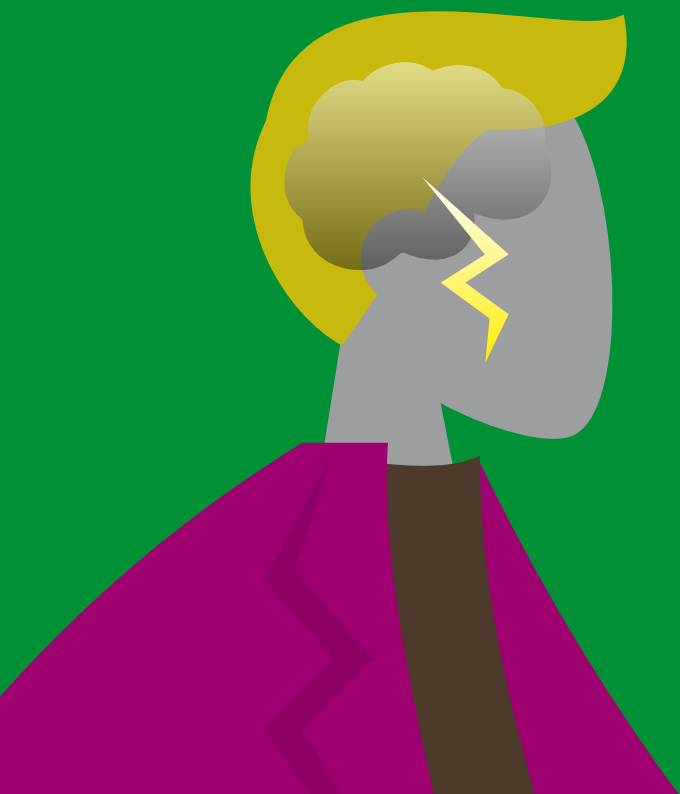


**YOUTH
THEATRE**

IRELAND

Mayo 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.

Pieta Ballina:

Family Resource Centre, Abbey Street, Ballina

Phone: 093 25586

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)

Mayo South Community Mental Health Team

Child & Adolescent Mental Health Service,
HSE West, St. Mary's Headquarters, Castlebar
Phone: 094 9042656/094 9024430

Mayo North Community Mental Health Team

North Mayo CAMHS, Primary Care Centre Ballina,
Kevin Barry Street, Ballina
Phone: 096 20399

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/>

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

Mindspace Mayo

Main Office: Market Square, Castlebar

Phone: 094 9067001

Text: 086 1844995

Email: info@mindspacemayo.ie

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

Erris Outreach

Irish Wheelchair Association, Logmore, Bellmullet

(By appointment only)

Phone: 094 9067001

Ballina Outreach

Ballina Family Resource Centre, Abbey Street,
Ardnaree, Ballina (By appointment only)

Phone: 094 9067001

Mindspace Mayo is a free and confidential support for young people aged 12–25. Their centre in the Market Square, Castlebar provides a welcoming space for young people to call in, get information or have a chat one-to-one with a support worker. If a young person wants support, their staff are there to listen, without making judgements, and to provide supportive guidance. Along with the hub in Castlebar, they have two outreach centres located in Erris and Ballina. If you're going through a tough time, Mindspace can help with a range

of issues from stress, anxiety, gender identity, bullying or if you just need someone to talk to.

The organisation also runs programmes including the Mindout programme and is a co-founder of the WITH programme — an online information source for young people whose parents are experiencing mental health distress.

Helplink

No. 2, Upper Charles Street, Castlebar

Phone: 0818 99 88 80

Email: helplinksupport@helplink.ie

<https://helplink.ie/>

Helplink Mental Health's mission is to provide accessible, free or low cost mental health services; locally, nationally and internationally, 7 days a week and out-of-hours. Their services are for all ages including young people. The three types of mental health services that Helplink provides are: Counselling, Information Provision and Education. In Galway and Mayo they provide face-to-face the above suite of counselling services and also Play and Art Therapy.

Family Resource Centres – Mayo

Family Resource Centres (FRC) 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, young people, children and other individuals in their locality.

