

**YOUTH
THEATRE**

IRELAND

Dublin Southside 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 247247

Text help to 51444

Pieta is a suicide prevention service. They offer counselling in centres around Ireland and have a 24/7 national 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 Ballyfermot:

Canon Troy House, Chapelizod Hill Road,

Ballyfermot Dublin 10

Phone: 01 6235606

Pieta Dublin South:

First Floor, Greenhills Retail, Park Greenhills Road,

Tallaght, Dublin 24

Phone: 01 4624792

Pieta Lucan:

Lucan Road, Lucan, Dublin K78

Phone: 01 6010000

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)

Lucena Dun Laoghaire (< 12 years)

Community Mental Health Team

Lucena Clinic, 100 Upper Georges Street,

Dun Laoghaire

Phone: 01 2809809

Lucena Dun Laoghaire (12–15 years)

Community Mental Health Team

Lucena Clinic, 100 Upper Georges Street,

Dun Laoghaire

Phone: 01 4923596

Lucena Team A (Dublin 6, 14, 16)

Community Mental Health Team

Lucena Clinic, 59 Orwell Road, Rathgar

Phone: 01 4923596

Lucena Team C (Dublin 2, 4, 12)

Community Mental Health Team

Lucena Clinic, 59 Orwell Road, Rathgar

Phone: 01 4923596

Lucan CAMHS Linn Dara

Clover Suite, 1st Floor, Community CAMHS

Building, Cherry Orchard Hospital Campus,

Ballyfermot

Phone: 01 7956380

Tallaght HSE Child & Adolescent

Mental Health Service

Lucena Clinic, Exchange Hall, Belgard Road North,

Tallaght, Dublin 24

Phone: 01 4526333

Ballyfermot CAMHS Linn Dara

Clover Suite, 1st Floor, Community CAMHS

Building, Cherry Orchard Hospital Campus,

Ballyfermot, Dublin 10

Phone: 01 4526333

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.

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

Jigsaw — Dublin City

44 Essex Street East, Temple Bar, Dublin 2

Phone: 01 6583070

Email dublincity@jigsaw.ie

<https://jigsaw.ie/>

Jigsaw — Dublin South West

St. John's House, High Street, Tallaght, Dublin 24

Phone: 01 5380087

Email dublinsouthwest@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.

Crosscare Teen Counselling

Clondalkin/Dun Laoghaire/Tallaght

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 Clondalkin, Dun Laoghaire and Tallaght.



My Mind – Centre For Mental Wellbeing

Dublin 6 – 137 Rathmines Road Lower

Phone: 0818 500800

Email: hq@mymind.org

<https://mymind.org/>

Dublin 8 – 2A Christchurch Hall, High Street

Phone: 0818 500800

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.

Let's Get Talking

Unit 9 Walkinstown Mall, 78 Walkinstown Road,

Dublin 12

Phone: 01 456 9158

Email: dublin@letsgettalking.ie

<https://letsgettalking.ie/>

Let's Get Talking is a nonprofit Counselling & 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 by providing a non-set fee service ensuring no one is excluded from accessing mental health support due to their financial circumstances. Child and Adolescent counselling are among the services provided. A team of specialist adolescent counsellors provide therapy to young people aged 11 to 18 for difficulties including; low mood, anxiety, bullying, a change in family circumstances.

Candle Community Trust

Candle Community Trust, Lynch's Lane,
Ballyfermot Rd, Dublin 10

Phone: 01 6269111

Email: info@candletrust.ie

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

Candle Community Trust is a Community Project in Ballyfermot, Dublin 10. Through Educational, Social and Developmental programmes, Therapeutic space and Youth Service, Candle is committed to meet the needs of all the young people and support them in reaching their full potential. A range of supports and services are available including a drop-in service, Arts activities, sport, teamwork activities and summer programmes. Social and personal development programmes are also available. The organisation also offers a therapeutic space where young people and their families can avail of counselling and other therapeutic practices.

Daughters of Charity Child and Family Service

Phone: 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 Tallaght, Ballyfermot and Inchicore.



