

**YOUTH
THEATRE**

IRELAND

Galway 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 Galway:

2nd Floor, Lismoyle House, Merchants Road
Galway H91 FX4T.

Phone: 091 502921

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)

North Galway Community Mental Health Team

Ballard House, Bothar le Cheile, Westside, Galway

Phone: 091 548922

South Galway Community Mental Health Team

Child & Adolescent Mental Health Service,

Merlin Park Hospital (HR Building)

Phone: 091 775931/091 775877

West Galway Community Mental Health Team

Child & Adolescent Mental Health Services,

Ballard House, Bothar le Cheile, Westside

Phone: 091 580100

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 — Galway

Victoria House, Eyre Square, Galway

Phone: 091 549252

Email galway@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.

Youth Work Ireland Galway — Youth Counselling

Phone: 087 1209425

Email: counselling@youthworkgalway.ie

http://youthworkgalway.ie/?page_id=112

Youth Work Galway provides a free youth support service for those aged 12–21. It operates in Galway City, Tuam, Ballinasloe and Loughrea. Fully qualified and accredited counsellors offer support, guidance and information in a friendly and safe environment and will work with the young person to help them through difficulties including anxiety, bullying, self-harm and suicidal ideation.

Helplink

1st Floor, The Plaza, Headford Road, Galway

Phone: 0818 99 88 80

Email: helplinksupport@helplink.ie

<https://helplink.ie/>

Helplink Mental Health's mission is to provide accessible, free or low cost mental health services; locally, nationally and internationally, 7 days a week and out-of-hours. Their services are for all ages including young people. The three types of mental health services that Helplink provides are: Counselling, Information Provision and Education. In Galway & Mayo they provide face-to-face the above suite of counselling services and also Play or Art Therapy.

Let's Get Talking

Liosban House (above Ulster Bank), Liosban

Industrial Estate, Tuam Road, Galway

Phone: 091 765 500

Email: galway@letsgettalking.ie

www.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.

Family Resource Centres — Galway

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. Galway has a number of Family Resource Centres across the county:

Gort FRC

Church Street, Gort

Phone: 091 630902

Email: administrator@gortfrc.com

Loughrea Family & Community Resource Centre

Pigott's Street, Loughrea

Phone: 091 871149

Email: info@loughreafamilyresourcecentre.ie
<https://www.loughreafamilyresourcecentre.ie/>

Ard FRC

55 Doughiska Road, Doughiska, Galway

Phone: 091 768852

Email: admin1@ardfrc.com
<http://ardfamilyresourcecentre.com/>

Clann Resource Centre

Cregg Lodge, Station Road, Oughterard,
Co. Galway

Phone: 091 557633

Email: clanninfo@gmail.com
<https://www.facebook.com/clann.oughterard/>
<https://clannrescentre.com/>

Solas FRC

Main Street, Headford

Phone: 093 36446

Email: info@solasfrc.ie
<https://solasfrc.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.

Supportme.ie

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

The SupportMe website provides a simple directory of services in Galway and Roscommon including mental health and wellbeing supports and services for children and young people.

Youth Work Ireland – Galway

Regional Office: 41/43 Prospect Hill,
Galway, H91 E4W5

Phone: 091 561637

Email: info@youthworkgalway.ie

<http://youthworkgalway.ie/>

Youth Work Ireland Galway is a voluntary organisation committed to delivering quality youth services within local communities, to empower young people to identify and realise their potential in a safe and supportive environment. From their centers in Galway City, Tuam, Loughrea and Ballinasloe, they provide and coordinate community based services across the city and county. Services include youth clubs, projects and youth information.

Foróige – Galway

Foróige Office, Ozanam House,
St. Augustine St., Galway.

Contact: Gerry Prior Regional Youth Officer

Phone: 086 2478007

Email: gerry.prior@foroige.ie

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

Foróige – North Galway

Contact: Martin Donohoe

Phone: 086 8275685

Email: martin.donohoe@foroige.ie

<https://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.

