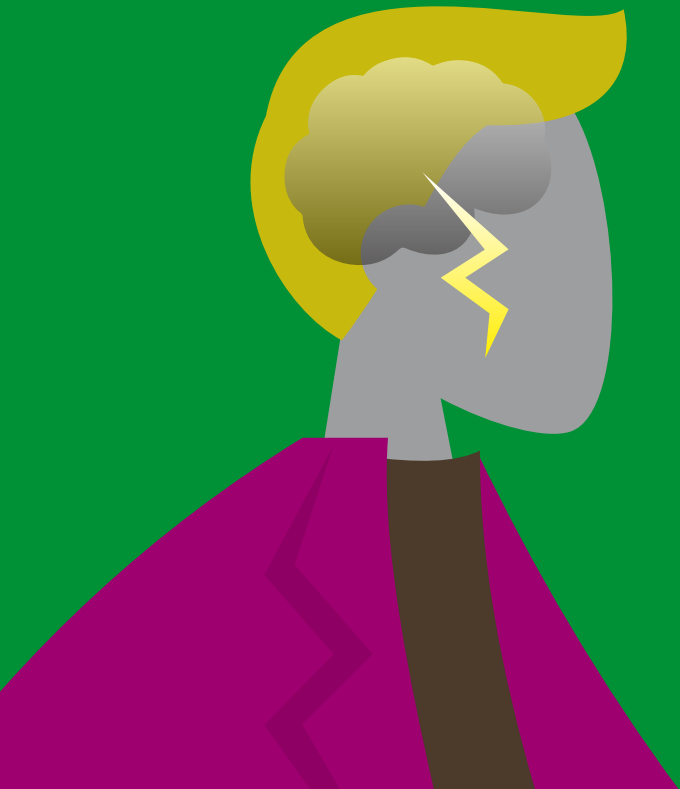


**YOUTH
THEATRE**

IRELAND

Meath 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 Meath 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)

Meath South Community Mental Health Team

Child & Adolescent Mental Health Services,
Trim Primary Care Centre, Knightsbridge Village,
Longwood Road, Trim
Phone: 046 9420803

Meath North Community Mental Health Team

Child and Adolescent Mental Health Service,
Hazel House, Kennedy Road, Navan
Phone: 046 9098860

Meath South Ashbourne Community Mental Health Team

Child and Adolescent Mental Health Service,
Hazel House, Kennedy Road, Navan
Phone: 046 9098860

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.

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

Jigsaw — Meath

25 Brews Hill, Navan

Phone: 046 9071702

Email: meath@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.

Family Resource Centres — Meath

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. Meath has a number of Family Resource Centres across the county:

Trim Family Resource Centre

Office: 22 Mornington Drive, Trim

Phone: 046 9438850

Email: info@trimfrc.ie

<https://trimfamilyresourcecentre.ie/>

Kells Family Resource Centre

Lord Edward Street, Kells

Phone: 046 9247161

Email: kellsresourcecentre@gmail.com

<http://kellsresourcecentre.ie/>

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

East Coast FRC

c/o Lilliputs Community Childcare Centre,
5 Strandhaven, Laytown

Phone: 041 9812230

Mobile: 086 0250974

Email: resourcecentre@crannsupportgroup.ie

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

SOSAD — Navan

24 Hour Helpline: 1800 901 909

15 Trimgate Street

Phone: 046 9077682

Email: Navan@sosadireland.ie

<https://sosadireland.ie/>

SOSAD — Kells

24 Hour Helpline: 1800 901 909

Carrick Street, Kells

Phone: 046 9077682

Email: Navan@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 you simply need to talk.

Services include counselling, drop-in support, a messaging service and a 24-Hour helpline.

Meath Wellness Hub

c/o Meath Partnership, Kells Business Park,
Unit J & K, Cavan Road, Kells

Phone: 046 9280790

Contact: Roisin Traynor (Mental Health and
Wellness Officer) — Mobile: 087 1473760

Email: wellnesshub@meathpartnership.ie /

roisin.traynor@meathpartnership.ie

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

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

[MeathCommunityPartnership/](#)

This service is available to those aged 15 and over.

Meath Wellness Hub, established by Meath Partnership, is a centre for community mental health support and recovery. Services included one to one counselling and coaching, wellness recovery action plans (WRAP), support groups, wellness workshops, information and advocacy as well as referrals. They have a variety of different available locations around Meath to meet service users location needs.

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.

Spectrum Mental Health

Kells Primary Care Centre, Kilmainham
(Headfort), Navan Road

<https://mentalhealth.ie/kells>

Spectrum Mental Health provides expert-led counselling services with a team of experienced and highly skilled counsellors, psychologists and psychotherapists, including those who specialise in child and adolescent counselling.

Youth Work Ireland Meath

Phone: 046 9093402

Email: info@youthworkirelandmeath.ie

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

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

Youth Work Ireland Meath was established in 1989 and has a network of youth clubs affiliated from across the county. The organisation also has a network of community youth programmes and is committed to ensuring the provision of a quality youth service in Meath. They support the development of youth clubs and programmes and provide training for young people and volunteers. Supports and programmes include the Youth Quake initiative, a young carer’s support group and groups for LGBT+ young people.

Foróige – Meath

Contact: Jean Finnerty, Regional Officer

Phone: 086 7783340

Email: jean.finnerty@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 Meath. For more details, visit the Foróige map:

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

Involve Youth Project Meath

Castle Meadows Trim, C15FN36

Phone: 086 078 5560

Email: youthprojectmeath@involve.ie

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

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

Involve Youth Project Meath is a Traveller specific Youth Project. One of the main aims of Involve is to advocate equality and inclusivity for the Traveller community and provide educational and

training programmes, initiatives and services that promote the participation and inclusion of the Traveller community in Irish society. The project in Meath provides programmes and activities for young people aged 8–25 years of age.

Youth Work Ireland Meath LGBTQ+

Phone: 046 9093402

Email: nicky@youthworkirelandmeath.ie

info@youthworkirelandmeath.ie

<http://www.youthworkirelandmeath.ie/lgbt>

This Navan-based LGBTQ+ youth group is for teenagers aged 13–21. Through weekly social meetings, the LGBTI+ support group aims to provide a place where young LGBTI+ people can be themselves and socialise with their peers in an open and accepting environment, thus empowering the young people of County Meath and encouraging a similar attitude in society at large. 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.

A-T-E-A-M

Phone: 085 1729118

Email: Ateam.asg@gmail.com

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

A-T-E-A-M are a voluntary group, based in Meath, that provide fortnightly workshops and other supports for children with autism and their parents.

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.

Kells People's Resource Centre

Lord Edward Street, Townparks, Kells

Phone: 086 3661338

Trim Family Resource Centre

22 Mornington Drive, Trim

Phone: 046 9438850

East Coast Family Resource Centre (Laytown/Bettystown)

1 Somerton Triton Road, Bettystown

Phone: 041 9812230

Family Resource Centre

Commons Road, Navan

Phone: 086 0388649

Barnardos – Meath

Meath Family Welfare Conference

**Barnardos Children’s Services, Enterprise Centre,
Trim Road, Navan**

Phone: 046 9059429

Email: info@barnardos.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.

Youth Advocate Programmes – Meath

1 Brews Hill, Navan

Phone: 046 9059150

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.

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/?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
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