Family Resource Centres – South 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. South Dublin has a number of Family Resource Centres:

Balally Family Resource Centre

The Scout Den, Wedgewood, Dublin 16

Phone: 01 2952167 / 087 3922127

Email: info@balallyfrc.ie

<http://balallyfrc.ie/>

Ballyboden Family Resource Centre

29 Whitechurch Way, Ballyboden, Dublin 16

Phone: 01 4935953

Email: info@ballybodenfrc.com

<http://ballybodenfrc.com>

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

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

Ballyfermot Family Resource Centre

Lynches Lane, Ballyfermot, Dublin 10

Phone: 01 6264147

Email: info@ballyfermotfrc.com

<https://ballyfermotfrc.com/>

Ballyogan Family Resource Centre

Samuel Beckett Civic Campus, Carrickmines,
Dublin 18

Phone: 01 2953219

Email: ballyoganfrc@gmail.com

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

**Cherry Orchard Family Resource Centre
(The Bungalow)**

28 Elmdale Drive, Cherry Orchard, Dublin 10

Phone: 01 6231367

Email: marie@cofrc.com

<https://www.facebook.com/The-Bungalow-415756041838358/>

F2 Fatima Centre

3 Reuben Plaza, Rialto, Dublin 8

Phone: 01 4716700

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

Hillview Resource Centre

33/34 & 87 Hillview Grove, Ballinteer, Dublin 16

Phone: 01 2965025

Email: ask@hillviewrc.ie

<http://www.hillviewrc.ie>

Killinarden Family Resource Centre

Killinarden Way, Killinarden, Tallaght, Dublin 24

Phone: 01 4527143

Email: admin@killinardenfrc.onmicrosoft.com

<https://www.facebook.com/KFRC1/>

Quarryvale Family Resource Centre

Shancastle Avenue, Clondalkin, Dublin 22 /

Greenfort Gardens, Clondalkin, Dublin 22

Phone: 01 6230264 / 01 6269151

Email: reception@quarryvalefrc.ie

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

Rosemount Family Resource Centre

2/3 Waldemar Terrace, Main Street,

Dundrum, Dublin 14

Phone: 01 2166131

Email: frcrosemount@gmail.com

<http://www.rosemountfrc.ie>

School Street Family Resource Centre

School St, Ushers, Dublin 8

Phone: 01 4547018

Email: pm@familycentre.ie

<http://www.familycentre.ie>

St. Andrew's Resource Centre

114-116 Pearse Street, Dublin 2

Phone: 01 6771930

Email: info@standrews.ie

<http://www.familycentre.ie>

St. Kevin's Family Resource Centre

St. Kevin's Girls' School, Kilnamanagh,

Tallaght, Dublin 24

Phone: 01 4627149

Email: info@stkevinsfrc.ie

<http://www.stkevinsfrc.ie>

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.

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

[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.

Allsorts

Talk about Youth Project, St Andrews Resource Centre, Pearse Street, Dublin 2

Phone: 01 6771930

Email: lisa.downes@standrews.ie

<https://www.standrews.ie/youthservice/>

Allsorts is an LGBTI+ group for young people aged 18+ within the Talk about Youth Project. The Allsorts group aims to provide a safe, non-threatening environment where young people can meet, socialise, and take initiative to increase their impact on society in a positive way. The group actively seeks to address social injustice and bring about positive change within their community and the wider world. The group works on both local and international campaigns addressing social justice and equality. They meet monthly or meet depending on what projects are running. For up to date information, use the contact details above.

Tallaght LGBT+ Group

The Big Picture, Tallaght Cross East, Tallaght, Dublin 24

Phone: 086 2865801 / 086 3884991

Email: roisin.odonovan@foroige.ie / jean.lowry@foroige.ie

Tallaght Foróige LGBT+ Group. This group is for LGBT+ young people and friends aged 14–18 who want to hang out, have fun, and participate in activities! It operates out of the Big Picture, at the Square Luas Stop, Tallaght. For up to date information, use the contact details above.