The organisation has clubs and projects in a number of regions in Galway. For more information,

<https://www.foroige.ie/foroige-map>

No. 4 Youth Service

4 Augustine Street, Galway

Phone: 091 568483

Email: youthservice@no4.ie

<https://www.no4.ie>

No 4 Youth Service provides a wide range of supports for young people aged 13 – 25 years, all of which are based on a youth work approach, ensuring that young people aid their own personal development. The organisation provides a range of programmes, group activities and individual supports including a low-cost subsidised counselling service.

West Be Well

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

West Be Well is a website offering information on voluntary, statutory and community groups involved in wellbeing, mental health promotion and suicide prevention initiatives in Galway, Mayo and Roscommon. The site contains a range of mental health resources and details of relevant events. It includes a section on support for young people.

Involve Youth Service – Ballinasloe & Loughrea & Salthill

34 Dunlo Street, Ballinasloe, H53F2Y2

Email: youthprojectballinasloe@involve.ie

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

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

Involve is a youth, community and communications organisation working primarily with members of the Traveller community. It is the main provider of youth work services to young Travellers in Ireland. As part of the delivery of this service the organisation also focuses on young people from all marginalised backgrounds. Involve provides youth-led programmes and activities to young people aged 10–24 in 3 locations, Ballinasloe, Loughrea & Salthill. Programmes are designed to meet each young person at their level and are delivered through a fun learning approach.

shOUT! LGBT+ Youth Group

Youth Work Ireland offices,
41–43 Prospect Hill, Galway

Phone: 087 6595534 / 091 561637

Email: shout@youthworkgalway.ie

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

shOUT! is a group for young people who identify as LGBT+ and their friends to gather in a safe and supportive environment to have fun, chat, meet new people, and take part in various activities. The group is for young people between 13–25 years.

A 13–17 year old group meets every Saturday from 12 – 1.30pm, at Youth Work Ireland, Galway Building, Prospect Hill (just up from Eyre Square).

The 18–25 Yrs Old Group meets the first three Tuesdays of every month at Teach Solais Resource Centre, Victoria St, Galway from 7 – 8.30pm. For up to date information, use the contact details above.

shOUT! offers confidential one-to-one support to LGBT+ young people in Galway and surrounding areas on an appointment basis only, you can email, call, or text to arrange an appointment or to avail of support via email, phone call or text message. (Contact details above).

Galway Autism Partnership

Tigh Ronain, 36 Laurel Park, Newcastle, Galway

Phone: 091 588899

Email: coordinator@galwayautismpartnership.com

<https://galwayautismpartnership.com/>

A community-based charity providing services & support to autistic people and their families living in Galway city and county. Membership consists of autistic children and adults, parents, family members, teachers, volunteers and those working in partnership with the autistic community. A range of services and supports are provided including activities, social clubs, one-to-one support, information and advice.

Rainbows Ireland

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

Rainbows Galway

Galway Diocesan Pastoral Centre,
Newtownsmith, Galway City, Co. Galway

Phone: 089 6080905

Email: rainbowsgalway@gmail.com

Gort Family Resource Centre

Church Street, Gort, Co. Galway

Phone: 091 630902

Loughrea Family Community Resource Centre

Pigott's Street, Loughrea, Co. Galway

Phone: 091 871149

Solas Family Resource Centre

Main Street, Headford, Co. Galway

Phone: 093 36446

Youth Work Ireland Galway

41–43 Prospect Hill, Galway City, Galway

Phone: 091 561634

Rahoon Family Centre

44 Droim Chaoin, Bishop O'Donnell Road,
H91FX46, Co Galway

Phone: 091 528362.

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

Barnardos — Galway

“The Sanctuary”, 27 Cois Chlair, Claregalway,
Co Galway

Phone: 091 454489

Email: info@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. In Galway Barnardos offers a post-adoption service and their Roots of Empathy programme.

Youth Advocate Programmes

Unit 15, Ballybane Enterprise Centre, Ballybane

Phone: 091 760046

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.

Connecting for Life – Connecting for Life Galway, Mayo and Roscommon

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectgalwaymayoroscommon.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 counties Galway, Mayo and Roscommon.

**YOUTH
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