

**YOUTH
THEATRE**
IRELAND

Dublin City Centre and Northside 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.

Pieta Collins Avenue:

309 Collins Avenue, Whitehall

Phone: 01 8840532

Pieta Swords:

Bridge Street, Swords, Co. Dublin K67 F5D0

Phone: 01 2333860

Pieta Skerries:

MoreHealth Skerries, 17 Thomas Hand Street,
Townparks, Skerries

Phone: 01 8831000

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)

Dublin North City and County CAMHS

Balbriggan CAMHS Team

Floor 3, Balbriggan Primary Care Centre,
66 Dublin Street, Balbriggan

Phone: 01 9213355

Dublin North City and County CAMHS

Blanchardstown

Corduff Health Centre, Blackcourt Rd,
Blanchardstown, Dublin 15

Phone: 01 7956744

Dublin North City and County CAMHS

Castleknock

Corduff Health Centre, Blackcourt Rd,
Blanchardstown, Dublin 15

Phone: ☎1 7956743

Dublin North City and County CAMHS Ballymun

CAMHS Team

HSE Health Care Facility, 2nd floor, Civic Centre
Offices, Ballymun, Dublin 9

Phone: ☎1 8467219

Dublin North City and County CAMHS Swords

CAMHS Team

The Plaza, Swords, Co. Dublin

Phone: ☎1 8075392

Dublin North City and County

– North Inner City Team

Metropolitan Building, James Joyce Street,
Dublin 1

Phone: ☎1 8796800

Dublin North City and County CAMHS

– North East City Team

Metropolitan Building, James Joyce Street,
Dublin 1

Phone: ☎1 8796800

Dublin North City and County CAMHS

– Darndale Team

Darndale Health Centre, Darndale Village Centre,
Dublin 17

Phone: ☎1 8771552

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.

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.

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

Jigsaw — Dublin City

44 Essex Street East, Temple Bar, Dublin 2

Phone: 01 6583070

Email dublincity@jigsaw.ie

Jigsaw — Dublin 15

Blanchardstown Library, 2nd Floor,

Blanchardstown Shopping Centre, Dublin 15

Telephone: 01 8905810

Email: dublin15@jigsaw.ie

Jigsaw — North Fingal

St. George's Square, Balbriggan, Co. Dublin

(directly across the road from the Bracken Court Hotel)

Phone: 01 9603020

Email: northfingal@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.

My Mind — Centre For Mental Wellbeing

Dublin 1 – 7A Store Street, Dublin 1

Phone: 0818 500 800

Email: hq@mymind.org

<https://mymind.org/>

MyMind is the first and largest blended model of mental health care in Ireland, and is putting Ireland at the forefront of mental health innovation. MyMind has created a unique movement for community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay.



MyMind provides counselling, psychotherapy and creative art therapy for children and adolescents. In partnership with the Irish Youth Foundation, free services are available to particularly vulnerable young people.

Crosscare Teen Counselling

20–23 Arran Quay / Ballygall, Finglas

Phone: 01 5574705

Email: info@teencounselling.ie

<https://teencounselling.ie/>

Crosscare Teen Counselling provides a professional counselling service to young people and their parents/carers who may be struggling with behavioural and emotional problems. Their model, Positive Systemic Practice emphasises strengths and focuses on the young person's social system, rather than the young person as an isolated individual. The service is offered in a number of locations in Dublin including Arran Quay and Finglas.

Sphere 17 Regional Youth Service

Sphere 17 Regional Youth Facility,

Darndale, Dublin 17

Phone: 01 8674348

Email: generalmail@sphere17.ie

<https://www.sphere17.ie/>

<https://www.facebook.com/Sphere-17-Regional-Youth-Service-150010438360579/>

Sphere 17 Regional Youth Service provides a high-quality youth service to young people between the ages of 10–24, in the region of Dublin 17 and Kilbarrack area. They provide many different services, based on their needs, issues and interests. The service has three youth centres located in Bonnybrook, Darndale and Priorswood, and also operates a youth space from St. Benedict's Resource Centre in Kilbarrack. Services include group and individual supports, activities, outings and summer projects.

