delivered directly to young people and adults in the local community. The organisation's website also has a listing of local and national supports.

## BreakOUT

c/o Donegal Youth Service,  
16–18 Port Road, Letterkenny

Phone: 074 9129630

Email [breakout@donegalyouthservice.ie](mailto:breakout@donegalyouthservice.ie)

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

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

BreakOUT is a collective of youth groups for young people aged 12–30 who identify as lesbian, gay, bisexual, or transgender operated by Donegal Youth Services. The groups are open to young people from Donegal and the North West of Ireland. They currently meet in Ballybofey, Glenties, Letterkenny, and Merville.

Groups frequently consist of tea, chat, and craic with other young people with other activities, such as photography, LGBT history, and cooking. BreakOUT also offers one-to-one support for young people who may be struggling with their sexuality or gender identity. This service is provided in conjunction with Youth Talk, a listening ear service provided by Donegal Youth Service. BreakOUT has an active facebook page from which you can find out what is happening with their youth spaces. <https://www.facebook.com/BreakOutDonegal/>

## Autism Family Support Group

1A Convent Road, Letterkenny

Phone: 074 9111461

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

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

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

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

The AFSG aims to create an environment where our young people with Autism feel treasured and their parents/carers feel supported. They organise events and activities. Their website features an information hub.

## **Bluestack Special Needs Foundation**

The Glebe, Donegal Town

Phone: 074 9740828

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

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

The Bluestack Special Needs Foundation CLG is a voluntary organisation run predominantly by parents of children with special needs and professionals who work in the disability sector. Supports include low-cost counselling for families and a peer support network in addition to groups and activities for young people with a range of needs.

## **iCARE**

i.C.A.R.E. Day Respite & Activity Centre, Looking Glass Brae, Ballymacarry, Buncrana

Phone: 074 9362226

Email [centremanager@icare.ie](mailto:centremanager@icare.ie)

<https://icare.ie/>

iCARE Ltd is a local parent-run organisation which provides respite, training, support and information for families who have children with autism from the Inishowen region of Donegal. They provide information, support and activities for children and young people including a youth club.

## **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.

## **Raphoe Diocesan Pastoral Centre**

Letterkenny,

Co. Donegal

Phone: 074 9121853

## **Inishowen Development Partnership**

St. Mary's Street, Buncrana, Co. Donegal

## **Finn Valley FRC**

(Springboard Family Support Centre)

Castlegrove, Raphoe, Co. Donegal

Phone: 074 9131245

## **Downstrands Family Resource Centre**

Kilclooney, Portnoo, Co. Donegal

Phone: 074 9545879

## **Connecting for Life – Donegal**

Connecting for Life is Ireland's national strategy to reduce suicide. Connecting for Life 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. An Action Plan has been developed for Donegal: <https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/preventionstrategy/connecting-for-life-local-areas/connectdonegal.html>

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