



HSE Mid West
Community Healthcare

Guidelines for Referrals to Child & Youth Mental Health Services – Mid West

CLARE

LIMERICK

NORTH TIPPERARY

If you are concerned that someone needs immediate support you should contact your GP or local Emergency Department in University Hospital Limerick 061-482120

Guidelines for Referrals to Child & Youth Mental Health Services – Mid West

COMMUNITY SERVICES

SUICIDE, SELF-HARM & MENTAL
HEALTH SPECIFIC SERVICES

BEREAVEMENT SUPPORT SERVICES

PEER LED SUPPORT SERVICES

SUBSTANCE MISUSE SERVICES

OTHER SPECIALIST SERVICES

SERVICES AVAILABLE IN
EDUCATION SETTINGS

USEFUL RESOURCES FOR
CHILDREN & YOUNG PEOPLE

Child & Youth Mental Health Services are grouped by type & colour coded for ease of navigation. →

Key to Services by Region



CLARE



LIMERICK



NORTH TIPPERARY

The aim of this guide is to support professionals to easily identify mental health services for children and young people in the Mid West.

Services are broken down into eight categories with a description of the services and information on how to refer into them. Each category is further broken down into the geographical areas of Limerick, Clare and North Tipperary.

This guide is a collaboration between Connecting for Life Mid West, a HSE Mid West Community Healthcare initiative, and Limerick Children and Young People's Services Committee (CYPSC).

To request additional copies of the guidelines or to provide feedback on this resource contact **srotraining@hse.ie**

Information correct at time of Publication - November 2021

Limerick CYPSC is a county-level committee that brings together the main statutory, community and voluntary providers of services to children and young people. Their role is to enhance interagency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020. The ultimate goal is to improve outcomes for all children and young people in Ireland.

For more information, contact David Studer, Limerick CYPSC Coordinator
david.studer@tusla.ie or go to **www.cypsc.ie**

Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020 sets out a vision where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

Connecting for Life Mid West sets out specific local actions to deliver the seven goals of the National Strategy, within the context of HSE Mid West Community Healthcare area (Limerick, Clare and North Tipperary).

For more information go to **www.connectingforlifemidwest.ie**

Counselling provides a safe space to explore issues and provide support with:

- Difficult feelings & emotions
- Anxiety
- Depression
- Education & expectations
- Relationship difficulties
- Anger
- Bereavement & loss, family or peer
- Family separation or divorce
- Substance abuse, self or parental
- LGBTI+ support
- Eating distress & body issues
- Bullying
- School refusal
- Life transitions
- Self-harm & suicidal ideation
- Addiction

Child & adolescent counselling services may also be able to offer support to parents and carers.

ISPCC

1:1 therapeutic work with children and their families aimed at building resilience and coping skills. Mentoring is also available in Limerick.

Referrals can be received from professionals working with a child or family or from the young person or family themselves.

ISPCC ▲ ●

Tel: 061 400077 (Limerick)

Tel: 087 351 9425 (Clare)

Email: limerick@ispcc.ie

Web: childline.ie

BARNARDOS, for children, young people and families, ages 0 – 18, free

Barnardos offers information, help and support to children, young people and their parents/carers who live in Limerick city or county. Our focus is on supporting and promoting children's development, helping parents with their parenting and helping parents to develop positive relationships with their children.

Referrals to the services are accepted from families, agencies, schools and can be made by completing the relevant Barnardos Referral form.

Limerick North ▲

1/2 Pine view Gardens, Moyross, Limerick

Tel: 061-329298

Email: info@moyross.barnardos.ie

Limerick South ▲

373- 374 Roseview Drive, O'Malley Park, Southill, Limerick

Tel: 061-319290

Email: info@southill.barnardos.ie

Homemaker ▲

St. Mary's National School, Bishop Street, Limerick

Tel: 061-49587

Email: homemaker.limerick@barnardos.ie

Barnardos ■

The Mall House, Slievenamon Road, Thurles, E41 AC97

Tel: 0504 20018

Email: Info@thurles.barnardos.ie

Web: www.barnardos.ie

LIMERICK YOUTH SERVICE Be Well Team, Limerick Youth Service, ages 14 – 25, free

Referral by: self (over 18), parent/ guardian (under 18), professionals or via online form at www.limerickyouthservice.com/whatwedo/bewellteam/

Person being referred needs to be living, working or educated in Limerick City or county.