Sphere 17 operates the Listen Project which provides a safe space with a qualified counsellor for young people to talk, feel heard and reflect on issues that are important for them. The service is for young people 12–21 years in the Dublin 17, 13 and 5 regions and, where feasible, neighbouring areas. The Listen Project is an early intervention support service for young people, focusing on



wellbeing. For more information on the Listen Project you can free phone 1800 303 638 or visit <https://www.sphere17.ie/the-listen-project/>

CABRA for Youth

Room 13 — 15 Parkside Community Sports Centre,
Ratoath Road, Cabra, Dublin 7

Phone: 01 8178473

Email: info@cabraforyouth.ie

<https://cabraforyouth.ie/>

<https://www.facebook.com/cabra4youth/>

CABRA for Youth is a community-based independent youth service working directly with young people aged 10–24 years living in the greater Cabra area. They offer young people in Cabra a fun, safe and supportive environment within which they can voluntarily engage in programmes and activities based on their needs and interests.

Among the programmes and projects on offer is The Mind-It Project. This is a FREE youth counselling project which focuses on improving wellbeing by providing young people with one to one support. It is for young people aged 12–21 years of age, living in Dublin 5,7,13 and 17. For more information contact the free phone number

1800 303 638 or visit <https://cabraforyouth.ie/the-mind-it-project/>

Ballymun Regional Youth Resource

The Reco Central Youth Facility, Sillogue Road,
Ballymun, Dublin 11

Phone: 01 8667600

Email: info@bryr.ie

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

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

BRYR's mission is to empower young people from Ballymun and surrounding areas to reach their full potential by putting in place a range of resources that will support them to make a happy, healthy and successful transition to adulthood, promoting health, well-being and resilience at all stages of their development. The organisation offers a wide range of services and supports to young people including drop-in activities and clubs, group work, one-to-one supports, youth arts and digital media activities.

BRYR established a mental health service 'What's Up?' in June 2014 to support the wellbeing of young people, promote positive mental health and ultimately, to build resilience. All programmes in BRYR have a focus on the promotion of positive

mental health. The service provides counselling, one-to-one support and group supports. To find out more call: ☎1 8667600, text: ☎85 8766618 or email: counselling@bryr.ie

Finglas Youth Resource Centre

Mellowes Road, Finglas, Dublin 11

Phone: ☎1 8642595

Email: info@fyrc.ie

<https://fyrc.ie/>

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

The Finglas Youth Resource Centre strives to empower young people by providing them with opportunities to learn, grow and become positive active citizens in their own community. The centre offers a range of activities, programmes and training opportunities. Among the support available is the 'Hear Me Out' project which provides a counselling service for young people in Dublin 11. For more information contact Mick by call or text on ☎85 1761662.

Skerries Youth Support Services

Skerries Community Centre, Dublin Road, Skerries

Phone: ☎89 6167222

<http://syss.ie/>

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

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

Skerries Youth Support Services (SYSS) is a youth-focused community organisation which offers support to young people and their families in the Skerries and North Fingal area. A youth counselling service is provided to those aged 12 – 24 who are experiencing challenges such as stress, anxiety, depression, low mood and self-esteem and body image issues.

SAMH Youth Counselling

Phone: ☎1 2233493

Email: samh@ndublinrdtf.ie

<https://ndublinrdtf.ie/samh-youth-counselling/>

A free and confidential youth counselling service for young people aged 12+ living in North County Dublin. The service is available in Donabate & Portrane, Skerries, Lusk & Rush, Balbriggan, Malahide & Portmarnock and Swords. An initiative of the North Dublin Regional Drug & Alcohol Task Force.

