

**YOUTH
THEATRE**

IRELAND

Kildare 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.

Closest services to Kildare:

Pieta Lucan:

Lucan Road, Dublin K78 HK88

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)

Linn Dara West Kildare Community Mental Health Team

Phone: ☎45 87388☎

Linn Dara CAMHS Mid Kildare Community Mental Health Team

No. 9 Sycamore House, Millennium Park, Naas

Phone: ☎45 87388☎

South Kildare CAMHS Community Mental Health Team

1st Floor, Kildare Primary Care Centre,

Old Dublin Road, Kildare Town

Phone: ☎45 90858☎

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.



Jigsaw — National Services

Phone: 01 4727010

<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.

Jigsaw Live Chat

Get support if you're aged between 12–25 years-old from trained staff online through 1:1 webchats. Jigsaw Live Chat is open: Monday — Friday 1–5pm

<https://jigsaw.ie/talk-online/live-chat/>

Live Group Chats

Jigsaw live group chats are for young people between 12 and 25, living anywhere in Ireland. These are live discussions online on mental health themes, moderated by a Jigsaw clinician. Each week has a different theme.

<https://jigsaw.ie/talk-online/group-chats/>

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

Kildare Youth Services — Counselling Service

Regional Office Unit 34/35, 1st Floor,

Naas Town Centre

Phone: 045 856968

Email: counselling@kys.ie

<https://www.kys.ie/projects/counselling>

KYS provides a counselling service to young people and also delivers workshops on a range of challenges young people may be experiencing including bullying, general mental health, body image and suicide awareness.

InSync Youth Services — Counselling Service

Unit 34/35, 1st Floor, Naas Town Centre, Naas

Phone: 045 856968 / 083 4476370

Email: counselling@insync.ie

<https://insync.ie/youth-counselling-service/>

InSync Youth Service offers a TUSLA funded counselling service for young people aged 11–25. Professional counsellors and psychologists work alongside other In Sync services. Both in person and online counselling are on offer to support young people with a range of challenges.

Family Resource Centres – Kildare

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. Kildare has a number of Family Resource Centres:

Curragh FRC

1 Griffith Road, Curragh Camp

Phone: 045 456883

Email: info@curraghfrc.ie

www.curraghfrc.ie

Athy Community FRC

Woodstock St. (old CDP building), Athy

Tel: 059 8632899

Email: info@athycfrc.ie

<http://athycfrc.ie/>

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

Teach Dara FRC

Academy Street, Kildare Town

Phone: 045 522128

Email: info@teachdara.ie

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

Newbridge FRC

Dara Park, Newbridge

Phone: 045 438173

Email: admin@newbridgefrc.ie

<http://www.newbridgefrc.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.

Spectrum Mental Health

Celbridge:

Centric Health Primary Care Centre,
Maynooth Rd, Celbridge

<https://mentalhealth.ie/celbridge>

Newbridge:

Station Rd, Piercetown, Newbridge

<https://mentalhealth.ie/newbridge>

Spectrum Mental Health provides expert-led counselling services with a team of experienced and highly skilled counsellors, psychologists and psychotherapists including those who specialise in child and adolescent counselling. They operate in two locations in Kildare.

Kildare Youth Services

Regional Office Unit 34/35, 1st Floor,
Naas Town Centre

Phone: 045 897893

Email: reception@kys.ie

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

Kildare Youth Services is a partnership of young people, volunteers and staff working together to respond to the emerging and changing needs of young people, their families and communities.

They are affiliated to Youth Work Ireland and operate 18 local youth clubs and projects across Kildare and West Wicklow. For a full list of projects go to:

<https://www.kys.ie/home>

InSync Youth Services

Unit 34/35, 1st Floor, Naas Town Centre,
Naas, Co. Kildare

Phone: 045 897893

Email: reception@insync.ie

InSync manages 11 individual projects in Kildare and West Wicklow through an integrated service model. Their approach is multi-dimensional and multi-disciplinary which means they aim to offer a truly holistic and integrated service. By putting young people at the centre and working with their families and community, they develop creative interventions which lead to better outcomes.

Foróige – Kildare

Contact: Jean Finnerty

Phone: 086 7783340

Email: Jean.finnerty@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. A number of clubs and projects operate in Kildare, view the Foróige map for more information:

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

KLGBT Youth Group

Kildare Youth Services, Charlotte Mall, Newbridge

Contact: Lisa

Phone: 087 2564539

Email: klgbt@kys.ie

<https://www.kys.ie/projects/klgbt>

A drop in centre run by Kildare Youth Services for lesbian, gay, bisexual, and transgender (LGBT+) young people 14–21 years of age. This Drop In Centre is free of charge for young people from

County Kildare and surrounding areas. It is a safe place for young people to hang out and discuss the LGBT+ community with their peers in a safe environment with support from members of the KYS Youth Work Team and trained volunteers. For the most up to date information, use the contact details above.

Kildare Autism Network

Phone: 083 0502591

Email: kildareautismnetwork@gmail.com

The aims of this support network are to provide a peer group for parents and family members to share experiences and information in a positive and supportive setting, to provide social outlets for young people and adults who have ASD, to identify and link in with services and professionals in the local area who can provide appropriate supports, to provide workshops, information sessions and training and to liaise with schools to raise awareness of ASD and the supports that are needed for students and families.

Rainbows Ireland

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

There are a number of Rainbow centres operating in the Kildare area:

Arus Bhríde

Bride Street, Kildare Town

Contact: Joan

Email: joanmaryconlan@gmail.com

Curragh Pride Family Resource Centre

1 Griffith Road, Curragh Camp, Co. Kildare

Phone: ☎45 456883

Newbridge Family Resource Centre

Dara Park, Co. Kildare

Phone: ☎45 438173

Rainbows Leixlip

Scoil Bhríde, Green Lane, Leixlip, Co. Kildare

Email: ask@rainbowsireland.ie

Athy Community Family Resource Centre

Woodstock Street, Athy, Co. Kildare

Phone: ☎59 8632899

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

Connecting For Life – Kildare and West Wicklow

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connecting-for-life-kildare-and-west-wicklow.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 Kildare and West Wicklow as well as a range of resources.

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Dublin 1**

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