

**YOUTH
THEATRE**

IRELAND

Leitrim 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 Leitrim:

Pieta Sligo:

Northside Resource Centre, Forthill, Sligo.

Phone: 074 9126594

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)

Leitrim, east Sligo and west Cavan Community Mental Health Team

Nazareth House, Church Hill, Sligo

Phone: 071 9113960

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

Breffni Family Resource Centre

Breffni Crescent, Carrick-on-Shannon,
N41 X9D6

Phone: 071 9622566

Email: info@breffnifrc.ie

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

Breffni Family Resource Centre is a modern, community based project, the focus of which is to provide relevant family-based supports and services in an accessible, professional, comfortable environment. Programmes include a youth cafe, self-care programmes and counselling for adults and children.

Mohill Family Resource Centre

Canon Donohoe Hall, Upper Main St, Mohill

Phone: 071 963 1253

Email: support@mohillfsc.info

<https://mohillfamilysupportcentre.me/>

MFSC supports people in the community through facilitating various activities, supports and programmes. Services for children and young people include a youth cafe, mental health programmes and a Brief Intervention Service for children and young people, 10–18 years, who are experiencing mild difficulties impacting on their mental health or wellbeing.



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.

Youth Work Ireland North Connaught

c/o Base Youth Café, Hill Road, Drumshanbo

Phone: 071 9641721

Email: liammeates.ncycs@gmail.com /

fionancycs@gmail.com

<http://www.ncycs.ie/leitrim-youth-project/>

Youth Work Ireland North Connaught run the Leitrim Youth Project which is a 'Your Place Your Space' (UBU) project based in Drumshanbo. The project works with young people aged 10–24 years across the county. A number of approaches are used to support the development and wellbeing of young people.

Youth clubs/cafés and projects in County Leitrim offer a menu of ever-growing activities driven by the members' interest and needs. This menu might include many different activities under the headings of sports, culture, recreation, arts, personal development, education and trips and exchanges through local, regional and national levels.

Youth Work Ireland – Our Generation

Contact: Tracey McArdle, Our Generation Coordinator

Phone: 086 0675334

Email: tmcardle@youthworkireland.ie

<https://www.youthworkireland.ie/youth-work-centre/ourgeneration>

Our Generation(OG) is an EU– funded cross–border, cross–community partnership project which is being delivered through seven regional organisations, namely Action Mental Health, Donegal Youth Service, Co–Operation Ireland, Youth Action NI, Youth Work Ireland, PlayBoard NI and Ulster University. The Youth Work Ireland OG team provide opportunities for young people in the region to develop their knowledge around issues such as emotional well–being, sexual health, and leadership through the Be Well Programme, YES Project, and a pilot project, The Youth Fund. Delivery is taking place across the border counties of Cavan, Monaghan, Sligo, Leitrim, and Donegal.

Foróige – Leitrim

Contact: Shane McManus

Phone: 086 7013182

Email: shane.mcmanus@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. There are a number of Foróige Clubs and Projects in a number of locations in Leitrim including Carrick-On-Shannon, Drumsna, Mohill and Carrigallen. For details visit:

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

Leitrim Development Company

Main Office: Church Street, Drumshanbo

Phone: 071 9641770

Email: info@ldco.ie

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

Leitrim Development Company, is a community-led Local Development Company and a registered charity. They seek to promote, support, assist and engage in social and enterprise development to facilitate rural and urban regeneration while developing communities to benefit and promote from within. They provide services for people of all ages, including young people, through after-schools programmes, summer projects and special educational needs supports.

Leitrim Traveller Youth Project

**Shannonside Community Childcare Centre,
Rosebank, Carrick on Shannon**

Phone: 071 9622158

Email: rosebank@ldco.ie

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

Leitrim Traveller Youth Project, run by Leitrim Development Company, offers a Youth service to the 10–13 year old age group. There is a wide variety of activities inclusive of all their interests to promote their social and personal development. In partnership with the HSE they offer teenagers 6 week programmes based on their interest and needs; these include personal and social development programmes that promote healthy lifestyle.

SMILY LGBT LEITRIM

Phone: 089 4820330

Email: smilyyouthlgbt@gmail.com

www.facebook.com/smilysligo

SMILY LGBT Youth group, a project of Youth Work Ireland North Connaught, meets each week from 5–7pm every Friday. SMILY LGBT+ offers a safe space for teens aged 14–23 that may be lesbian, gay, bisexual, transgender, or young people

questioning their sexual or gender identity. For more information, use the contact details above.

MWB Autism Support

Phone: 087 9877342

Email: info@mwbautism.ie

<http://mwbautism.ie/>

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

MWB (Midlands West Border) Autism Support is a parent-run support group for families with children diagnosed with an Autism Spectrum Disorder. Included are families living in Longford, Leitrim, Roscommon and Sligo. Children and young people in the group range in age from 3 to 21. They offer emotional support and understanding, a forum to ask questions and get ideas from each other. They also provide social outings to promote integration and improve social skills. Training days and fundraising events are also organised. Through their endeavours, they aim to promote awareness, understanding and acceptance.

Rainbows Ireland

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

Breffni Family Resource Centre

Breffni Crescent, Carrick on Shannon, Co. Leitrim

Phone: 071 9622566

Mohill Family Support Centre

Canon Donohoe Hall, Main Street, Mohill, Co. Leitrim

Phone: 071 9631253

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 – Sligo Leitrim

<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 Sligo Leitrim.

**YOUTH
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IRELAND

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