Daughters of Charity Child and Family Service

First Floor, T O'Reilly Building, Swords Road,
Santry, Dublin 9

Tel: 01 8425100

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

The Daughters of Charity Child and Family Service (DoCCFS) is a not for profit public service organisation. They provide a range of therapeutic supportive services to children and families based in the greater Dublin region. Support is available for children and young people with a range of challenges including bullying, bereavement, anxiety and the impact of domestic violence. The organisation has centres in many areas of Dublin including Darndale, Santry, Phibsboro, Balbriggan and Blanchardstown.

Family Resource Centres — City Centre and North Dublin area

Family Resource Centres (FRC) 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, young people, children and other individuals in their locality.

Many FRCs have supports for young people including low-cost counselling, wellness programmes, youth groups and activities. Dublin City Centre and North Dublin has a number of Family Resource Centres:

Aster Family Resource Centre

1 Georges Square, Balbriggan

Phone: 01 2233242

Email: frcinfo@asterfamilysupport.ie

<http://www.asterfamilysupport.ie/family-resource-centre/>

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

Baldoyle Family Resource Service

Grange Road, Baldoyle, Dublin 13

Phone: 01 8326115

Email: reception@bfrs.ie

<https://bfrs.ie/>

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

Ballymun Child And Family Resource Centre

Shangan Green, Ballymun, Dublin 9

Phone: 01 8527183

Email: reception1@ballymunfrc.org

<https://ballymunfrc.org/>

<https://www.facebook.com/Ballymun-Child-Family-Resource-Centre-1485748958365568/>

Finglas West Family Resource Centre

c/o St Joseph's GNS, Barry Avenue, Finglas, Dublin 11

Phone: 086 7966255

Email: finglaswestfrc@barnardos.ie

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

Hillstreet Family Resource Centre

1 Hill Street, Dublin 1

Phone: 01 8746810

Email: info@hillstreetfrc.ie

<https://hillstreetfrc.ie/>

Mountview Family Resource Centre

11 Whitechapel Crescent, Mountview, Blanchardstown, Dublin 15

Phone: 01 8206171

Tús Nua Artane Coolock Family Resource Centre

55 Gracefield Road, Artane, Dublin 5

Phone: 01 8512289

Email: manager@artanefrc.com

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

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.

Exchange House Ireland

Main Office: 61 Great Strand Street, Dublin 1

Phone: 01 8721094

Email: info@exchangehouse.ie

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

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

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

Exchange House Ireland Children and Young People's Service is the main provider of Youth Services to the Traveller Community in the greater Dublin Area. The catchment area includes Dublin City Council borough, Ballymun, Ballyfermot, Inchicore, Clondalkin and Bluebell. Among the supports and services on offer are onsite activities and programmes including Arts activities, leadership programmes, anti-bullying programmes, educational opportunities. The organisation also provides detached youth work. Family support programmes are available. In addition, Exchange House provides the National Traveller Mental Health Service.

TravAct

The Resource Centre, Clonsaugh Drive,

Priorswood, Dublin 17

Phone: 01 8486515

Email: info@travact.ie

<https://travact.ie/>

TracAct's mission is to provide quality support and developmental services, advocacy services and information support to the marginalised Traveller Community in North Dublin, and act as a bridge between the Traveller Community and the Settled Community with the aim of developing TravAct as a Model Traveller Support Organisation on the island. Among the services provided is a youth group.

Pieta BeLongTo

13 Parliament Street Temple Bar Dublin 2

Phone: 01 4624792

Email: belongto@pieta.ie

[https://www.belongto.org/youngpeople/](https://www.belongto.org/youngpeople/support-services/counselling-service-with-pieta-house/)

[support-services/counselling-service-with-pieta-house/](https://www.belongto.org/youngpeople/support-services/counselling-service-with-pieta-house/)

Working with Pieta, BeLongTo provides a free crisis counselling service for LGBTI+ young people. This service is available free of charge to LGBT+ young people aged 14–23 based in Ireland who are self-harming or thinking of suicide.

