



Directory of

# Mayo Well-being and Mental Health Support Services



MAYO  
SUICIDE  
PREVENTION  
ALLIANCE

# 2017

# Index

24 Hour Services .....	2
Abuse .....	2
Alcohol .....	3
Campaigns .....	4
Community .....	4
Counselling .....	6
Debt .....	7
Doctors (GPs) .....	8
Drugs .....	8
Eating Disorders .....	8
Families .....	8
Gambling .....	10
HSE Services .....	10
Homicide .....	12
Information .....	12
Men .....	12
Mental Health: General .....	13
Mental Health: Young People .....	14
Older People .....	15
Pregnancy .....	15
Schools .....	15
Sexuality .....	16
Suicide Bereavement Support .....	17
Suicide Prevention, National, Regional, Local .....	18
Suicide Prevention, Support Services .....	18
Suicide Prevention, Useful Resources .....	19
Tusla Child & Family Agency .....	20
Young People .....	22
Traveller Health .....	23
Websites Directory .....	24

# Foreword

As chair of the Mayo Suicide Prevention Alliance, I am happy to present the third edition of this directory. The “Directory of Mayo Well-being and Mental Health Support Services, 2017/18” outlines supports that are available locally and nationally. It also provides a short description of what these services do and how to contact them. We hope this information will be useful for both those providing services and those who would like to avail of them.

This edition comes after the publication of “Connecting for Life”, Ireland’s national strategy to reduce Suicide and Self Harm 2015 – 2020. It is our hope as an alliance that it will contribute to Goal 1 of this strategy and help increase awareness of available suicide prevention and mental health services.

We are very thankful to all the organisations and groups who have agreed to be listed in the directory. This updated version takes account of some new organisations and service changes that have taken place during the last 2 years. We have worked hard to ensure all the information is accurate and up to date at the time of going to print. Any amendments or changes can be accessed on our website [www.mayobewell.ie](http://www.mayobewell.ie).

In conclusion, I would like to thank all members of the Alliance who have contributed to the development of this directory and also the HSE for funding this publication.

We hope this directory will be an invaluable support to you in the future.

Siobhan Mc Brearty,

**Resource Officer Suicide Prevention, Mayo.**

**Chair of Mayo Suicide Prevention Alliance, February 2017.**

Service	Description	Contact Details
<b>24 Hour Services</b>		
<b>Emergency Services</b>		<b>999 or 112</b>
<b>Samaritans</b>	Listening service for people who are lonely, despairing or suicidal	116 123
<b>Childline</b>	A confidential phone line for children and young people	1800 666 666
<b>Pieta House</b>	Suicide Helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.	1800 247 247
<b>Garda Confidential Helpline</b>	Allows the public to call with information relating to crime or other matters	1800 666 111
<b>Mayo University Hospital</b>	General hospital, Castlebar, Co Mayo.	094 9021733
<b>Abuse</b>		
<b>Adult Counselling Service, HSE West</b>	The Adult Counselling service provides free, confidential, individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood.	HSE West (Galway, Mayo and Roscommon): 1800 234 114 087 0681344 newcastle. Counselling@hse.ie
<b>AMEN</b>	Provides a confidential helpline, information and a support service for male victims of domestic abuse and their children.	Helpline: 046 902 3718 Mon-Fri 9am-5pm info@amen.ie www.amen.ie
<b>An Garda Síochána</b>	Statutory responsibility to respond to child abuse report.	Ballina 096 20560 Belmullet 097 81910 Castlebar 094 9038200 Claremorris 096 9372080 Westport 098 50230
<b>Child and Family Agency</b>	Statutory responsibility for the assessment of reports that a child may have been, or is likely to be harmed.	Ballina 096 21511 Castlebar 094 9042284 Swinford 094 9050133

Service	Description	Contact Details
<b>Abuse</b>		
<b>Mayo Rape Crisis Centre</b>	To provide a safe place where a woman who has experienced sexual violence can talk and get the support and information she needs.	Helpline: 1800 234 900 Office: 094 9025657 mayorcc@eircom.net www.mayorapeccrisiscentre.ie
<b>Mayo Women's Support Services</b>	Responding to domestic violence against women and children in County Mayo.	094 9025409 or 087 6569672 mwss@eircom.net www.mwss.ie
<b>Sexual Assault Treatment Unit (SATU)</b>	Provide specialist care for women and men aged 14 years and over who have recently been sexually assaulted or raped. The specialist team provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for victims of sexual crime, in a supportive, sensitive manner.	Service available 24 hours a day, 365 days a year based in Galway city covering the west. Phone: 091 765751 Monday to Friday 8am-4 pm Out of hours contact your local Garda Station
<b>Alcohol</b>		
<b>Alcoholics Anonymous (AA)</b>	At AA meetings, men and women can share their experiences, strengths and hope.	01 8420700 Connaught service 091 767777 Galway East 085 2244065 Galway West 085 2244063 www.alcoholicsanonymous.ie
<b>Al-Anon and Alateen</b>	Al-Anon offers understanding and support for families and friends of problem drinkers in a group setting. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.	01 8732699 info@al-anon-ireland.org www.al-anon-ireland.org
<b>Hope House</b>	A Rehabilitation Centre specialising in treatment of alcohol, drugs, gambling and other dependencies.	094 9256888 hopehouse@eircom.net www.hopehouse.ie