Opening hours: 9:30am - 5:30pm Mon-Fri

LIMERICK YOUTH SERVICE ▲

5 Lower Glentworth Street, Limerick

Tel: 061-412444

Email: bewellteam@limerickyouthservice.org

LIMERICK SOCIAL SERVICES COUNCIL, ages 14+, donations sought.

Referral by: self (over 18), parents and professionals, by phone, referral form, letter or email.

Opening hours: 9:00am - 5:00pm Mon-Fri.

Later times available on Tues.

Limerick City, Kilmallock and Newcastle West

LIMERICK SOCIAL SERVICES COUNCIL ▲

Henry Street, Limerick

Tel: 061-314111

Email: counselling@lssc.ie

JIGSAW, ages 12 – 25, free

Referral by: self (over 18), parents and professionals by phone, referral form or email.

A GP letter is not required for those under 18.

Opening hours: 9:00am - 5:30pm Mon-Thurs,
9:00am-5:00pm on Fri

JIGSAW Limerick ▲

3rd Floor, Arthur's Quay, Limerick

Tel: 061-974510

Email: limerick@jigsaw.ie

JIGSAW Tipperary ■

G2, Innovation Works 3, Tipperary Technology Park, Thurles, Co. Tipperary, E41 XF75

Tel: 0504-60023

Email: tipperary@jigsaw.ie

CLARECARE

Clarecare is a not for profit agency providing a unique range of support services for people in County Clare.

CLARECARE ●

Tel: 065 682 8178

Web: www.clarecare.ie/

FAMILY RESOURCE CENTRES (FRC), for children, young people and families, free

Family Resource Centres provide a variety of services and supports including low cost counselling services to adults, couples, children, young people and families.

Please contact your local family resource centre to find out what is available in your area.

FAMILY RESOURCE CENTRES (FRC),

Croom and Ballingarry FRC ▲

Croom Family Resource Centre, High St,
Croom, Co. Limerick. V35 DEO2

Tel: 061-602878 or 069-68054

Email: zara@croomfrc.com

Web: frccroom.com

Hospital FRC ▲

Knockainey Rd, Limerick. V35 RP26

Tel: 061-383 884

Email: hospitalfrc@gmail.com

Web: hospitalfrc.com

Southill FRC ▲

268 Avondale Ct, Limerick.

Tel: 061-440250

Email: omalleypark@eircom.net

FAMILY RESOURCE CENTRES (FRC), for children, young people and families, free

Northside FRC ▲

Clonconnane Road, Ballynanty, Limerick.
V94 APX8

Tel: 061-326 623

Email: marymulcahy@northsidefrc.ie

North West Clare FRC ●

Ennistymon Hub, Parliament Street , Ennistymon,
Co Clare (Mid West Region)

Tel: 065 7071144

Email: info@northwestclarefrc.ie

Web: northwestclarefamilyresourcecentre.com

Shannon FRC ●

Rineanna View Estate, Shannon, Co. Clare

Tel: 061 707 600

Email: shannonfrc@gmail.com

Web: shannonfrc.weebly.com/

Killaloe/Ballina C&FRC ● ■

The Green, Killaloe, Co. Clare

Tel: 061 374741

Email: reception@kbfrc.ie

Web: kbfrc.ie

West Clare FRC ●

Community Centre, O'Gorman Street,
Kilrush, Co. Clare

Tel: 065 9052173

Fax: 065 9052173

Email: admin@westclarefrc.ie

Web: northwestclarefamilyresourcecentre.com

Silver Arch FRC ■

52 Silver Street, Nenagh, Co. Tipperary, E45 P624

Tel: 067-31800

Email: info@silverarch.ie

MYMIND CENTRE FOR MENTAL WELLBEING

MyMind Centre for Mental Wellbeing, ages 3-17 years (Children and Adolescents) and 18+ (Adults), reduced and standard rates apply.

MyMind offers affordable face to face and online counselling and psychotherapy sessions for children & adolescent, adults, couples and families in many different languages. Sessions are provided by mental health professionals experienced in dealing with a wide range of issues, such as stress, depression, anxiety, self-esteem, bereavement and many more.

MyMind is a self-referral service. Clients can use any device to access online appointments; there is no need for installation of the software. The client should have at least 3G connection.