O.U.T Opening Up Together

The Finglas Youth Resource Centre, Mellows Road, Finglas, Dublin 1

Phone: 085 1950353

Email: teresa@fyrc.ie

<https://www.facebook.com/pages/Finglas-Youth-Resource-Centre/203186653056816>

This group in Finglas provides a place for LGBT+ young people and those questioning their sexuality/gender to get support, express themselves openly, build their confidence and have fun. They offer groups for a range of age groups. For up to date information, use the contact details provided.

Tyrrelstown LGBT+ Group

Tyrrelstown Community Centre, Hollywoodrath, Holbstown Road, Tyrrelstown, Dublin 15

Phone: 086 0441298

Email: megan.reilly@foroige.ie

Tyrrelstown Foróige LGBT+ Group. This group is for LGBT+ young people and allies. It's a place to come, meet new friends, chill out, and have fun. For up to date information, use the contact details provided.

Cabra Rainbow Group

c/o Cabra Parkside Sports & Community Complex, Ratoath Road, Cabra, Dublin 7

Phone: 01 8178473/085 2802823

Email: mary@cabraforyouth.ie

<https://cabraforyouth.ie/>

Cabra for Youth CLG's Rainbow Group. This group is for LGBT+ young people and allies. It's a place to come, meet new friends, chill out, and have fun. For up to date information, use the contact details provided.

Individuality

BelongTo, Parliament House, 13 Parliament Street, Dublin 2

Phone: 01 670 6223

Email: info@belongto.org

<https://www.belongto.org/>

This safe, positive, and fun space is for young trans people and those exploring their gender identity. They meet online and also in person. For up to date information, use the contact details provided.

BeLong To Under 18s Group

Phone: 01 6706223

Email: info@belongto.org

<https://www.belongto.org/>

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

Looking for a place to meet new LGBTI+ friends, hang out, and get support? This group is a great way to meet new people, make friends, and get involved in fun activities. For up to date information, use the contact details provided.

The LadyBirds

Phone: 01 6706223

Email: info@belongto.org

<https://www.belongto.org/>

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

A group for young LBT gals and non-binary pals. They chat about everything, from sexual health to movies and music over popcorn and a cup of tea! They're very friendly and welcome all new people, so if you're feeling all alone, come and join them! For up to date information, use the contact details provided.

BelongTo Over 18's Group

Phone: 01 6706223

Email: info@belongto.org

<https://www.belongto.org/>

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

Drop into this social space for over 18's, meet new LGBT+ people, and have some craic! This group is for 18–23 year old's. Although facilitated by a Youth Worker, this group is independent and it's the young people from the group itself who decide what they would like to do with their space. For up to date information, use the contact details provided.

Aspergers Anonymous®

Castleknock Community Centre, Laurel Lodge,
Castleknock, Dublin 15

SMS & WhatsApp: 086 8204663

E-mail: aspergersanonymous@yahoo.ie

<http://aspergersanonymous.org/>

Aspergers Anonymous® is a fellowship of people with Asperger Syndrome and their families that offers free regular meetings and a programme to practice social interactions, acceptance and positive thinking. A youth club for young people with Aspergers meets regularly

Gravity Autism Support

Liam Rodgers Centre, Kinsealy, Co.Dublin

Phone or text 083 1952073

Email: info@gravityasd.ie

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

Gravity Autism Support is a charity set up to promote social inclusion for all children through sports, fitness and various social activities.

Among the supports and activities on offer is a teen club which takes place in Swords.

Parent Led Autism Network Balbriggan

Email: planbalbriggan2019@gmail.com

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

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

Providing a safe space for support, networking and interactive evidence-based information talks tailored around parents/guardians of children with additional needs.

Parent Led Autism Network for D5, D13 & D17

Artane Coolock Family Resource Centre,
55 Graces Road, Artane

Phone: 01 8512289

Email: manager@artanefrc.ie

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

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

A network of parents of children with ASD in the Dublin 5, Dublin 13 and Dublin 17 areas.

