

**YOUTH
THEATRE**

IRELAND

Louth 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 nearest services to Louth are –

Pieta Midlands:

Seán Costello Street, Athlone, Co. Westmeath

Phone: 090 6424111

Pieta Skerries:

MoreHealth Skerries, 17 Thomas Hand Street,
Townparks, Skerries, Dublin

Phone: 01 8831000

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)

Longford Westmeath CAMHS Community Mental Health Team

Primary Care Campus, Harbour Road,
Mullingar, Co Westmeath

Phone: 044 9337400/37401

Longford Westmeath (16–17 year olds) Community Mental Health Team

Complex, Unit 23B Lough Sheever Business Park,
Robinstown, Mullingar, Co. Westmeath

Phone: 044 9384260

Longford / North Westmeath Community Mental Health Team

Primary Care Campus, Harbour Road,
Mullingar, Co Westmeath

Phone: 044 9337400/37401

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. The organisation has 14 local services offering face to face support, as well as sessions by videolink and phone.

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/>

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>



Local Supports

Dundalk Counselling Services

Oakdene, No.3 Seatown Place, Dundalk

Phone: 042 9338333

Email: info@dundalkcounsellingcentre.ie

<https://dundalkcounsellingcentre.ie/>

Dundalk Counselling Centre is a registered charity that provides professional, therapeutic counselling to all the community, irrespective of their means. Counselling for young people and families is available.

SOSAD — Drogheda

24 Hour Helpline: 1800 901 909

30 Magdalene Street, Drogheda

Phone: 041 9848754

Email: Drogheda@sosadireland.ie

<https://sosadireland.ie/>

SOSAD — Dundalk

24 Hour Helpline: 1800 901 909

42 Jocelyn Street, Dundalk

Phone: 042 9327311

Email: Dundalk@sosadireland.ie

<https://sosadireland.ie/>

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 you simply need to talk. Services include counselling, drop-in support, a messaging service and a 24-Hour helpline.

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

Connect Family Resource Centre

171 Moneymore, Drogheda

Phone: 041 9846608

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

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

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

Connect FRC provides a range of strengths-based supports to families that primarily focus on early intervention across a range of levels and needs. They aim to promote and protect the health, wellbeing and rights of all children, young people and their families in their own homes and communities. Services include low-cost counselling, development and wellbeing programmes.

Dundalk Youth Centre – Counselling Service

Roden Place, Dundalk

Phone: 042 9329532

Email: info@dundalkyouthcentre.ie

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

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

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

Dundalk Youth Centre provides a range of Health and Wellbeing initiatives, including counselling, to support young people as they deal with the pressures and stress in their lives.

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 Louth

2 Courthouse Square, Dundalk

Phone: 042 9338323

Email: louth@yfi.ie

<http://youthworkirelandlouth.ie/>

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

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

YWIL is an organisation responding to the personal, social, developmental, cultural, and spiritual needs of young people in County Louth. The organisation offers opportunities to young people to become involved in activities to support their growth and development by recognising their potential, promoting self-esteem and creating opportunities so they can participate equally in society. Services include UBU projects in Dundalk and Drogheda, in addition to a network of youth clubs around the county.

Cox's Demense Youth and Community Project

15-16 Oakland Park, Dundalk

Phone: 042 9330432

Email: thehouse@coxsyyp.ie

<http://coxsdemesne-thehouse.com/>

The aim of the project is to enable the personal, social and educational development of young

people in the Cox's Demesne. To achieve this they offer an After School Service, Special Projects for young people at risk, Garda Diversion Project, Probation Project and Youth Clubs.

Dundalk Youth Centre

Roden Place, Dundalk

Phone: 042 9329532

Email: info@dundalkyouthcentre.ie

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

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

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

The vision of Dundalk Youth Centre is to create a supportive relational environment where young people in the community are welcomed, valued and encouraged to get in touch with and express their individual gifts through creativity and the arts. Young people can avail of opportunities and supports including counselling, wellbeing programmes, a range of arts-based activities and a drop-in youth cafe.

Boomerang Centre & Cafe

62 Fair Street, Drogheda

Phone: 041 9839916

Email: info@boomerangcafe.ie

<https://boomerangcafe.ie/>

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

[BoomerangCafeDrogheda/](#)

BoomerangCafe.ie is Drogheda's one stop youth service and cafe for 12–18 year olds. A safe, open space for youth groups and members, open six days a week providing young people with a great place to hang out with friends and get involved in a host of fun activities including music, art, games, cooking and structured evening classes with youth workers. The facility also offers to connect young people with the services and supports that they need including counselling, youth mental health and educational supports.

Foróige – Louth

Contact: Erica Reade, Regional Youth Officer

Phone: 086 3880717

Email: Erica.Reade@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 Louth.

For more details, visit the Foróige map:

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

Youth Advocate Programmes

Unit 15–2, Workspace Centre,

Mayoralty Street, Drogheda

Phone: 087 9007135

Email: 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 in-patient units. A Crisis Intervention service is also available for young people at particular risk.

AIM Youth Group

Outcomers, The Coach House,
8 Roden Place, Dundalk

Phone: 086 1625030 or 042 9329816

Email: youth@outcomers.org

<http://outcomers.org/groups/>

AIM stands for 'As I Am' and is a relaxed and easy-going space for LGBT+ people aged 13–17 years old. It's a safe space to come in and chill out, get to know people, and have a chat about anything that's on your mind. AIM is run BY young people FOR young people, with opportunities for trips, activities, and regional events. For more information use the contact details above.

AIM Young Adults Group

Outcomers, The Coach House,
8 Roden Place, Dundalk

Phone: 086 1625030 or 042 9329816

Email: youth@outcomers.org

<http://outcomers.org/groups/>

Outcomers Young Adults' Drop-In is a safe space to get to know other LGBT+ young people. You can call in when you like, have a cuppa and a chat, or get involved in some of the activities. Either way, you'll meet other young LGBT+ adults in a relaxed environment where nobody will judge you for who you are. For more information use the contact details above.

Autism Support Louth & Meath

Phone: 087 2407431

Email: info@autismsupportlouth.com

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

Autism Support Louth & Meath is a parent led support group for families of both children and adults affected by Autism. They run monthly support group meetings, weekly youth clubs, training courses, provide information and advocacy, lobby locally and nationally on autism and disability issues and provide a network of parents and families who can support and help each other.



Young Carers Support Group

c/o Youth Work Ireland, Louth

Contact: Monica

Phone: 086 0455739 / 042 9338323

Email: Monica@lyf.ie

A support group for young people who help someone who has a long term physical/mental condition or addiction issues. The group is being led out by Youth Work Ireland Louth and takes place in Drogheda.

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.

Armagh Diocesan Pastoral Centre

The Magnet, The Demesne, Dundalk, Co. Louth

Phone: 087 7095666

Connect Family Resource Centre

171 Moneymore, Drogheda, Co. Louth

Phone: 041 9846608

The DeeHub

Ardee, Market Street, Co. Louth

Phone: 087 6405110

Connecting for Life – Longford Westmeath

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/?pageNumber=2>

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.

**YOUTH
THEATRE**

IRELAND

**Youth Theatre Ireland
7 North Great George's Street,
Dublin 1**

Telephone: ☎ 353 1 878 1301

Email: info@youththeatre.ie

Web: www.youththeatre.ie