Service	Description	Contact Details
<b>Campaigns</b>		
<b>Littlethings Campaign</b>	Mental health campaign by the HSE National Office for Suicide Prevention highlighting how the little things can make a big difference to how we feel. Wide range of support services listed on website.	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
<b>Mayo Healthy Reading Scheme</b>	Designed to guide individuals in their choice of self-help books which can then be used in tandem with any suggestions for treatment made by a health professional.	<a href="http://www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/">www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/</a>
<b>See Change</b>	National campaign working to reduce stigma and change attitudes to mental health problems.	01 8601620 <a href="mailto:info@seechange.ie">info@seechange.ie</a> <a href="http://www.seechange.ie">www.seechange.ie</a>
<b>Community</b>		
<b>Befriending Mayo</b>	A network of community groups, working in partnership with the HSE, who make telephone contact with people who would like a regular call.	Castlebar Voluntary Social Service 094 9021378 Clar IRD, Claremorris 094 9371830 Westport Family & Community Resource Centre 098 24419 Knockmore/Rathduff Community Centre 094 9258016 Crossmolina Enterprise Centre 096 30935 Lacken Community Care, Carrowmore-Lacken 096 34130 Cairde le Cheile, Kiltane 097 83881 Tacu Ballinrobe Family Resource Centre 094 9542908 Solas Family Resource Centre, Headford 093 36446

Service	Description	Contact Details
<b>Community</b>		
<b>Farm &amp; Rural Stress Helpline</b>	A trained professional will take your call and talk to you in complete confidence.	1800 742 645 (open daily from 6-10pm)
<b>Mayo Intercultural Action (MIA)</b>	Promotes positive effects of interculturalism and support for migrants and their families.	094 9044511 miamayo@eircom.net www.miamayo.ie
<b>Mayo North East Leader Partnership Teoranta</b>	Manages programmes on behalf of government departments.	094 9256745 info@mayonortheast.com www.mayonortheast.com
<b>Mayo Sports Partnership</b>	To increase participation in sport or physical activity amongst all sectors of the population and to maximise the use of resources i.e. volunteers, facilities, etc. Programmes include: Men on the Move, Meet and Train, Fit Walk, Goal to Work for Unemployed, Link2BActive, Disability Sports Programmes.	094 9047025 msp@mayococo.ie www.mayosports.ie
<b>South West Mayo Development Company Ltd.</b>	Supporting communities and individuals in South and West Mayo through delivery of programmes and activities.	098 41950 (Newport) info@southmayo.com 094 9366692 (Balla) rss@southmayo.com www.southmayo.com
<b>Self Care to Wellness Programme</b>	This is a six week programme to adults living with long term or ongoing health conditions. Over the six 2.5 hourly weekly sessions individuals will have the opportunity to develop their skills and confidence in becoming active self managers	Jackie Lynott Self Care to Wellness Programme Coordinator. Selfcaretowellness@mayocil.ie Tel: 097 7185615
<b>The Family Centre, Castlebar offer two social prescribing projects</b>	Flourish offers a support service for adults to link with hobbies and interests and self care practices as a means of enhancing their health and wellbeing. One to One confidential sessions available, also specialised 6	094 9025900 087 1857280 flourish@thefamilycentre.com hope@thefamilycennre.com www.thefamilycentre.com

Service	Description	Contact Details
<b>Community</b>		
<b>Healthy Options Project Erris (HOPE) and the flourish Project based in Castlebar</b>	week group programmes called Discover Your Interests are run regularly. Flourish is a social prescribing project and is ideal for anyone who finds themselves socially isolated or withdrawn or in need of self care.	
<b>Counselling</b>		
<b>Counselling in Primary Care (CIPC), HSE</b>	Provides short-term counselling (up to 8 sessions) with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged 18 years and over, with a full medical card.	Referrals to this service can be made by any Primary Care Team member e.g. GP, Public Health Nurse. For further information please call 091 583682.
<b>Curam Family Centre, Claremorris</b>	Marriage, relationship, family, couple and child.	094 9362096 curamclaremorris@eircom.net www.curamclaremorris.com
<b>Family Centre, Castlebar</b>	Individuals, couples and families.	094 9025900 info@thefamilycentre@eircom.net www.thefamilycentre.com
<b>GMIT Castlebar, Counselling Service</b>	For third level students attending GMIT Castlebar.	094 9043127 <a href="http://www.gmit.ie/Life-at-GMIT/counselling/castlebar.html">http://www.gmit.ie/Life-at-GMIT/counselling/castlebar.html</a>
<b>Irish Association of Counsellors and Psychotherapists</b>	Directory of accredited counsellors and psychotherapists.	01 2723427 iacp@iacp.ie www.irish-counselling.ie



Service	Description	Contact Details
<b>Counselling</b>		
<b>Knock Counselling Service</b>	Individual and couple counselling, group therapy and drop-in service.	094 9375032 info@knock-shrine.ie www.knock-shrine.ie/counselling
<b>The Irish Council for Psychotherapy</b>	Directory of accredited counsellors and psychotherapists.	01 2722105 www.psychotherapy-ireland.com
<b>Tacu Family Resource Centre, Ballinrobe</b>	Low Cost Counselling & Psychotherapy. Each call to our Low-Cost Counselling service is dealt with promptly and the caller is matched with a suitable counsellor.	08728859973 to talk confidentially and/or to make an appointment.
<b>Westport Family Resource Centre (Young People and Adults)</b>	Provides an affordable counselling service to young people of secondary school-going age and adults living in the greater Westport area, including Louisborough and Newport.	098 24419 Westportfrc@eircom.net
<b>Debt</b>		
<b>Money Advice and Budgeting Service (MABS)</b>	A national, free, confidential and independent service for people in debt or in danger of getting into debt.	Lo-Call Helpline: 0761 072000 Monday-Friday 9am-8pm helpline@mabs.ie www.mabs.ie Castlebar: 076 1072670 Monday-Thursday, 10am-1pm, 2-5pm Friday 10am-1pm castlebar@mabs.ie Ballina: 076 1072660 Monday-Friday 10am-1pm, 2-5pm ballina@mabs.ie
<b>Mortgage Arrears Information Helpline</b>	If you are in mortgage arrears or you are worried about mortgage arrears, you can contact this dedicated helpline, Monday to Friday, 9.30 am to 5 pm.	076 1074050 Monday-Friday 9.30am-8pm

