

CHILD & YOUTH MENTAL HEALTH COUNSELLING SERVICES IN CO. MAYO

Guidelines For Referrals

Prepared by the Child & Mental Health subgroup
of the Mayo Children and Young People's Services Committee.



24/7 SUPPORT SERVICES

24 HOUR SERVICES

PHONE

EMERGENCY SERVICES.....999 or 112

SAMARITANS.....116 123

Listening service for people who are lonely, despairing or suicidal.

CHILDLINE.....1800 666 666

A confidential phone line for children and young people.

PIETA HOUSE.....1800 247 247

Suicide prevention Helpline, for anyone in a suicidal crisis
or who has been bereaved by suicide.

INDEX OF SERVICES

Every effort has been made to ensure that the information provided in this booklet is accurate and up-to-date. If you notice any errors or omissions please let us know as soon as possible and we will correct them. Please contact jarlath.munnelly@tusla.ie

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If you are concerned about the behaviour of someone or their Mental Health you should speak to your GP or call the Emergency Department at Mayo University Hospital 094 9021733

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CHILD & ADOLESCENT COUNSELLING SERVICES

MINDSPACE MAYO

For young people aged 15-25yrs

Referrals to the service are accepted from families, agencies and self-referral by phone, email, text or calling into the service.

Contact Information:

Market Square, Castlebar, Co Mayo, F23 Y427

Tel: 094 906 7001 Email: info@mindspacemayo.ie

Text: 086 1844 995

BALLYHAUNIS YOUTH SERVICE

For young people aged 10-24

Referrals to the service accepted from families, agencies and self-referral.

Contact Information:

086-7791878

KNOCK SHRINE COUNSELLING SERVICE

For young people 12 - 18 years. Also includes Adult services.

Referrals to the service are accepted from parents and young people and can be made by contacting the service by phone or email.

Contact Information:

Tel: 094 937 5032 Email: counsellingteam@knockshrine.ie

THE FAMILY CENTRE CASTLEBAR

This service provides counselling to individuals, couples and families, 18yrs+

They welcome self-referrals in person or by phone or email.

Written referrals from other professionals or agencies is accepted.

Contact Information:

Chapel Street, Castlebar, Co. Mayo.

Tel: 094 9025900 Email: info@thefamilycentre.com

CURAM FAMILY CENTRE CLAREMORRIS

Dalton St, Claremorris, Co Mayo.

Contact Information:

Tel: 094 936 2096 Email: curamclaremorris@eircom.net

FAMILY RESOURCE CENTRES (FRC)

For children, young people and families. Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service.

Contact Information:

Ballina: 096 75573

Ballinrobe: 094 95 42908

Westport: 098 24419 (Play therapy service also available for children aged 5 to 12 years)

NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)

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

NEPS, for children 5–18 years

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. This consultation may take the form of a 'Teacher Consultation' or a more formal 'Request for Involvement of Psychologist'.

CONTACT INFORMATION

NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) - MAYO

NEPS, Unit 1, Humbert Mall, Castlebar, Co. Mayo, F23 CC42

Tel: 094 902 8310

Email: neps@education.gov.ie Website: www.education.ie

GUIDANCE COUNSELLING SERVICE IN SCHOOLS

Issues requiring referral to this service may include social, emotional and educational issues impacting on a young person's experience of school life in general.

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

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

For all young people attending secondary school.

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.

CONTACT INFORMATION

Contact local school or school website.

(Every second level school has a qualified Guidance Counsellor)

For further information about the service:

Institute of Guidance Counsellors

Tel: 01 6761975

Email: office@igc.ie

Website: www.igc.ie

PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE

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.

PIETA HOUSE For children, young people and families.

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 persons 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.

CONTACT INFORMATION

PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE

Pieta House Bishop St Tuam, Co Galway.

Tel: 093 25586

Helpline: 1800 247 247

Website: www.pieta.ie

Pieta House (Mayo Outreach)

Ballina FRC, Abbey St, Ballina, Co Mayo.

Tel: 093 25586

MAYO SUICIDE BEREAVEMENT LIAISON SERVICE (MSBLS)

MSBLS is a free service that offers support & guidance to individuals and families bereaved by suicide and informs them of services and supports that are available to them.

MSBLS for families recently bereaved.

Referral to the service is accepted from GPs, Gardaí, Funeral Directors, member of Clergy and self-referral by calling the service, there is no cost for this service.

CONTACT INFORMATION

MAYO SUICIDE BEREAVEMENT LIAISON SERVICE

The Family Centre , Chapel St, Castlebar Co Mayo.

Tel: 094 902 5900 / 087 2172866

Website: www.thefamilycentre.com

THE EDEN PROGRAMME

This programme is open to people who have thought of or attempted suicide.

The Eden Programme, for individuals aged 18+

Eden is an educational programme with a therapeutic element that provides a safe place for people aged 18+ to explore their experiences and develop skills and strategies to save their own lives.

CONTACT INFORMATION

Theresa 089 4912503 Email: Mary.kilcommingsgreene@hse.ie

Website: www.suicideorsurvive.ie

HSE PRIMARY CARE, CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE

Psychologists see a broad range of children and adolescents who present with a variety of psychological difficulties.