Individuality

BelongTo, Parliament House, 13 Parliament Street, Dublin 2

Phone: 01 6706223

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 above.

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? Join BeLong To's online youth group for LGBT+ young people (ages 13–17). 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 above.

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 above.

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 olds. 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 above.

The Library Project Dun Laoghaire

The Beat Youth Cafe, 2 Sussex Street,
Dun Laoghaire

E-mail: thelibrarydl@gmail.com

The Library Project is a Foroige operated group meeting in Dun Laoghaire for LGBT young people. It is open to young people from 14–18, and new members are always welcome. For up to date information, use the contact details above.

Autism Equality Dublin Bay

<https://www.facebook.com/groups/208019613901179>

A support group advocating for children on the spectrum in Dublin 2 & 4.

Lucan Autism Network

Email: lucanautismnetwork@gmail.com

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

Lucan Autism Network is a Non-Profit Organisation led by parents that organises inclusive and autism friendly social, sports and other support activities for families living in Lucan and surrounding areas.

PRISM

Email: prismdlr@gmail.com

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

PRISM is a peer led support service for families affected by conditions on the autism spectrum in Dun Laoghaire Rathdown.

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.

School St. FRC

School Street, Dublin 8

Phone: 01 4547018

Rosemount FRC

3 Waldemar Terrace, Dundrum, Main Street, Dublin 14

Phone: 01 2166131

Hillview FRC

33/34 Hillview Grove, Ballinteer, Dublin 16

Phone: 01 2965025

Deansrath Health Centre

Deansrath Shopping Centre, St. Cuthberts Rd, Deansrath, Dublin 22

Phone: 01 4574069

St. Kevin's FRC

St. Kevin's Girls School, Kilnamanagh, Tallaght, Dublin 24

Phone: 01 4627149

Contact: Yvonne

Barnardos — Dublin South

Regional Office

10 Newlands Business Park, Newlands Cross,
Clondalkin, Dublin 22

Phone: 01 4032080

Email: deirdre.moran@barnardos.ie

Barnardos Rialto Family Centre

560 South Circular Road, Rialto, Dublin 8

Phone: 01 4734746

Email: sharon.moore@barnardos.ie

Barnardos Family Support Project

21 Cherry Orchard Avenue, Ballyfermot,
Dublin 10

Phone: 01 6261985

Email: info@cherryorchard.barnardos.ie

Teenage Parents Support Programme

10 Newlands Business Park, Newlands Cross,
Clondalkin Dublin 22

Phone: 01 4032080

Email: sharon.moore@barnardos.ie

Millbrook Child and Family Centre

c/o Millbrook Health Centre, St Dominic's Road,
Tallaght, Dublin 24

Phone: 01 4525090

Email: info@tallaght.barnardos.ie

Barnardos Child & Family Centre

31 Bawnlea Green, Jobstown, Tallaght,
Dublin 24

Phone: 01 4598035 / 4628149

Email: info@bawnlea.barnardos.ie

Special Needs Service

c/o HSE, Chamber House, Chamber Square,
Tallaght, Dublin 24

Phone: 01 5175093

Email: patricia.mcdonnell@barnardos.ie

Lorien Project

30 MacUlliam Crescent, Fortunestown,
Tallaght, Dublin 24

Phone: 01 4203019

Email: linda.whelan@barnardos.ie

Loughlinstown Family Support Service

Loughlinstown Drive, Loughlinstown

Phone: 01 2820328

Email: info@loughlinstown.barnardos.ie

Barnardos Dún Laoghaire — Family Support & Early Years Service

14 Tivoli Terrace South, Dún Laoghaire

Phone: 01 2842323

Email: info@dunlaoghaire.barnardos.ie

Barnardos Family Support Service

Samuel Beckett Civic Campus Ballyogan Road,
Dublin 18

Phone: 01 9059443

Email: sylvia.loughlin@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.

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 South

<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 Dublin South.

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

Telephone: ☎ 353 1 878 1301

Email: info@youththeatre.ie

Web: www.youththeatre.ie