Service	Description	Contact Details
<b>Doctors (GPs)</b>		
<b>Westdoc</b>	Out-of-hours family doctor service for participating GPs.	1850 365 000 or your GP
<b>Drugs</b>		
<b>Drugs/HIV Helpline</b>	Offering non-directive support, information, guidance and referral to anyone with a question or concern related to substance use, HIV and sexual health.	1800 459 459 Monday-Friday, 10am-5pm helpline@drugs.ie www.drugs.ie
<b>Drugs Service, HSE</b>	Provides information, advice and support about drug abuse prevention, education and treatment.	094 902 0430
<b>Western Region Drugs Task Force (WRDTF)</b>	The WRDTF funds projects that support and assist in the implementation of the new WRDTF strategic plan The Way Forward 2011-2014.	Pat Conway, Community Liaison Worker Mayo & North Roscommon 094 9366692 pconway@southmayo.com WRDTF Galway 091 480044 info@wrdf.ie www.wrdtf.ie
<b>Eating Disorders</b>		
<b>Bodywhys</b>	Provides help, support and understanding for people affected by eating disorders.	Lo-Call Helpline 1890 200 444 Office info@bodywhys.ie support service alex@bodywhys.ie www.bodywhys.ie
<b>Families</b>		
<b>Tusla - Community Based Family Support Services</b>	(A partnership between Tusla, Curam (Claremorris), Ballina FRC, Westport Sharkey Hill Community Centre, Ballyhaunis FRC, Tacu FRC) By working in partnership with parents who voluntarily request the service, it aims to build family	<b>Mill Lane, Castlebar.</b> Team Leader: Kate Donnelly 087 2207143 <b>Claremorris Curam</b> Annette Conway 087 9119714

Service	Description	Contact Details
<b>Families</b>		
	strengths, promote positive behaviours through teaching social skills, develop positive relationships and empower parents to teach their children to gain self-discipline and self-control. Supports are individualised, flexible and confidential. Common Sense Parenting groups are offered.	<b>Ballinrobe Tacu FRC</b> Claire McNally 087 6060535 <b>Ballina FRC</b> Rione Kilcullen 087 2134078 <b>Ballyhaunis FRC</b> Geraldine Glacken 086 0470587 <b>Westport Sharkey Hill Community Centre</b> Siobhan O'Brein 087 9974733
<b>Family Centre, Castlebar Curam, Claremorris</b>	Offers services, courses and support for individuals, families and groups.	<b>Castlebar</b> 094 9025900 <a href="http://www.thefamilycentre.com">www.thefamilycentre.com</a> <b>Claremorris</b> 094 9362096 <a href="http://www.curamclaremorris.com">www.curamclaremorris.com</a>
<b>Family Resource Centres Ballinrobe, Ballyhaunis, Ballina, Castlebar, Claremorris, Kilmovee, Westport</b>	To combat disadvantage and to support families and build communities through the principles of community development.	Ballinrobe: 094 9542908 Ballyhaunis: 094 9630929 Ballina: 096 75573 Castlebar: 094 9025126 Claremorris: 094 9377838 Kilmovee: 094 9649814 Westport: 098 24419 <a href="http://www.familyresource.ie/centre_mayo.php">www.familyresource.ie/centre_mayo.php</a>
<b>ReachOut Ireland</b>	Online resource for parents, providing information and guidance on their son or daughter's mental health and wellbeing.	<a href="http://ie.reachout.com/parents/">http://ie.reachout.com/parents/</a>
<b>Parentline</b>	A confidential helpline for parents and guardians.	1890 927277 or 01 8733500 Monday-Thursday 10am-9.30pm Friday 10am-4.30pm <a href="mailto:info@parentline.ie">info@parentline.ie</a> <a href="http://www.parentline.ie">www.parentline.ie</a>

Service	Description	Contact Details
<b>Gambling</b>		
<b>Gamblers Anonymous and Gam-Anon</b>	Men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. Gam-Anon is for husbands, wives, relatives or close friends who have been affected by a gambling problem.	01 872 1133 info@gamblersanonymous.ie www.gamblersanonymous.ie
<b>HSE Services</b>		
<b>Adult Mental Health Service</b>	Provides both in-patient and out-patient community-based services.	<b>Adult Mental Health Unit:</b> 094 9042601 <b>Admin Office:</b> 094 9042621 <b>Ballina Day Hospital:</b> 096 21891 <b>Ballinrobe MH Centre:</b> 094 9541615 <b>Belmullet Mental Health Centre:</b> 097 81301 <b>St Michael's Day Hospital, Castlebar:</b> 094 9042150 <b>Westport Mental Health Centre:</b> 098 50142 <b>Claremorris MH Centre:</b> 094 9371017 <b>Swinford Mental Health Centre:</b> 094 9253270 <b>Old Age Psychiatry:</b> 094 9028464 <a href="http://www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/">http://www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/</a>
<b>Child &amp; Adolescent Mental Health Service (CAMHS) North Mayo (CAMHS) South Mayo</b>	North Mayo Child and Adolescent Mental Health Service working with Children / Adolescents with a moderate to severe mental health difficulty aged 17 years and under. CAMHS also works with children and adolescents who have moderate - severe intellectual disabilities and	There are two multi disciplinary teams. One in North Mayo, based in the Primary Care Centre, Kevin Barry Street, Ballina 096 20399