€50 - Standard fee (including Child & Adolescent services).
€30 part-time employed. €20 - Students, unemployed, pensioners

MyMind ▲ ● ■

50 O'Connell St., Limerick, V94 C6XR

Tel: 0818 500 800

Email: hq@mymind.org

Web: mymind.org

Book an appointment: app.mymind.org

GOSHH - all ages, free

Gender Orientation Sexual Health, HIV support, counselling and training in the areas of Gender, Orientation, Sexual Health and HIV in Limerick, Clare and North Tipperary.

Drop-in or call us at our office. Self-referral or referral from agency. Free service.

GOSHH ▲ ● ■

18 Davis Street, Limerick

Tel: 061-314354

Email: info@goshh.ie

Web: goshh.ie

BLUE BOX CREATIVE ARTS THERAPY CENTRE

**For children aged 3-18yrs,
Free / sliding scale applies**

Professional service in Creative Arts Therapy (Music, Art, Play, Drama therapies) for children and young people who are traumatised by abuse, grief, loss, separation, bullying. Particularly for those who are socially disadvantaged and marginalised by poverty, race, class, sexuality/gender.

Appointment only.

**BLUE BOX CREATIVE ARTS
THERAPY CENTRE** ▲

Tel: 061-315070

Email: info@bluebox.ie

Web: bluebox.ie

HSE SPECIALIST PERINATAL MENTAL HEALTH SERVICE - ages 18+, free

The SPMHS is responsible for the prevention, detection and management of perinatal mental health problems that complicate pregnancy and the first postnatal year. These problems include new onset problems, reoccurrences of previous problems, and those with mental health problems before they became pregnant.

Women can be referred to the service by their GP, Hospital Consultant / Midwife.

PERINATAL MENTAL HEALTH SERVICE ▲ ● ■

Specialist Perinatal Mental Health Team,
Antenatal Clinic, University Maternity
Hospital Limerick.

Tel: 061 483116

Email: spmhs.umhl@hse.ie

HSE PSYCHOLOGY IN PRIMARY CARE, ages 0-18, free

This service works with children/young people aged 0-18 and their families, who are experiencing mild to moderate emotional, behavioural and/or mental health difficulties.

Referrals are accepted from all professionals within and across the HSE e.g. OTs, Speech and Language Therapists, community services, GPs and TUSLA.

HSE PSYCHOLOGY IN PRIMARY CARE ▲ ● ■

Limerick - Tel: 061-483692

Clare - Tel: 065 6867141

North Tipperary - Tel: 067-46442

HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

CAMHS provides a specialist mental health service to those aged up to 18 years old who have moderate to severe mental health disorders, that require the input of a specialist multi-disciplinary mental health team (Psychiatrists, Nurses, Psychologists, Social Workers, Social Care Workers, Occupational Therapists & Speech & Language Therapists), including:

Moderate to severe depression; Mood disorders; Psychosis; Anxiety disorders; Attention Deficit Hyperactivity Disorder (ADHD/ADD); Moderate/severe eating disorders; Suicidal behaviours; Suicidal ideation where intent is present.

The Service is mainly an out-patient service provided by multi-disciplinary teams in community-based locations across the Mid West.

Referrals to CAMHS are accepted from GPs, Consultant Liaison/General Adult Psychiatrists, Paediatricians and Seniors/Team Leader level community based clinicians including NEPS Psychologists, Tusla staff, Jigsaw and Disability Assessment Officers. All referrers must work in collaboration with the child's GP to ensure continuity of care, which means the referrer must contact the GP

CAMHS Limerick ▲

CAMHS, HSE, Rosbrien Rd.,
Limerick V95 XW57

Tel: 061-483388

CAMHS Clare ●

CAMHS- HSE. Unit 6. Quin Rd. Business Park,
Quin Rd., Ennis, Co. Clare.

Tel: 065 6706601

CAMHS North Tipperary ■

CAMHS- HSE, Tyone Health Centre, Tyone,
Nenagh, Co. Tipperary. E45 KH59

Tel: 067-46455

to discuss and agree the potential referral so that it is a truly collaborative referral. Referrals are generally made by written referral but in an acute mental health crisis CAMHS provide mental health risk assessments which can be accessed through the G.P., ShannonDoc (1850 212 999) or the Emergency Department (061-482120)

HSE ADULT COUNSELLING IN PRIMARY CARE (CIPC)

For adult medical card holders only, free

This service is suitable for adults 18+ who are experiencing mild to moderate psychological difficulties. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited counsellor/therapist.

