

**YOUTH  
THEATRE**

**IRELAND**

# **Limerick 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.

### Pieta Midwest:

Ardaulin, Mungret Limerick V94 T258

Phone: 061 484444

## 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)

### West Limerick Community Mental Health Team

Rosbrien Road, Limerick

Phone: 061 483388

### East Limerick Community Mental Health Team

Rosbrien Road, Limerick

Phone: 061 483388

### Limerick Central Community Mental Health Team

Rosbrien Road, Limerick

Phone: 061 483388

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.

**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.



## Local Supports

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### Jigsaw — Limerick

3rd Floor, Arthur's Quay House,

Arthur's Quay, Limerick

Phone: 061 974510

Email: [limerick@jigsaw.ie](mailto:limerick@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.

### My Mind — Centre For Mental Wellbeing

50 O'Connell Street, Limerick

Phone: +353 818 500 800

Email: [hq@mymind.org](mailto:hq@mymind.org)

<https://mymind.org/>

MyMind is the first and largest blended model of mental health care in Ireland, and is putting Ireland at the forefront of mental health innovation. MyMind has created a unique movement for community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay.

MyMind provides counselling, psychotherapy and creative art therapy services.

services for children and adolescents. In partnership with the Irish Youth Foundation, free services are available to particularly vulnerable young people.



## Let's Get Talking

Saint Munchins Community Enterprise Centre,  
Kileely Ct, Kileely, Limerick

Phone: 0818 714001

Email: [midwest@letsgettalking.ie](mailto:midwest@letsgettalking.ie)

<https://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.

## Limerick Youth Service – Be Well: Youth Mental Health Service

Phone: 086 3895031

Email: [siobhanob@limerickyouthservice.org](mailto:siobhanob@limerickyouthservice.org)

<https://limerickyouthservice.com/what-we-do/about/youth-mental-health/>

Limerick Youth Service's Youth Mental Health Service is for young people (14 to 25yrs) from across Limerick City & County who are in need of support for mental health & well-being.

Young people can avail of counselling and support from a youth mental health worker. Parental advice is also available. The Be Well Team also supports youth groups in promotion of positive mental health.



## **Family Resource Centres – Limerick**

Family Resource Centres (FRCs) 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 and individuals in their locality.

Many FRCs have supports for young people including low-cost counselling, wellness programmes, youth groups and activities. Limerick has a number of Family Resource Centres:

### **Hospital FRC**

Knockainey Road, Hospital, Co Limerick

Phone: 061 383884

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

<https://www.hospitalfrc.com>

### **Southill FRC**

267–268 Avondale Court, O'Malley Park, Southill

Phone: 061 440250

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

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

### **Croom FRC**

The Scouts Den, High Street, Croom

Phone: 061 602878

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

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

### **Northside FRC**

Clonconnane Road, Ballynanty

Phone: 061 326623

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

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

## **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.**

## Donegal Youth Service

**Head Office: 5 Lr. Glentworth St, Limerick**

**Phone: 061 412444**

**Email: [lys@limerickyouthservice.org](mailto:lys@limerickyouthservice.org)**

**<https://limerickyouthservice.com/>**

Limerick Youth Service engages with over 4,500 young people annually in providing a diverse range of youth work, education, training, employability & volunteering opportunities.

LYS supports a number of diverse youth work projects including Comhairle na nÓg, Garda Youth Diversion, youth cafés, youth & family Support, a youth mental health service, a Youth Information Centre, international youth work & volunteer led youth clubs across Limerick City and County. The organisation has youth centres around the city and county including Rathkeale, Castleconnell, Lr. Glentworth St and Ballynanty. It is affiliated to Youth Work Ireland.

## Foróige – Limerick

**Contact: Alan Judge**

**Phone: 086 0227986**

**Email: [alan.judge@foroige.ie](mailto:alan.judge@foroige.ie)**

**[www.foroige.ie](http://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.

Foróige has a number of projects and clubs in Limerick, for more information view their interactive map:

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

## Gender Wise: Limerick Trans\* Youth Group

**GOSHH, Redwood Place, 18 Davis Street, Limerick**

**Phone: 061 314354**

**Text: 083 4447368**

**Email: [youthworker@goshh.ie](mailto:youthworker@goshh.ie)**

This is a group for anyone aged 13–18 year who identifies as Trans, Non-Binary, or Genderqueer. The aim of the group is to allow young people who identify as Trans+ to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. For up to date information use the contact details above.