Service	Description	Contact Details
<b>HSE Services</b>		
	<p>mental illness. Referrals are accepted from family doctors, paediatricians, medical and other consultants and PCCC psychologists in conjunction with medical professionals.</p> <p>Multi-disciplinary community-based specialist service. Referrals made via the GP for young people up to 16 Years who are experiencing mental health difficulties and require psychiatric assessment.</p>	<p>and one based in St. Mary's HQ, Castlebar Address: CAMHS, Ground Floor, St Mary's Headquarters, Castlebar, Co Mayo 094 9042656</p>
<b>Child &amp; Adolescent Mental Health Service</b>	<p>Multi-disciplinary community-based specialist service. Referrals made via the GP for young people up to 17 Years who are experiencing mental health difficulties and require psychiatric assessment.</p>	094 9042656
<b>Community Psychology for Children &amp; Adolescents</b>	Information on health services and entitlements.	094 9042281
<b>HSE Information Line</b>	<p>Unique and innovative, a means of supporting and realising many of the stated aims and objectives of the Mayo Suicide Prevention Alliance through coproduced adult and Helath education.</p>	<p>1850 241 850 Monday-Saturday 8am-8pm Email: <a href="mailto:infoline1@hse.ie">infoline1@hse.ie</a> <a href="http://www.hse.ie">www.hse.ie</a></p>
<b>Mayo Recovery College</b>	<p>Based at GMIT Castlebar this unique and innovative college aims to support and encourage positive mental health and personal recovery through adult learning and dialogue. Courses are diverse and registration is open to all adults.</p>	<p>Jutta Kirrkamm, Principal Peer Educator 086 0294901 <a href="mailto:Mayorecovery@gmail.com">Mayorecovery@gmail.com</a></p>
<b>Liaison Psychiatry Service</b>	<p>The A&amp;E of Mayo General Hospital provides a 24 hour Psychiatrist and Consultant Psychiatrist on call. Two advanced clinical nurse practitioners work office hours, Monday-Friday.</p>	094 9042606

Service	Description	Contact Details
<b>Homicide</b>		
<b>Homicide</b>	Provides support to families bereaved by murder. It is a confidential service run by volunteers. They provide support nationally to anyone who has been bereaved in this very tragic way.	087 9837322
<b>Information</b>		
<b>Citizen's Information Centre Ballina, Belmullet, Castlebar, Claremorris, Westport</b>	Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.	076 1074000 Monday-Friday 9am-8pm Achill: 098 20842 Ballina: 0761 075990 Belmullet 0761 076030 Castlebar: 0761 076040 Claremorris: 0761 076080 Westport: 0761 076100 www.citizensinformation.ie
<b>Men</b>		
<b>Mayo Men on the Move Programme</b>	Physical activity programme targeting men over 35 in Ballina, Claremorris, Westport, Swinford, Ballyhaunis, Belmullet, Achill, Ballinrobe and Manulla areas.	Call Mayo Sports Partnership 094 9047025 www.mayosports.ie
<b>Men's Sheds</b>	Provide a supportive environment for men who are retired, employed or in transition and would like to use their skills for the benefit of others.	ballina@menssheds.ie <b>Ballinrobe:</b> Sean Dowling 094 9542908 ballinrobe@menssheds.ie <b>Ballyhaunis:</b> Stephen Grogan 087 7154459 ballyhaunis@menssheds.ie <b>Castlebar:</b> 085 1963230 Castlebar@menssheds.ie <b>Claremorris:</b> John Fallon, 087 2748425 claremorrismg@gmail.com <b>Erris:</b> Pdraig Brogan, 087 7978821 erris@menssheds.ie

Service	Description	Contact Details
<b>Men</b>		
<b>Men's Sheds</b>		<p><b>Kilmovee:</b> Mark Barry 086 846 1947 kilmovee@menssheds.ie</p> <p><b>Newport:</b> Michael O'Donnell, 086 7840727 newport@menssheds.ie</p> <p><b>Westport:</b> Paddy Geraghty 086 8451103 patrickcgeraghty@eircom.net</p> <p><b>Swinford:</b> Joe Finn joemartinn@hotmail.com</p>
<b>Mental Health: General</b>		
<b>Aware - Defeat Depression</b>	Support for people whose lives are directly affected by depression.	Helpline: 1890 303 302 Des Greene, Mayo 087 2993142 info@aware.ie www.aware.ie
<b>Dolmen Clubhouse Ltd</b>	Drop in centres for adults with primary diagnosis of mental health issues, open every day. The Centre aims to promote positive mental health. Members work alongside staff in operating the Centre and can participate in planning a range of social and vocational activities.	Bohernasup, Ballina 096 78907 The Cairde Clubhouse. Castlebar Cairde Club.
<b>GROW in Ireland</b>	A confidential self-help support group for people experiencing a range of mental health issues.	Info Line: 1890 474 474 094 9026417 info@grow.ie www.grow.ie
<b>Irish Advocacy Network</b>	Support and information service for people with mental health issues. Offers peer advocacy and awareness training.	admin@irishadvocacy network.com www.irishadvocacy network.com Mayo 047 38918 john1@irishadvocacy network.com