The service is available to adults who hold a full medical card (not a doctor's visiting card). Referrals to the service are accepted from GPs and Primary Care Team members only. The service is available throughout the Mid West.

HSE COUNSELLING IN PRIMARY CARE ▲ ● ■

Counselling in Primary Care
6 Mount Vincent Terrace,
O'Connell Avenue,
Limerick.
V94 W640
Tel: 061-464046

HSE ADULT MENTAL HEALTH SERVICE, ages 18+, free

Community Mental Health Teams (CMHTs) consist of a multidisciplinary team.

- Depression/ mood disorders
- Anxiety
- Psychotic illness
- Suicide and self-harm
- Personality disorders
- Eating disorders
- Adjustment disorders
- Addiction

Access to this service is made via GPs or Shannondoc (6pm -8am) or the Emergency Department of University Hospital, Limerick. An outpatient appointment for the appropriate mental health team is organised and referral to other mental health resources may be offered, these include Psychologists, Community Mental Health Nurses, Social Workers, Occupational Therapists etc.

Hours: Monday to Friday 9.00AM to 5.00PM

Out of hours for crises or urgent referral, contact ShannonDoc (1850 212 999) or the Emergency Department (061-482120)

HSE ADULT MENTAL HEALTH SERVICES Community Mental Health Teams Limerick ▲

Churchtown CMHT, Newcastle West ▲
Tel: 069-61799

Kilmallock CMHT ▲
Tel: 063- 98668

St. Anne's Community CMHT ▲
Tel: 061-315 177

Tevere CMHT ▲
Tel: 061-452 971

Willowdale CMHT ▲
Tel: 061-302 248

Clare ●

Ennis CMHT ●
Tel: 065-6863708

Shannon CMHT ●
Tel: 065-6863610

Lisdoonvarna CMHT ●
Tel: 065-7075100

Kilrush CMHT ●
Tel: 065-9054100

North Tipperary ■

Nenagh CMHT ■
Dromin Road, Nenagh
Tel: 06746800

St. Mary's CMHT ■
Thurles
Tel: 0504 27600

CLARE SUICIDE BEREAVEMENT SUPPORT

Clare Suicide Bereavement Support is a group of trained, non-professional volunteers who befriend and support individuals, families and communities bereaved by suicide. The suicide may be recent or in the past. CSBS provide one to one befriending at home or an agreed location, family support, healing programme and a monthly support meeting.

Referral to this service can be self-referral or by a professional.

CLARE SUICIDE BEREAVEMENT SUPPORT ●

Tel: 086 0565373 or 087 3698315

Web:
www.claresuicidebereavementsupport.com

PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE

For children, young people and families, free

Counselling service for people who are in suicidal distress and those who engage in self-harm. Bereavement counselling provides therapy and support to individuals, couples, families and children who have been bereaved by suicide. 24 hour support and information available on the free phone helpline.

Referrals to the service are accepted from families, agencies, GPs, Psychiatrists and self-referral by phone and email. This is an appointment based service only. If a referral is made on behalf of an adult 18 years or over please seek the person's consent for the referral.

Agencies referring a child or young person under 18 years will have to obtain prior parental/guardian consent. This service is free of charge but donations are welcome.

PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE ▲ ● ■

Ard Aulin, Skehacreggaun
Mungret, Co. Limerick. V94 T258

Tel: 0818 111 126

24 hour helpline: 1800 247 247

Email: info@pieta.ie

Web: www.pieta.ie

PIETA HOUSE SUICIDE BEREAVEMENT LIAISON SERVICE (SBLO)

For families recently bereaved, free

This service provides outreach support to families and people who have been recently bereaved by suicide. The service aims to provide a prompt and proactive approach to families or individuals who have lost someone to suicide. The Suicide Bereavement Liaison Officer can meet with a bereaved family, at their request, as a group or individually.

Referral to the service is accepted from GPs, Gardaí, Funeral Directors, member of Clergy and self-referral by calling the service. This service is free of charge but donations are welcome.

PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE ▲ ● ■

Pieta House, Ard Aulin, Skehacreggaun
Mungret, Co. Limerick. V94 T258

Tel: 085-8568081

Web: www.pieta.ie

LIVING LINKS, TIPPERARY

Living Links, Tipperary provides an outreach support to families and individuals bereaved by suicide. This support can be on a one-to-one basis, a group setting, or both if requested. Group meetings are held monthly.