Snowflakes Autism Support

Holywell Community Centre, Holywell, Swords

Phone: 086 1385364

Email: info@snowflakes.ie

<http://snowflakes.ie/>

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

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

Snowflakes is a volunteer-run registered charity in the North Dublin area for parents of children with autism and their siblings. Snowflakes provides support to members through subsidised therapies, specialist talks and group meetings 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.

Aster FRC

1 George Square, Balbriggan, Co Dublin

Phone: 01 5161146

Contact Louise O'Neill on 087 9088003

Artane Coolock FRC

55 Gracefield Rd, Tus Nua, Artane, Dublin 5

Phone: 01 8512289 — Contact Valerie

Baldoyle FRC

Grange Road, Baldoyle, Dublin 13

Phone: 01 8326115

Mountview FRC

11 Whitechapel Crescent, Dublin 15

01 8206171

Wellview Family Resource Centre

17/18 Wellview Green, Mulhuddart, Dublin 15

Phone: 01 8262878

Doras Bui

Bunratty Drive, Coolock, Dublin 17

Phone: 01 8484811

Ballymun Child & Family Resource Centre

Shangan Green, Ballymun, Dublin 9

Phone: 01 8527183

Youth Advocate Programmes — Dublin

Lower Ground Floor, Park House, 191–193a, North Circular Rd, Dublin 7

Phone: 01 8689180

Email: info@yapireland.ie

<https://yapireland.ie/>

The Youth Advocate Programmes provide 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 – Dublin City Centre and North Dublin

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

Barnardos Origins

Post Adoption and Bereavement Services
23/24 Lower Buckingham Street, Dublin 1
Phone: 01 8134100

Post Adoption Helpline

Phone: 01 4546388

Finglas Teen Parents

St. Oliver Plunketts Junior School, St Helena's
Drive, Finglas, Dublin 11
Phone: 01 8641480

Finglas Family Support Service

St. Josephs Girls National School, Barry Avenue,
Finglas West, Dublin 11
Phone: 01 8642433

Better Finglas ABC Programme

St Malachys M.N.S, St Helenas Road,
Finglas West, Dublin 11
Phone: 01 8642941
Email: abcfinglas@barnardos.ie

Mulhuddart Family Support Service

Church Road, Mulhuddart, Dublin 15
Phone: 01 8204033

Email: Info.mulhuddart@barnardos.ie

Wizard of Words Programme
Church Road, Mulhuddart, Dublin 15

Barnardos Springboard Project

22 Corduff Park, Blackcourt Road, Dublin 15
Phone: 01 8262434/5
Email: ann.coyle@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.

YES: Youth and Education Service for Refugees and Migrants

Parnell Adult Learning Centre,

1 Parnell Square, Dublin 1

Phone: 01 4989513

<https://separatedchildrenservice.wordpress.com/>

This service for young people from refugee and migrant backgrounds is operated by the City of Dublin ETB. It provides opportunities and resources for young people to realise their fullest potential, to negotiate and navigate their new environment and life in Ireland and to integrate into and contribute to Irish society. The service advocates on behalf of separated children and young people from refugee or migrant backgrounds nationally and internationally.

They promote and actively engage in intercultural, anti-racism and equality initiatives. Youth workers offer an outreach and drop-in service for young asylum seekers, refugees or migrants. They support young people with issues such as school placement, education support, employment, housing, social welfare, wellbeing and health.

Irish Refugee Council

37 Killarney Street, Dublin 1

Phone: 01 7645854

Email: natasha@irishrefugeecouncil.ie

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

The Irish Refugee Council has a youth work programme for those aged 16–25 who are seeking international protection and those recognised as having refugee status.

Their youth work supports young people to empower themselves, develop a sense of belonging and ensure their voices are heard through structured group work and one to one support.

Connecting For Life – Dublin North City and County

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/dublin-north-city-and-county.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. A Local Action Plan has been developed for Dublin North City and County.

**YOUTH
THEATRE**

IRELAND

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

Telephone: ☎ 353 1 878 1301

Email: info@youththeatre.ie

Web: www.youththeatre.ie