Service	Description	Contact Details
<b>Mental Health: General</b>		
<b>Mayo Mental Health Association</b>	Promoting positive mental health in Mayo.	094 90 38148 www.mentalhealthmayo.ie
<b>Mental Health Ireland</b>	Provides help to those who are mentally ill and promotes positive mental health.	Teresa Keane Development Officer (Mayo & Roscommon) 094 90 38148 or 087 1679549 teresa@mentalhealthireland.ie www.mentalhealthireland.ie
<b>SHINE</b>	Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness, including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder.	Helpline: 1890 621 631 Email: via the website www.shineonline.ie Christina Burke 091 576150 (Galway, Mayo & Roscommon)
<b>Mental Health: Young People</b>		
<b>Jigsaw</b>	National centre for Youth Mental Health	01 4727010 www.jigsaw.ie
<b>Childline</b>	A 24-hour confidential phone line for children under 18 who need someone to talk to.	Helpline: 1800 666 666 One to One chats are also available via the website www.childline.ie Text talk 50101
<b>ISPCC Service in Mayo</b>	Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place. Mentoring programme offers support and encouragement from a volunteer mentor.	094 9025254 www.ispcc.ie
<b>MIndSpace Mayo</b>	Mindspace Mayo is a community based system of care that supports young people aged 15-25 to achieve	094 9067001 www.mindspacemayo.ie



Service	Description	Contact Details
<b>Mental Health: Young People</b>		
	better mental health and wellbeing. Mindspace offers a support service to young people presenting with anything from common concerns (e.g. dealing with breakup, exam stress) to young people with emerging mental health difficulties such as mild depression and anxiety	
<b>Reachout.com</b>	A web-based service that inspires young people (16-25 years) to help themselves through tough times, and find ways to improve their own mental health and well-being.	01 764 5666 info@inspireireland.ie www.reachout.com
<b>SpunOut.ie</b>	An interactive online community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.	www.spunout.ie 01 6753554
<b>Older People</b>		
<b>Senior Helpline</b>	Listening service for older people, run by older people.	1850 440444
<b>Senior Case Worker Protection of Older People</b>	Responds to concerns of elder abuse.	Seamus Egan seamus.egan@hse.ie Telephone 094 9042011
<b>Pregnancy</b>		
<b>Mayo Crisis Pregnancy and Support Service</b>	Free Crisis Pregnancy Counselling.	Local: 1890 200 022 mayopsc@hse.ie
<b>Schools</b>		
<b>National Educational Psychological Service (NEPS)</b>	Supports the personal, social and educational development of all children.	094 9028310

Service	Description	Contact Details
<b>Schools</b>		
<b>School Completion Programme (Department of Education and Skills, administered by Mayo, Sligo, Leitrim Education &amp; Training Board)</b>	Aims to have a significant positive impact on numbers of pupils who successfully complete post-primary school. There are two programmes in Mayo.	Sarah Sheridan South Mayo: 087 3286276  Sheila Feeney North Mayo: 087 6703710
<b>Sexuality</b>		
<b>BeLonG To</b>	BeLonG To is the national organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23. BeLonG To engages with LGBT young people and their families, professionals working alongside young people, and all those who support and can be supported by the vision and mission of BeLonG To Youth Service.	01 6706223 <a href="http://www.belongto.org/">www.belongto.org/</a>
<b>Lesbian, Gay, Bisexual, Transgender (LGBT) National Helpline</b>	The LGBT national helpline provides a non-judgemental, confidential support service.	Helpline: 1890 929539 Monday to Thursday 6.30 - 9.00 pm Friday 4.00 - 9.00 pm Saturday and Sunday 4:00pm – 6:00pm <a href="http://www.lgbt.ie">www.lgbt.ie</a>
<b>LOOK (Loving Our Out Kids)</b>	A support group for parents, families and friends of LGBT people, which meets in the Family Resource Centre, Castlebar.	094 9025126
<b>OutWest</b>	Social and support group for gay men, lesbian women and bisexual people in the West of Ireland.	087 9725586 <a href="http://www.outwestireland.ie">www.outwestireland.ie</a>
<b>SWAG</b>	Supporting young people who are LGBT. Meetings held in Castlebar.	Tel: Marina Tuffey 087 6610650

Service	Description	Contact Details
<b>Sexuality</b>		
<b>LGBT Equality Mayo</b>	A LGBT group based in Mayo working to combat isolation and help the LGBT community become more visible in ordinary everyday life.	094 90 25126 yesequalitymayo@gmail.com Facebook @MayoLGBT
<b>Suicide Bereavement Support</b>		
<b>Pieta House</b>	Providing support and counselling to those bereaved by suicide.	Helpline:1800 247 247 Email: info@pieta.ie www.pieta.ie
<b>Curam, Claremorris</b>	CURAM Family Centre Curam Family Centre, Claremorris provides a caring and confidential environment where individuals, families and groups can empower themselves through education, training, information, support and participation. Curam provides a wide range of practical services/supports to the local community. Our main areas of work are counselling, family support, information, adult education.	Curam Family Centre, Dalton Street, Claremorris, Co. Mayo 0949362096 curamclaremorris@eircom.net
<b>Family Centre, Castlebar</b>	Offers one-to-one support and a 6 week suicide bereavement support group (twice yearly). One to one counselling and bereavement and suicide bereavement support.	094 9025900 www.thefamilycentre.com
<b>Living Links, Mayo</b>	Trained volunteers offer confidential, practical support and advice to families who have experienced a death by suicide.	Co-ordinator, Fiona 086 0406666 mayo@livinglinks.ie www.livinglinks.ie
<b>Mayo Suicide Bereavement Liaison Service</b>	This project aims to liaise with service providers who are supporting families bereaved by suicide in Co. Mayo and explore ways in which to develop these supports in a co-ordinated way. It also aims to meet with families who are affected by a suicide death to respond to their needs.	Máire Ní Dhomhnaill, Counsellor, Family Centre, Castlebar, Co. Mayo 094 9025900 or 087 2172866 mairenidh@thefamilycentre.com