Referral to this service can be self-referral or by a professional.

LIVING LINKS TIPPERARY ■

Loreto House, Kenyon St.,
Nenagh, Co. Tipperary. E45 V822

Tel: 087 9693021

Email: tipperarylivinglinks@gmail.com

Web: www.tipperarylivinglinks.ie/

RAINBOWS, ages 7 – 16, free

Rainbows is an early intervention listening group support – not counselling or therapy. Rainbows offers peer group support programmes for children and young people experiencing grief and loss following bereavement, parental separation or divorce. Groups of a similar age and similar loss experience are guided in a safe space through a nine-week programme to begin to make sense of the loss and change being experienced. The significant benefit for children is meeting others in a similar situation to themselves and realising that they **are not the only one**. Rainbows is not a first response for children bereaved by suicide – they must have attended professional support before accessing the Rainbows group support.

Parents/Guardians can self-refer into Rainbows. School based Rainbows programmes are targeted at a school's own population and unless otherwise stated on the website they do not take group members from other schools. The Family resource centres, Youth and Community projects registered to deliver the Rainbows programmes are under the public centres tab on Rainbows website and are open to everybody to enrol.

RAINBOWS ▲ ● ■

Tel: 01-4734175

Email: ask@rainbowsireland.ie

Web: www.rainbowsireland.ie/

Go to **www.rainbowsireland.ie** for a full list of schools, community & voluntary organisations that offer Rainbows Programmes.

CHILDREN'S GRIEF CENTRE, ages 4 - 18, free

The Children's Grief Centre is a listening service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young people and their families who are grieving. The Centre offers One-to-One support, Teacher Support, and Community Education. It does not provide services for children/young people who have lost a loved one to suicide.

Self-referral by parent or guardian. Children who are affected by loss through parental separation/divorce require consent from both parents in order to attend the centre.

CHILDREN'S GRIEF CENTRE ▲ ● ■

Westbourne, Ashbourne Avenue, South Circular Road, Limerick, V94 A5NA

Tel: 061-224627

Email: info@childrensgriefcentre.ie

Web: www.childrensgriefcentre.ie/

NOTES

GROW, ages 18+, free

Grow is a mental health organisation which supports people who have suffered or who are suffering from mental health issues. It is done by running a peer lead weekly support meeting based on the recovery model. Weekly Meetings are held throughout the Midwest. We do encourage people to contact our office or local area co-coordinators before attending but this is not compulsory.

Grow Mid West ▲ ● ■

33 Henry Street, Limerick

Tel: 0818 474 474

Info line: 1890-474474

Web: www.grow.ie

SHINE, ages 18+, free

Supporting people affected by mental ill health. We provide information, support and education through Individual Support Meetings (ISM), recovery education courses for people with self-experience of mental health issues and family members. We work in collaboration with other agencies, provide presentations and workshops for the general public on mental health issues, stigma reduction and recovery.

SHINE ▲ ● ■

Tel: 087 7878 222

Email: phil@shine.ie

Web: www.shine.ie

LE CHÉILE, ages 18+, free

Peer support service based around social, creative and wellness activities. Focus is supporting people in their recovery, reduce isolation and empowerment. Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service.

LE CHÉILE ▲

Tel: 0872485742 / 061446786

Email: info@limerickmentalhealth.ie

Web: limerickmentalhealth.ie/services/le-cheile/classes/

NOTES

HSE DRUG & ALCOHOL SERVICE

Ages 14-25 for drug and alcohol and for all ages of people trying to cope with impact of someone else's drug/alcohol use, free

The Substance Misuse Service works with adults and young people who want help to deal with drug and/or alcohol problems and want to build a healthier happier life for themselves. Support is also offered to friends, families and carers.

Services offered include:

Screening; Assessment; Care planning; Detoxification support; Opiate substitute treatment; Counselling; Group support; Needle exchange; Onward referral to residential treatment; Connection to community support services; Homeless support; Links with education, training and employment initiatives

Community based supports for young people and adults are available throughout the town and county.

Drop In screening every Monday (except bank holidays) -
2.00 to 4.00pm
No appointment or referral needed

MID WEST SUBSTANCE MISUSE SERVICE

HSE Mid West Drug and Alcohol Service, ▲
PO Box 486, Mungret Street.

