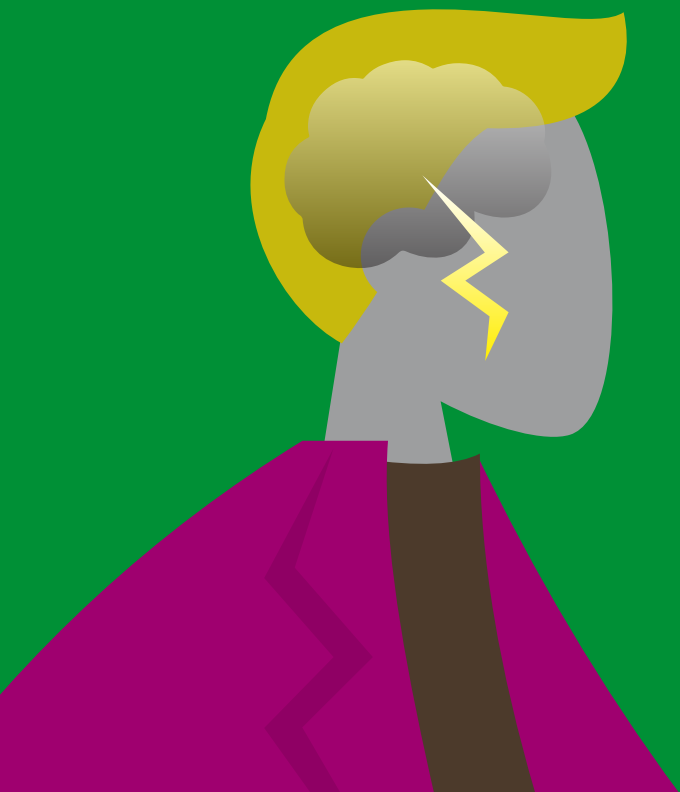


**YOUTH
THEATRE**

IRELAND

Kerry 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 Kerry:

28 Moyderwell Tralee County Kerry V92 ADP1

Phone: 066 7163660

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)

Kerry South

Bridgeview House, Ballydribeen, Killarney

Phone: 064 6670692

Kerry North

Tralee Primary Care Centre, Floor 3, East Wing,
John Joe Sheehy Road, Tralee

Phone: 066 7104857

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 Kerry

Unit A1, Edward Court, Tralee

Phone: 066 718 6785

Email kerry@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.

Let's Get Talking

Denny's Street, Tralee

Phone: 0818 714 001

Email: kerry@letsgettalking.ie

www.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.

Kerry Adolescent Counselling Centre

St John's Parish Centre, Castle Street, Tralee

Phone: 066 7181333

Email: kfrcs20@gmail.com

<http://kerryadolescentcounselling.ie/>

The Kerry Adolescent Counselling Centre aims to provide a professional counselling service specialising in working with adolescents. The service is accessible to all and is responsive to client needs in a compassionate and safe environment. The service provides specialised one to one counselling and psychotherapy to adolescents aged 12 to 18 years. It is a safe, non-



judgmental space to explore whatever is going on in a young person's life including challenges to do with school, home, friends, relationships or a combination of all of the above. This is done with a counsellor in a safe confidential environment. It is a free service but donations are welcome based on what a client can afford.

Family Resource Centres – Kerry

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

South West Kerry FRC

18 Main Street, Cahersiveen

Phone: 066 9481000

Email: swkerryfrc2@gmail.com

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

Kenmare FRC

Railway Rd., Kenmare

Phone: 064 6642790

Email: info@kenmarefrc.ie

<http://www.kenmarefrc.ie>

Ballyspillane FRC

Ballyspillane Estate, Killarney

Phone: 064 6635589

Email: ballyspillanecfrc@gmail.com

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

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

Killorglin FRC

39 Iveragh Park, Killorglin

Phone: 066 9762933

Email: killorglinfamilycentre@gmail.com

Castlemaine FRC

Tralee Road, Castlemaine

Phone: 066 9767833

Email: mainevalleyfrc@eircom.net

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

Shanakill FRC

Shanakill, Monavalley, Tralee

Phone: 066 7127831

Email: info@shanakillfamilyresourcecentre.com

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

Brigid's Community Centre

Hawley Park, Tralee

Phone: 066 7128521

Email: stbrigid1@eircom.net

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

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

Shannow FRC

The Cloisters, Abbeydorney

Phone: 066 7198018

Email: shannowfrc@gmail.com

<http://www.shannowfrc.com>

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

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

Kerryhead / Ballyheigue FRC

Sraid Thaidhg, Ballyheigue

Phone: 066 71169612

Email: info@ballyheiguefrc.ie

<http://ballyheiguefrc.ie/>

Bud's FRC

Benmore, Ballyduff

Phone: 066 7148883

Email: Buds1@eircom.net

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

Duagh FRC

Duagh Village, Listowel

Phone: 068 45333

Email: duaghfamilycentre@gmail.com

<https://duaghfamilycentre.ie/>

Listowel FRC

Ballygologue, John B Keane Road, Listowel

Phone: 068 23584

Email: lisfamilycentre@gmail.com

<http://www.listowelfrc.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.

Kerry Diocesan Youth Services

Killarney

Phone: 064 663 1748

Tralee

Phone: 066 712 1674

Castleisland

Phone: 066 714 2648

Killorglin

Phone: 066 979 0444

Listowel

Phone: 068 237 44

<https://kdys.ie/>

The Kerry Diocesan Youth Service (KDYS) is a Youth Work Organisation founded in 1971. KDYS is the leading Youth Work Organisation in the South West of Ireland covering the Diocese of Kerry. This includes the entire county of Kerry, the Beara Peninsula and the North West Cork region of Duhallow. KDYS provides a wide range of activities for all young people in the region including youth clubs, programmes and information services. The organisation has centres in Listowel, Killarney, Tralee, Castleisland and Killorglin

Foróige – Kerry

Contact: Denis O’Brien

Phone: 086 2316300

Email: denis.obrien@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.

KDYS LGBT+ Youth Group

Tralee

Contact: Oonagh

Phone: 085 7599567

Email: oonaghosullivan@kdys.ie

Listowel

Contact: Edel

Phone: 086 0651937

Email: edeloconnor@kdys.ie

Countrywide

Contact: Michelle O’Neill

Phone: 085 8011172

Email: michelleoneill@kdys.ie

A fun, creative space for LGBT+ young people aged 13–17 years for Kerry and the South West. Use the contact details above to get up to date information.

Rainbows Ireland

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

St. Oliver's NS

Co. Kerry — Open to all children in Killarney and surrounding areas.

Contact: Elizabeth Doherty

Phone: 087 2932598

Ballyspillane Community & FRC CLG

Ballyspillane Estate, Killarney, Co. Kerry

Phone: 064 6635589

Kenmare FRC

Railway Rd, Kenmare, Co. Kerry

Phone: 064 6642790

Listowel Family Resource Centre

John B. Keane Rd., Listowel, Co. Kerry

Phone: 068 23584

Castlemaine FRC

Maine Valley Family Centre, Castlemaine Community Centre, Tralee Rd, Co. Kerry

Contact: Helen

Phone: 087 3694169

Shanakill FRC

Shanakill, Tralee, Co. Kerry

Phone: 066 7127831



**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