Service	Description	Contact Details
<b>Suicide Prevention, National, Regional and Local</b>		
<b>Irish Association of Suicidology</b>	Works with community, voluntary and statutory bodies to inform, educate (through annual conference and publications) and promote positive suicide prevention policies throughout the island of Ireland.	01 667 4900 projects@ias.ie www.ias.ie
<b>Mayo Suicide Prevention Alliance</b>	Mayo Suicide Prevention Alliance represents agencies and community groups involved in mental health promotion and suicide prevention in Mayo.	Siobhan Mc Brearty (09) or Siobhan.McBrearty@hse.ie www.mayobewell.ie
<b>National Office for Suicide Prevention, HSE</b>	Oversee the implementation of "Reach Out" the National Strategy for Action on Suicide Prevention. Co-ordinate suicide prevention efforts around the country.	01 6201672 info@nosp.ie www.nosp.ie <a href="http://www.hse.ie/eng/services/list/4/MentalHealth_services/NOSP">http://www.hse.ie/eng/services/list/4/MentalHealth_services/NOSP</a>
<b>National Suicide Research Foundation</b>	To produce a nationally and internationally recognised body of reliable knowledge from a multidisciplinary perspective on the risk and protective factors associated with suicidal behaviour.	021 4205551 Email: info@nsrf.ie www.nsrif.ie
<b>Resource Officer for Suicide Prevention, HSE West, Mayo</b>	Co-ordination and implementation of the national suicide prevention strategy at local and regional level. Co-ordinates delivery of education and training programmes on suicide awareness and intervention.	Siobhan Mc Brearty siobhan.mcbrearty@hse.ie
<b>Suicide Prevention, Support Services</b>		
<b>Pieta House</b>	Professional face-to-face therapeutic support for someone experiencing a suicidal crisis or engaging in self-harm. Service provided completely free of charge. Suicide Helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.	1800 247 247 093 25586 (Tuam) mary@pieta.ie www.pieta.ie 1800247247

Service	Description	Contact Details
<b>Suicide Prevention, Useful Resources</b>		
<b>Samaritans</b>	A 24-hour confidential phone line for people who need someone to talk to.	Helpline: 116 123 Everyday, 24 hours a day jo@samaritans.org www.samaritans.org
<b>Information Leaflets</b>	Wide range of information leaflets e.g. Concerned about Suicide, Understanding Self Harm, Look after your mental health in tough economic times.	Download from www.healthpromotion.ie and <a href="http://www.hse.ie/eng/services/list/4/mentalhealth_services/NOSP">http://www.hse.ie/eng/services/list/4/mentalhealth_services/NOSP</a>
<b>Suicide Prevention in the Community: A Practical Guide</b>	Useful and practical advice on how best to set up a community response group. It also lists the "dos" and "don'ts" of how best to support a grieving community.	Download from <a href="http://www.hse.ie/eng/services/list/4/MentalHealth_Services/NOSP">http://www.hse.ie/eng/services/list/4/MentalHealth_Services/NOSP</a>
<b>Tusla Child &amp; Family Agency</b>		
<b>Child and Family Social Work Department</b>	The Social Work Department promotes the welfare and safety of children living in Mayo. We work in partnership with families and communities and offer the following services; Family Support- We assist families who are experiencing difficulties in their lives. We identify and provide services to reduce these difficulties. Child Protection - We provide placements for children where parents are not able to manage and ask for our assistance and we provide placements where a court has decided that a child needs to be in care to prevent them from harm.	Social Work Department, Health Centre, Ballina 096 21511  Social Work Department St Mary's HQ Castlebar 094 9042284  Social Work Department Swinford 094 9050133
<b>Children and Young Persons Services Committee (CYPSC)</b>	Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to	CYPSC Co-ordinator: Thérèse Ruane Tel: 094 904 9097

Service	Description	Contact Details
<b>Tusla Child &amp; Family Agency</b>		
	<p>plan and co-ordinate services for children and young people in every county in Ireland. The overall purpose is to improve outcomes for children and young people through local and national interagency working.</p> <p>Mayo CYPSC brings together the main statutory, community and voluntary providers of services to children and young people. We provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Our 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.</p>	<p>therese.ruane@tusla.ie Website: www.cypsc.ie</p>
<b>The Early Years Family Support Service</b>	<p>Early Years Family Support Service is a child centred family support programme that works with families in County Mayo.</p> <p>The Early Years Family Support Project works with families where the child aged between birth and 6 years has an identified child welfare / child protection concern by enhancing the parent child relationship. The Project Workers provides a strengths based programme to support families in their homes and communities to improve outcomes for children. They focus on child development, parenting skills and general family support issues.</p>	<p>Teresa Quinn 094 9034776.</p>
<b>The Edge Project, HSE</b>	<p>The Edge Project is a voluntary Family Support Service that works with a number of young people and their</p>	<p>Teresa Quinn 094 9034776.</p>