Limerick, V94 PV34

Tel: 061-318633

Fax No: 061-318637

North Tipperary Drug and Alcohol Service ■
Kenyon St., Nenagh, Co. Tipperary E45 YR76

Tel: 067 46512

Fax: 06746502

Clare Drug & Alcohol Services ●
Museum House, Frances Street,

Ennis. V95 HA29

Tel: 065 686 5852

Young people can self-refer, consent will be required from a guardian to treat under 18's, or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral. Substance misuse services are free of charge. Drop-in Screenings are not being run due to COVID-19 – service users need to contact us by phone to arrange a remote screening.

HSE Drug and Alcohol Helpline ▲ ● ■

Tel: 1800 459 459

Email: helpline@hse.ie

Web: www.hse.ie/drugshivhelpline
www.drugs.ie

COMMUNITY SUBSTANCE MISUSE TEAM

Ages 12-18, ages 18-21 based on individual needs, free

Support to young people impacted by substance misuse in the Mid West. Working off evidence based practices including Motivational Interviewing, Community Reinforcement approach and Strengthening Families' programmes. Provides 1to1 key working and family support, Group Support, Assessment, Referral, Outreach to the local community, and Counselling.
Referral **www.csmt.ie**

Community Substance Misuse Team ▲ ● ■

2nd Floor Arthurs Quay House,
Arthurs Quay, Limerick. V94 XVRO

Tel: 061-318904

Email: admin@csmt.ie

Web: www.csmt.ie

COMHAR, HSE NATIONAL COUNSELLING SERVICE, ages 18+, free

Counselling service for adults who have experienced trauma and abuse (emotional, physical, sexual abuse or neglect) in childhood,

Health Professionals can make written referrals on behalf of an adult (with their consent), adults can self-refer by calling 1800 234 118.

HSE National Counselling Service ▲ ● ■

Adult Counselling Service
Re Nua, 6 Mount Vincent Terrace,
O'Connell Avenue, Limerick, V94 W640

Tel: 1800 234115 or 061-411900

CONNECT Telephone Counselling Service is available on 1800 477 477,
Wednesday – Sunday, 6-10pm.

CARI, ages 3-18, negotiable fee

Children at Risk Ireland is a Therapy Centre for children and adolescents and families affected by child sexual abuse.

Referral to service can be through a (Duty) Social Worker.

CARI ▲ ● ■

CARI House, Ennis Road, Limerick.

Tel: 061-582224

Helpline: 0818 924 567

Email: info@cari.ie

Web: www.cari.ie

RAPE CRISIS MID WEST, ages 16+, free

Information, Support to survivors of all forms of rape, sexual assault and all forms of sexual violence Forensic Medical Examination, Garda & Court accompaniment. Crisis and long term counselling. A member of Rape Crisis Network Ireland (www.rcni.ie)

Young people can self-refer or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral, there is no cost to the client.

Rape Crisis Midwest ▲ ● ■

Tel: 1800 311511

Email: info@rapecrisis.ie

Web: www.rapecrisis.ie

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NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS), ages 5-18, free

NEPS offers consultation, support and advice for teachers, students, parents and carers in relation to issues that impact a pupil's learning and socialisation process in school:

Educational development; social difficulties; emotional difficulties; behavioural difficulties.

All requests for involvement of NEPS Psychologists are made through the school principal. Each school has an assigned NEPS Psychologist and a dedicated allocation of service time. Following the implementation of the Continuum of Support process by school staff, the school may consult with NEPS about particular pupils who continue to show significant levels of difficulty. Casework with Individual children may be direct or indirect. Parents who have school related concerns about their children should discuss these with the class teacher and School Principal. Where it is agreed that the involvement of the NEPS psychologist may be needed the principal will discuss with the psychologist. A request for involvement form which includes parental consent must be completed for all direct and indirect casework.

NEPS ▲ ● ■

Houston Hall, Ballycummin Ave.,
Raheen Business Park,
Limerick, V94 PKF1
Tel: 01 8650 561

Or

Francis St, Cappahard,
Ennis, Co. Clare
Tel: 065 686 5904

Email: neps@education.gov.ie

Web: www.education.ie

SCHOOL GUIDANCE COUNSELLING, for all young people attending secondary school, free

Referral to the service can be made by contacting the school or by self-referral. Parents can contact the Guidance Counsellor and explore their concerns. Students are assessed and waiting lists may apply.

There is no cost for this service.

