

**YOUTH
THEATRE**

IRELAND

Kilkenny 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.

The closest services to Kilkenny are:

Pieta South East:

20 Waterside, Waterford City

Phone: 051 858510

Pieta Wexford:

14 Francis Street, Wexford

Phone: 053 9122787

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)

Carlow / Kilkenny Team 2

Community Mental Health Team

Child & Adolescent Mental Health Services

St. Canice's Hospital, Dublin Road

Phone: 056 7734828 / 059 9178033

Carlow / Kilkenny Team 1

Community Mental Health Team

Child & Adolescent Mental Health Services

St. Canice's Hospital, Dublin Road

Phone: 056 7734828 / 059 9178033

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.

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>

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/>



Local Supports

Ossory Youth — Counselling Service

Phone: 087 6084559

Email: pbolger@ossoryyouth.com

<https://www.ossoryyouth.com/our-services/counselling/>

This service offers subsidised affordable counselling for pre-teens, adolescents, young adults and parents. To arrange a call back, please send a text to the following confidential number: 087 608 4559 or alternatively email pbolger@ossoryyouth.com

Fr. McGrath Family Resource Centre — Children and Youth Services

St Joseph's Rd, Kilkenny, Co. Kilkenny

Phone: 056 7751988

Support Email: info@frmcgrathcentre.ie

<http://frmcgrathcentre.ie/>

This Family Resource Centre offers families, children and young people a variety of supports and services inclusive of a wide range of social, personal, educational, recreational and creative programmes. An affordable counselling service is available.

Newpark Close Family Resource Centre

Newpark Close, Kilkenny

Phone: 056 7723309

Email: newparkclosefrc@eircom.net

<http://www.newparkclosefrc.com>

Newpark Close Family Resource Centre works closely with the community to strengthen participation, equality and positive outcomes for all families and individuals by working from the guiding principles of Community Development and Family Support Practice. The centre organises youth clubs and groups. Low-cost counselling is also available.

Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Phone: 056 8838466

Email: millfrcmc@gmail.com

<http://www.millfrcurlingford.com/>

This Centre aims to meet the needs of the people in Urlingford and surrounding communities. It offers a range of family supports and has a dedicated youth project. A low-cost counselling service is also available.

Droichead Family Resource Centre

Old C.B.S. School, West Street, Callan

Phone: 056 7755660

Email: admin@droicheadfrc.ie

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

Droichead FRC is a community facility in Callan that aims to bring people together. There are a range of supports, services, educational and recreational opportunities.



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

Ayrfield Medical Park, Granges Road, Kilkenny

<https://mentalhealth.ie/kilkenny>

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.

Ossory Youth Services

Lower New Street, Kilkenny

Phone: 056 7761200

Email: jpurcell@ossoryyouth.com

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

Ossory Youth is a voluntary, non-profit youth work organisation affiliated to Youth Work Ireland, working with and for young people within the Diocese of Ossory, covering Kilkenny and parts of Laois and Offaly. Services include youth clubs, anxiety and mental health support for young people, youth information, a group for young people on the Autism spectrum and an alliance group for LGBTI+ young people. For information on all these services and more, go to

<https://www.ossoryyouth.com/our-services/>

Foróige — Kilkenny

Contact: Regional Officer — Gail O’Sullivan

Phone: 086 2316302

Email: gail.osullivan@foroige.ie

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

Foróige DRUM Youth Centre

Goods Shed Square, MacDonagh Junction

Shopping Centre, Kilkenny

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

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The Foróige DRUM Youth Centre is a space for young people aged 10–24 years from Kilkenny City & County. Services include a drop in youth cafe, health promotion and one to one support.

There are a number of other Foróige projects and clubs operating in the Kilkenny area. View the Foróige map for more details:

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

Support for LGBTI+ Young People

Open Door Kilkenny

Ossory Youth Services, Desart Hall,
New Street, Kilkenny City

Phone: 087 7377556

Email: rcarbery@ossoryyouth.com

<https://www.ossoryyouth.com/our-services/lgbti/>

Open Door is a youth group for LGBTI+ young people and their allies aged 12–18 who would like to participate in a fun and exciting LGBTI+ friendly environment. For up to date information, use the contact details above.

Foróige Kilkenny, Identify

DRUM Youth Centre, Macdonagh Junction,
Kilkenny.

Phone: Jimmy Ryan on 086 4179031

Email: jimmy.ryan@foroige.ie

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

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This group meets weekly and is aimed at LGBTI+ young people and friends aged 14–18 in the DRUM Youth Centre, Macdonagh Junction. It is a safe space to have fun, explore everything relevant to LGBTI+ young people. One to one support is also available to young people aged 12–24. For up to date information, use the contact details above.

Kilkenny ASD Families Network

<https://www.facebook.com/Kilkenny-ASD-Families-Network-308587279243772/>

Kilkenny ASD Families Network have a Facebook page run by and for parents of children on the Autism spectrum. It contains information on training, events and resources.

Rainbows Ireland

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

Fr. McGrath Family Resource Centre,
St Joseph's Rd, Kilkenny
Phone: 056 7751988

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

Connecting For Life – Kilkenny

<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 Kilkenny.

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