Service	Description	Contact Details
<b>Tusla Child &amp; Family Agency</b>		
	<p>families in Co. Mayo. The target group is 10 - 17 year olds, presenting with challenging behaviour. The Edge Project implements a behaviour model of work which works from a strengths based perspective; it incorporates work with parents to improve their parental skills and works with young people to improve their social skills</p> <p>Referrals to The Edge Project should focus on the behaviour of the young person where it “poses real and substantial risk to his/her health, safety, development or welfare” (Children Act 2001).</p>	
<b>Family Focus, Mayo</b>	<p>Family Focus Mayo is a family support service offering programmatic interventions to promote better outcomes and brighter future for children and families. A Family Focus Mayo worker will provide support to families at an early stage which may prevent the escalation of problems/difficult situations arising.</p>	094-9025211
<b>Play Therapy</b>	<p>Play Therapy provides a child with an opportunity to ‘play out’ their thoughts, feelings and problems. The Play Therapist works in a systemic and child-centred manner working with children in the context of their family, school and other environments. The Play Therapist works in partnership with other disciplines and agencies.</p>	<p>For further information contact Family Focus Mayo at 094-9025211 or Marian.Turner@tusla.ie or Carol.Duffy2@hse.ie.</p>
<b>The Family Conference Service</b>	<p>A Family conference is a family meeting with children, young people, parents, relatives, carers, or any one concerned and involved with the well being of a child or young person. It is a meeting organised by an independent Cordinator, The Cordinator will bring</p>	<p>Family Welfare Conference Coordinator            Aras Attracta Health Centre, Swinford 094 9250133 Email: keithrossiter@hse.ie</p>

Service	Description	Contact Details
<b>Tusla Child &amp; Family Agency</b>		
	together all those people and services that can offer support and help for the child and family. the family meeting is an opportunity for the family to discuss and decide themselves on a family plan that best suits their needs.	
<b>Young People</b>		
<b>Comhairle na nÓg (Mayo Co Development Board and Foroige)</b>	Ensures children and young people have a voice on issues that affect their lives	Neil Sheridan 094 9047545 nsheridan@mayococo.ie
<b>Foroige Big Brother Big Sister</b>	Provides a range of youth work services and youth projects, including Big Brother, Big Sister Mentoring Programme	Louise Tuffy (Ballina) 086 3845664 Peter Duffy (Castlebar) 086 3835859 bbbsireland.ie
<b>ISPCC Service in Mayo</b>	Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place.	094 9025254 www.ispcc.ie
<b>Neighbourhood Youth Projects (NYP) (Foroige &amp; HSE)</b>	A community-based adolescent and family support service, working with young people aged 10 to 18 years.	Ballina 096 22012 Castlebar 094 9026760 Westport 098 29218 www.foroige.ie
<b>No Name Club</b>	Run by and for young people aged 15+ who come together in a safe and lively environment without the pressure of alcohol or other drugs.	National Office 059 6400299 Noeleen Browne www.nonameclub.ie
<b>North Mayo Youth Project</b>	Based in Millview Crescent Community Building, North Mayo Youth Project supports young people from 10 - 24years, in Ballina town and surrounding areas.	Paul or Michelle at 09670615



Service	Description	Contact Details
<b>Young People</b>		
<b>The Maple Youth Centre, Ballinrobe</b>	Provides a range of supports, services and advice(including the Youth Booth Cafe) to young people living in the Ballinrobe area.	Contact Grace on 0877714967 Ballinrobe: 094 9521645
<b>Youth Action, Castlebar and Ballina (Garda Diversion Projects)</b>	Aims to divert young people away from possible involvement in crime and anti-social behaviour.	Ballina: 096 70615 Louise Burke 087 6937637 Castlebar: Frances Groden 087 3631462
<b>Youth Officer, Mayo, Sligo, Leitrim Education &amp; Training Board</b>	Supports the provision, co-ordination, administration and assessment of youth work.	Breda Ruane 094 9250730 bredaruane@msletb.ie
<b>Involve Ballina</b>	In Partnership with Travellers recognises the equality of the Traveller community by providing programmes focused on the needs of the young people, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society.	James or Alice 087 2379132
<b>Traveller Health</b>		
<b>Mayo Traveller Support Group</b>	Mayo Travellers Support Group is a voluntary non – governmental organisation that operates as a partnership of Travellers and settled people to achieve human and cultural rights for Travellers in Mayo.	Office: 19 Thomas Street, Castlebar, Co. Mayo 094 90 28400 Project Coordinator: Pippa Daniel 087 9053607 Castlebar Primary Health Care (PHC) Coordinator: Cora Staunton 087 9637732 Ballina PHC Coordinator: Vivienne Fitzmaurice 087 0524891
<b>Regional Co-ordinator for Traveller Health, HSE West</b>	Co-ordinates traveller health supports in Galway, Mayo and Roscommon.	Mary Syron: 094 9049223 or 087 6182073 mary.syron@hse.ie

