

**YOUTH  
THEATRE**

**IRELAND**

# **Laois Youth Mental Health and Wellbeing Supports**



## **CRISIS SUPPORT**

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**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 Laois:

### **Pieta Midlands:**

Seán Costello Street, Athlone,

Co. Westmeath N37 W9W0.

Phone: 090 6424111

## Samaritans

Freephone 116 123 every day 24 hours a day

Email: [jo@samaritans.ie](mailto: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)

### Laois Community Mental Health Team

Laois CAMHS, 2nd Floor Alvernia House,

St Fintan's Campus, Dublin Rd, Portlaoise

Phone: 057 8696152

### Laois / Offaly CAMHS Team 3 (16–17 year olds) Community Mental Health Team

Young Adult Mental Health Service (YAMHS),

St. Fintan's Hospital, Dublin Road, Portlaoise

Phone: 057 8696916

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

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### 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

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### **Jigsaw: Laois / Offaly**

Cormac Street, Tullamore

Phone: 057 9352871

Email: [reception.offaly@jigsaw.ie](mailto:reception.offaly@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.

### **Portlaoise Family Resource Centre**

Harpur's Ln, Portlaoise

Phone: 057 8686151

Email: [info@portlaoisefrc.ie](mailto:info@portlaoisefrc.ie)

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

<https://www.facebook.com/Portlaoise-Family-Resource-Centre-235598213231009/>

Portlaoise Family Resource Centre's mission is to empower individuals, build on family strengths, enhance self-esteem and engender a sense of being able to influence events in one's life. Services and supports include affordable counselling for those of all ages. They also provide activities for young people including clubs, peer support groups and a range of other activities.



## **Mountmellick Youth and Family Resource Centre**

MDA Buildings, Irish Town, Mountmellick

Phone: 057 8624601

Email: [manager@myfrc.ie](mailto:manager@myfrc.ie)

<http://myfrc.ie/>

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

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The vision of the MYFRC is that every family and child living in the Mountmellick area are afforded the supports and opportunities to reach their full potential. These supports include Youth Work, Family Support, Community Development, Support Groups and Counselling.

Mountmellick Youth and Family Resource Centre, works with and alongside people of all ages in Mountmellick and surrounding areas. They offer a range of support services for all ages and run weekly youth groups from age 6—18 years.

## **SOSAD — Portlaoise**

24 Hour Helpline: 1800 901 909

Shamrock House, Abbeyleix Road

Phone: 083 0291706

Email: [info@sosadireland.ie](mailto:info@sosadireland.ie)

<https://sosadireland.ie/>

**Please note the service is available to those aged 16 or over.**

Since 2007, SOSAD has worked to raise awareness and help prevent suicide in Ireland. They have worked tirelessly in communities to help those in need feel supported and know they are not alone on their journey. SOSAD offer support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if they simply need to talk. Services include counselling, drop-in support, a messaging service and a 24-Hour helpline.





## **Other Counselling and Psychotherapy**

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**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.**

## Youth Work Ireland Laois

Main Office: Unit D, JFL House, James Fintan

Lalor Avenue, Portlaoise, R32 W310

Phone: 057 8665010

Email: [info@ywilaois.com](mailto:info@ywilaois.com)

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

Youth Work Ireland Laois aims to empower young people in Laois to be the creators of their own futures. Among its many initiatives is Positive Laois; a range of personal development programmes. The organisation also offers an UBU programme across the county for those aged 10–25. In addition, young people can participate in youth clubs and a number of Arts-based programmes. One-to-one support is also available.

## Foróige Laois

Contact: Brid Canny

Phone: 086 2043599

Email: [Brid.Canny@foroige.ie](mailto:Brid.Canny@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. Clubs and projects operate in a number of areas in Laois. For more details, visit the Foróige map:

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

## **Luck Out**

Unit D, JFL House, LFK Avenue, Portlaoise

Phone: 057 866 5010 / 086 4112816

Email: [elaine@ywilaois.com](mailto:elaine@ywilaois.com)

<https://www.ywilaois.com/lgbti-project/>

Luck Out is a safe space, created by Youth Work Ireland Laois, for young LGBTI+ people between the ages of 15–24. They support two LGBTI+ groups, a younger group aged 15–18 and an older group aged 18–24, as well as a trans/non-binary gender fluid specific support group. The groups provide a safe space, a place to discuss issues, be themselves, plan inclusive events and provide personal development programmes.

## **Laois Offaly Families for Autism**

Email: [info@loffa.ie](mailto:info@loffa.ie)

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

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

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Laois Offaly Families for Autism is a local support group by parents for parents and families of children and adults with Autism Spectrum Disorder (ASD).

## **Rainbows Ireland**

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

### **Holy Family Junior School**

Agnaharna, Portlaoise, Co. Laois

Phone: 01 4734175

Email: [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie)

— Open to all children in Portlaoise and surrounding areas in Co Laois.

### **St. Patrick's Boys' National School (Scoil Phádraig)**

Canal Road, Portarlinton, Co. Laois

Phone: 057 8623394

— Programmes open to children from the wider community.

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 – Midlands, Louth, Meath**

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectmidlands.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 the Midlands, Louth and Meath.

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