Schools often offer additional support to address some of the following:

- Bereavement
- Resilience building
- Emotional regulation
- Mindfulness
- LGBTI+
- Stress management
- Exam coping skills

SCHOOL GUIDANCE COUNSELLING ▲ ● ■

Contact local school or school website
(Every second level school has a qualified Guidance Counsellor)

Tel: 01-6761975

Email: office@igc.ie

Web: www.igc.ie

YOUTHREACH, for young people ages 15-20, free

The Youthreach Programme is a second chance full-time education programme. The programme includes Counselling Services, Career Guidance and Mentoring Supports.

Youthreach Provision is offered at 8 Further Education & Training Centres, as well as 2 Community Training Centres.

More details can found here:

www.learningandskills.ie/youth-education-and-training/

YOUTHREACH

Limerick and Clare Education and Training Board (LCETB) ▲ ●

Further Education and Training Centre
Raheen Campus,
Raheen Business Park,
Raheen, Limerick,
V94 CV66

Tel: 061 487909.

Web: www.learningandskills.ie

North Tipperary Youthreach ■

Tipperary ETB
Lifelong Learning Service
Martyrs' Road
Nenagh
Co. Tipperary

Tel: 067 31845

THIRD LEVEL STUDENT COUNSELLING SERVICE

TYPES OF ISSUES REFERRED TO THESE SERVICES

- Depression
- Anxiety/panic attacks
- Bereavement
- Relationship difficulties
- Family difficulties
- Sexual trauma
- Addiction
- LGBTI+ support

LIT. STUDENT COUNSELLING, for full-time registered students, free

A professional student counselling service staffed by psychologists, counsellors, and psychotherapists. Students can self-refer by phone, text, email or calling into the student service office.

The counselling service is available during office hours, Monday – Friday throughout the academic year. Counselling is available by appointment only and at no cost to students.

Limerick Institute of Technology ▲ ● ■

Limerick Institute of Technology,
Moylish Park, Limerick, V94 EC5T

Tel: Limerick Campus 061-293129 ▲

Tel: Clare Campus 061-293129 ●

Tel: Tipperary Campus 0504-28152 ■

Web: www.lit.ie/counselling

Email: counselling@lit.ie

UL ÉIST STUDENT COUNSELLING AND WELLBEING SERVICE, for registered students, free

An accessible, self-referral primary mental health care service for students of the University of Limerick. UL Éist works on a 'Stepped-Care' model which is an approach comprising of a hierarchy of interventions, from low to medium interventions. Referrals to specialised services are made as necessary.

Students can self-refer by attending the 'Drop-In' twice daily during semester. Please check UL/ counselling website for update on times.

University of Limerick ▲

Tel: 061-202327

Email: counselling@ul.ie

Web: www.ulsites.ul.ie/studentaffairs/counselling-service

MARY IMMACULATE STUDENT COUNSELLING, for registered students, free

Mary Immaculate ▲ ■

Tel: Limerick Campus – 061-204919 ▲

Tel: Tipperary Campus – 087-9088710 ■

Email: nessa.breen@mic.ul.ie

BELONGTO

The national organisation supporting LGBTQI+ young people in Ireland.

Tel: 01 670 6223

LGBTI+ helpline: 1800 929 539

Email: info@belongto.org

Web: www.belongto.org

BODYWHYS

The Eating Disorder Association.

Tel: 01 210 7906

Email: alex@bodywhys.ie

Text: 'SUPPORT' to 53305

Web: www.belongto.org

ISPC

The Irish Society for the Prevention of Cruelty to Children.

CHILDLINE: 1800 666 666

TEENLINE: 1800 833 634

(Mon - Fri 8pm-11pm, ages 13 - 18)

Text: 50101

Web: www.childline.ie

TURN2ME.IE

Online Youth Mental Health Service.

Web: www.turn2me.ie

SPUNOUT

Ireland's Youth Information Website.

Web: www.spunout.ie

SAMARITANS

Provides support to anyone in emotional distress.

Tel: 116 123

Email: jo@samaritans.org

Web: www.samaritans.org

50808

Crisis text line service.

Text: TALK to 50808

Web: www.text50808.ie/

SAMARITANS

Talk to us, we'll listen

Whatever you're going through,
you don't have to face it alone.

Call free day or night on

116 123

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**your
mental
health.ie**

Information | Support | Services

1800 111 888

NOTES