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

Westport FRC

The Fairgreen, Westport

Phone: 098 24419

Email: admin@westportfrc.ie

<https://westportfrc.ie/>

Tacú FRC

Credit Union House, Main Street, Ballinrobe

Phone: 094 9542908/087 2859973

Email: info@tacufrc.ie

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

Ballina FRC

Unit 2 Abbey Street, Ardnaree, Ballina

Phone: 096 75573

Email: admin@ballinafrc.com

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

Le Cheile FRC

Tucker Street, Castlebar

Phone: 094 9025126/086 0561965

Email: info@castlebarfrc.com

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

Claremorris FRC

Mount St, Claremorris

Phone: 094 9377838

Email: claremorrisfrc@eircom.net

<https://www.facebook.com/ClaremorrisFamilyResourceCentre1/>

Neart hAmhnais Teoranta FRC

The Friary House, St Marys Abbey, Ballyhaunis

Phone: 094 9630031

Cairdeas FRC

Kilmovee, Ballaghaderreen

Phone: 094 9649814

<https://www.facebook.com/Cairdeas-Kilmovee-Family-Resource-Centre-383779731740530/>

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.

West Be Well

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

West Be Well is a website offering information on voluntary, statutory and community groups involved in wellbeing, mental health promotion and suicide prevention initiatives in Galway, Mayo and Roscommon. The site contains a range of mental health resources and details of relevant events. It includes a section on support for young people.

Supportme.ie

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

The SupportMe website provides a simple directory of services in Galway, Roscommon and Mayo including mental health & wellbeing supports and services for children and young people.

Youth Work Ireland North Connaught

North Mayo Youth Project: Millview Crescent,
Community Centre, Millview Crescent, Ballina
Phone: 096 70615

Email: michellegallagher.ncycs@gmail.com /
cillianfoody.ncycs@gmail.com

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

Affiliated to Youth Work Ireland, YWINC is a regional youth service provider covering Sligo, Leitrim and Mayo. It aims to support the development of young people, to enable them to take greater control of their own lives by making decisions and exercising responsibility and contributing to the development of both their community and their society. It runs a number of projects in Mayo including the North Mayo Youth Project and Youth Action projects in Castlebar and Ballina.

Foróige – Mayo

Contact: Andy Neary

Phone: 086 0106200

Email: andy.neary@foroige.ie

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

Foróige – Mayo South

Contact: Martin Donohoe

Phone: 086 8275685

Email: martin.donohoe@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 youth clubs and projects across Mayo.

For more information, view their interactive map:

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

Involve Ballina Youth Project

Lower Lord Edward Street, Ballina

Phone: 087 2379132

Email: youthprojectballina@involve.ie

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

Involve is a youth, community and communications organisation working primarily with members of the Traveller community. It is the main provider of youth work services to young Travellers in Ireland. As part of the delivery of this service the organisation also focuses on young people from marginalised backgrounds. Involve Youth Project provides after school programmes for young people ages 10—25 in the Ballina area.

Cáirde Network, Castlebar

Meets at Foróige Hub, The Mall, Castlebar

Phone: 086 8371339

Email: ruairi.kelly@foroige.ie

Youth Group for LGBTI+ young people and their

allies (ages 12—18) where you can drop in, have fun and share ideas with others. Use the contact details above for up to date information.

Cairde LGBTI+ Youth Group, Ballina

Meets at Neighbourhood Youth Project,

Pearse Street, Ballina

Phone: 086 6017337

Email: stephanie.cook@foroige.ie

This group is for young people aged 13—17 years who identify as lesbian, gay, bisexual or transgender and their friends. The group is operated by Foróige, please contact Stephanie before attending meetings for the first time. Use the contact details above for up to date information.

Cairde LGBTI+ Youth Club, Don't Label It!, Ballinrobe

Meets at Youth Booth, The Maple Youth Centre,

Bowgate St, Ballinrobe

Contact: Grace

Phone: 087 7714967

Email: ballinrobeyouthcafe@gmail.com

This club is open to LGBTI+ young people, their friends, and young people who may be

questioning their sexual orientation or gender identity. This is a safe place for young LGBTI+ people to be themselves and it is open to all young people who care about LGBTI+ issues. Use the contact details above for up to date information.

Mayo Autism Camp

Phone: 087 7881864

Email: mayoautismcamp@gmail.com

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

Mayo Autism Camp provides socially inclusive activities for autistic children, teenagers and their families, through meaningful play and peer interactions.

Mayo Autism Support Association (MASA)

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

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

MASA offers support to parents of children with Autism in Mayo.

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.

Castlebar Family Centre

The Family Centre, Upper Chapel Street,
Garryduff, Castlebar

Phone: 094 9025900

Connecting for Life – Galway, Mayo and Roscommon

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectgalwaymayoroscommon.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 counties Galway, Mayo and Roscommon.

**YOUTH
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