Category	Group	Website
<b>Website Directory</b>		
<b>List of Websites</b>	Websites for Young People	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> <a href="http://www.letsomeoneknow.ie">www.letsomeoneknow.ie</a> <a href="http://www.reachout.com">www.reachout.com</a> <a href="http://www.spunout.ie">www.spunout.ie</a>
<b>Abuse</b>	Amen Mayo Rape Crisis Centre Mayo Women's Support Services	<a href="http://www.amen.ie">www.amen.ie</a> <a href="http://www.mayorapecrisiscentre.ie">www.mayorapecrisiscentre.ie</a> <a href="http://www.mwss.ie">www.mwss.ie</a>
<b>Alcohol</b>	Alcoholics Anonymous (AA) AL-Anon and alateen Hope House	<a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a> <a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a> <a href="http://www.hopehouse.ie">www.hopehouse.ie</a>
<b>Campaigns</b>	Littletings Campaigne Mayo Helathy reading Scheme See Change	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> <a href="http://www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/">www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/</a> <a href="http://www.seechange.ie">www.seechange.ie</a>
<b>Community</b>	Mayo intercultural action (MIA) Mayo North East Leader Partnership Teoranta Mayo Sports Partnership South West Mayo Development Company Ltd The Family Centre Castlebar	<a href="http://www.miamayo.ie">www.miamayo.ie</a> <a href="http://www.mayonortheast.com">www.mayonortheast.com</a> <a href="http://www.mayosport.ie">www.mayosport.ie</a> <a href="http://www.southmayo.ie">www.southmayo.ie</a> <a href="http://www.thefamilycentre.com">www.thefamilycentre.com</a>
<b>Counselling</b>	Curam Claremorris The Family Centre Castlebar GMIT Castlebar Counselling Service Irish Association of Conselling and Psychotherapists Knock Counselling Services The Irish Council for Psychotherapy	<a href="http://www.curamclaremorris.ocm">www.curamclaremorris.ocm</a> <a href="http://www.thefamilycentre.com">www.thefamilycentre.com</a> <a href="http://www.gmit.ie/life-atGMIT/counselling/castlebar.html">www.gmit.ie/life-atGMIT/counselling/castlebar.html</a> <a href="http://www.irish.counselling.ie">www.irish.counselling.ie</a> <a href="http://www.knock-shire.ie/counselling">www.knock-shire.ie/counselling</a> <a href="http://www.psychotherapy.ireland.com">www.psychotherapy.ireland.com</a>
<b>Debt</b>	Money Advice & Budgeting Service (MABS)	<a href="http://www.mabs.ie">www.mabs.ie</a>
<b>Drugs</b>	Drugs/HIV Helpline Western Region drugs Task force (WRDTF)	<a href="http://www.drugs.ie">www.drugs.ie</a> <a href="http://www.wrdtf.ie">www.wrdtf.ie</a>
<b>Eating Disorders</b>	Bodywhys	<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
<b>Families</b>	Curam Family Centre Claremorris The Family Centre Castlebar Family Resource Centres, Ballina, Ballinrobe, Ballyhaunis, Castlebar, Claremorris, Kilmavee, Westpprt Parentline Reachout Ireland	<a href="http://www.curamclaremorris.ocm">www.curamclaremorris.ocm</a> <a href="http://www.thefamilycentre.com">www.thefamilycentre.com</a> <a href="http://www.familyresource.ie/centre_mayo.php">www.familyresource.ie/centre_mayo.php</a> <a href="http://www.parentline.ie">www.parentline.ie</a> <a href="http://www.reachout.com/parnts/">www.reachout.com/parnts/</a>
<b>Gambling</b>	Gamblers Anonymous	<a href="http://www.gamblersanonymous.ie">www.gamblersanonymous.ie</a>
<b>HSE Services</b>	Adult Mental Health Service HSE Information Line	<a href="http://www.hse.ie/eng/service/list/1/LHO/Mayo/Mental_Health_services/">www.hse.ie/eng/service/list/1/LHO/Mayo/Mental_Health_services/</a> <a href="http://www.hse.ie">www.hse.ie</a>
<b>Information</b>	Citizen's Information Centre, Ballina, Belmullet, Castlebar, claremorris, Westport	<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>

Category	Group	Website
<b>Website Directory</b>		
<b>Men</b>	Mens Sheds	<a href="http://www.menssheds.ie">www.menssheds.ie</a>
<b>Mental Health General</b>	Aware GROW Irish Advocacy Network Mayo Mental Health Association Mental Health Ireland Shine	<a href="http://www.aware.ie">www.aware.ie</a> <a href="http://www.grow.ie">www.grow.ie</a> <a href="http://www.irishadvocacynetwork.com">www.irishadvocacynetwork.com</a> <a href="http://www.mentalhealthmayo.ie">www.mentalhealthmayo.ie</a> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a> <a href="http://www.shineonline.ie">www.shineonline.ie</a>
<b>Mental Health Young People</b>	Childline Headstrong ISPCC MindSpace Reachout Ireland Spunout.ie	<a href="http://www.childline.ie">www.childline.ie</a> <a href="http://www.headstrong.ie">www.headstrong.ie</a> <a href="http://www.ispcc.ie">www.ispcc.ie</a> <a href="http://www.mindspacemayo.ie">www.mindspacemayo.ie</a> <a href="http://www.reachout.com">www.reachout.com</a> <a href="http://www.spunout.ie">www.spunout.ie</a>
<b>Sexuality</b>	BeLonG To LGBT National Helpline OutWest	<a href="http://www.belongto.org/">www.belongto.org/</a> <a href="http://www.lgbt.ie">www.lgbt.ie</a> <a href="http://www.outwestireland.ie">www.outwestireland.ie</a>
<b>Suicide Bereavement Support</b>	Curam Claremorris The Family Centre Castlebar Living Links	<a href="http://www.curamclaremorris.com">www.curamclaremorris.com</a> <a href="http://www.thefamilycentre.com">www.thefamilycentre.com</a> <a href="http://www.livinglinks.ie">www.livinglinks.ie</a>
<b>Suicide Prevention</b>	Irish Association of Suicidology Mayo Suicide Prevention Alliance National Office fo Suicide Prevention National Suicide Research Foundation Pieta House Samaritans Information leaflets Suicide Prevention Prctical Guide	<a href="http://www.ias.ie">www.ias.ie</a> <a href="http://www.mayobewell.ie">www.mayobewell.ie</a> <a href="http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP">www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP</a> <a href="http://www.nsr.ie">www.nsr.ie</a> <a href="http://www.pieta.ie">www.pieta.ie</a> <a href="http://www.samaritans.org">www.samaritans.org</a> <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a> <a href="http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP">www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP</a>
<b>Traveller Health</b>	Mayo Traveller Support Group	<a href="http://www.mayotravellersupportgroup.com">www.mayotravellersupportgroup.com</a>
<b>Young People</b>	Neighbourhood Youth Projects	<a href="http://www.foroige.ie">www.foroige.ie</a>



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