## The Q's

Lava Java's Youth Cafe,  
Lower Glentworth Street, Limerick  
Phone: 061 314354  
Text: 083 4447368  
Email: [youth@goshh.ie](mailto:youth@goshh.ie)

Limerick's LGBT+ Youth Group is for those aged 14–19, both LGBT+ people and allies. The aim of the group is to allow LGBT+ young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. The group has a programme of fun activities which are chosen by members. For up to date information use the contact details above.

## GOSHH — Support for LGBTI+ Young People

Redwood Place, 18 Davis Street, Limerick  
Phone: 061 314354  
Email: [info@goshh.ie](mailto:info@goshh.ie)  
<https://goshh.ie/>

GOSHH works with young people who often identify as LGBTI+ in Limerick, Clare and North Tipperary. They provide one to one support for young people as well as facilitate support groups in relation to their Gender and Orientation.

They also offer supports for people of all sexual orientations if they have questions around sexual health. The aim of their work is to help improve mental and social well-being. One-to-one, group, online and phone support are all available.

## Dóchas Midwest Autism Support

14 Parnell Street, Limerick  
Phone: 061 405923  
Email: [info@dochasautism.ie](mailto:info@dochasautism.ie)  
<https://www.facebook.com/dochasautism/>

Dóchas Midwest Autism Support is a registered charity and provides information and support to children and adults with Autism and their parents and wider family members in the Mid-West region. They provide weekly social interaction clubs for children and young adults with autism.



## **Rainbows Ireland**

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

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

## **Croom FRC**

Croom Community Centre, High St,  
Tooreen, Croom, Co. Limerick  
Phone: 061 602878

## **Northside FRC**

Clonconnane Road, Ballynanty, Co. Limerick  
Phone: 061 326623

## **Hospital Family Resource Centre**

Knockainey Rd, Coolalough, Co. Limerick  
Phone: 061 383884

## **Barnardos – Limerick**

### **Limerick Regional Office & Islandgate Project**

c/o St Mary's National School,  
Bishop Street, Limerick City

Phone: 061 493587

Email: [info@islandgate.barnardos.ie](mailto:info@islandgate.barnardos.ie)

### **Barnardos Family Support Service, Limerick South**

373/374 Roseview Park, O'Malley Park, Southill  
Phone: 061 319290

Email: [info@southill.barnardos.ie](mailto:info@southill.barnardos.ie)

### **Barnardos Family Support Service, Limerick North**

Units 4–7, Sarsfield Gardens, Moyross,  
Co Limerick

Phone: 061 329298

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

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

Barnardos mission is to deliver services and work with families, communities, and partners to transform the lives of vulnerable children who are affected by adverse childhood experiences. The organisation offers a wide range of supports and programmes to children and young people aged 0–18, through services and projects throughout the country. Barnardos can support young people

and families with specific challenges such as bereavement, post-adoption and teen parenting support.

## **Youth Advocate Programmes — Limerick**

Unit 11E, Watch House Cross Shopping Centre,  
Watch House Cross, Limerick

Phone: 061 322815

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

<https://yapireland.ie/>

The Youth Advocate Programmes provide intensive, needs-led, wraparound, focused support to children, young people and families who are struggling with a range of issues in their lives. YAP Ireland matches community-based advocates with those referred, leading to more positive engagement and outcomes. The organisation has a disability and mental health intensive support service that provides a 12 month programme to young people aged 10–21 years and their families who require support in achieving their goals. The Independent Advocacy Service is provided to Child and Adolescent Mental Health services and adolescent.

## **Connecting for Life — Mid West**

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/>

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 counties Limerick, Clare and North Tipperary.

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7 North Great George's Street,  
Dublin 1**

**Telephone: ☎ 353 1 878 1301**

**Email: [info@youththeatre.ie](mailto:info@youththeatre.ie)**

**Web: [www.youththeatre.ie](http://www.youththeatre.ie)**