Appropriate referrals to the Psychology service include the following:

- Emotional problems (e.g. Low Mood, Anxiety, Bereavement)
- Behavioural problems at home
- Assessment of Developmental Delay / Neurodevelopmental disorders
- Attachment/separation difficulties
- Therapeutic support following emotional, sexual or physical abuse
- Psychological factors in medical illnesses (e.g. living with diabetes, asthma)

HSE PSYCHOLOGY IN PRIMARY CARE

For children and young people 0–18 years

The Psychology Service for Children & Adolescents provides a wide range of assessment and therapeutic services for children and adolescents up to the age of 18 years. Referral to the HSE Mayo Primary Care.

Psychology Service (via standard referral form) can be initiated by Parents, GPs, Public Health Nurses, other Psychologists, school/NEPS, Child Care Workers, Counsellors, Speech and Language Therapists, and other Health Care Professionals. Parental permission is required for referral.

CONTACT INFORMATION

HSE PRIMARY CARE AND CHILD PSYCHOLOGY SERVICE

Psychology, St. Mary's Headquarters, Castlebar, Co. Mayo.

Tel: 094 90 42281

Psychology, Health Centre, Mercy Road, Ballina, Co. Mayo.

Tel: 096 21511

HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

This service provides Mental Health services up to the age of 18 years who have moderate to severe mental health disorders, that require the input of a specialist multi-disciplinary mental health team, including:

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

CAMHS, for children & young people aged 0–18 years

Referrals to the service are accepted from health care professionals including GPs,- Consultant Liaison/General Adult Psychiatrists, Paediatricians, NEPS Psychologists, Tusla staff, community based Clinicians and Assessment Officers – as defined under the Disability Act, 2005. All referrers must work in collaboration with the child's GP, which means the referrer must ring the GP and discuss and agree the potential referral so that it is a truly collaborative referral

CONTACT INFORMATION

MAYO CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

North CAMHS

1st Floor Ballina Primary Care Centre, Kevin Barry St, Ballina, Mayo.

Tel: 096 20399

South CAMHS

Ground Floor, St Marys HQ , Castlebar , Co. Mayo.

Tel: 094 904 2656

DRUG & ALCOHOL SERVICES

The Mayo Drug 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
- Homeless support
- Onward referral to residential treatment
- Connection to community support services
- Links with education, training and employment initiatives

HSE SUBSTANCE MISUSE - for young people both under and over 18 yrs

Young people can self-refer, consent will be required from a 'good safe adult' 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.

Mayo Drug and Alcohol Family Support for anyone over 18

Anyone over 18 can self-refer into the service by organizing an initial appointment with family support worker. You can arrange this by call, text or email.

Family members, professionals, or organizations can also refer individuals into the service.

Outreach available in Castlebar & Westport.

Services offered include:

- One to one Support
- Information on alcohol, drugs and range of related issues
- Community Reinforcement & Family Training
- 5 step family support
- Self-care tools
- Referral and wraparound to other services
- Respite events
- Health & Wellness Events
- Parenting Programmes

DRUG & ALCOHOL SERVICES

CONTACT INFORMATION

Mayo Drug & Alcohol Family Support

Provides one to one and group support to over 18s affected by someone else's alcohol or drug use. Outreach clinics in Castlebar, Westport, Ballinrobe and Claremorris.
Mags Dillon 087 3352831 mags.dillon@wrdatf.ie

Under 18s Drug & Alcohol Service

One to one counselling service for young people (under 18 years) who experience issues with drugs or alcohol. Olive Branagan 087 3395522

Drug Related Intimidation Programme

Responding to the needs of drug users and family members experiencing drug related intimidation.
Castlebar Garda Station County. Inspector for Drug Related Intimidation 094 9038200
Family Support Network 01 8980148

Narotics Anonymous (NA)

Meetings to help people who want to stop using drugs in Castlebar, Foxford, Westport and Ballinrobe.
www.na-ireland.org Western Area (Connacht) 086-8149004

Cenacolo Community

Community Cenacolo is a free, fully residential programme which helps people suffering from addiction to change their lives. Our Lady Of Knock House, Knock, Co. Mayo. Tel: 094 9388286 Email: info@communitycenacolo.ie

HSE Community Addiction Counselling Service

The service deals with people who have a primary mental health diagnosis along with an underlying addiction issue. Referrals are made into the service by a GP or Hospital. Services Provided: Outpatient, Aftercare, Counselling and Advisory Service.
Ballina Headquarters 096 21891
Ballinrobe Primary Care 094 9541615
Castlebar Primary Care 094 9049250
Claremorris Springdale Headquarters 094 9372230

Hope House – Foxford, Co Mayo

Addiction centre for alcohol, drugs and gambling to support young people aged 20 years +
Tel: (094) 9256888
info@hopehouse.ie

MAYO RAPE CRISIS CENTRE

The centre provides a confidential counselling and support service sensitive to the needs of all survivors of sexual violence, rape, childhood sexual abuse and sexual harassment.

The following services are available at the Mayo Rape Crisis Centre:

- Confidential, face to face counselling and support services five days per week.
- Telephone support/helpline service.
- Accompaniment service to the Gardaí, legal appointments or Court.
- Support and counselling for family, friends, partners or others who are in a supporting role.

MAYO RAPE CRISIS CENTRE, for young people aged 14+

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.

CONTACT INFORMATION

MAYO RAPE CRISIS CENTRE

Newtown Castlebar, Co. Mayo.

Tel: 094 9025657

Freephone: 1800 234 900

Email: info@mrcc.ie

Website: www.mayorcc.ie

ISPCC CHILDLINE SERVICES

Childline provides a 24 hour listening service for all children up to 18.

Young people contact the service for a wide range of reasons including mental health concerns. Childline seeks to empower and support children using the medium of telecommunication and information technology.

The Childline phone service is available 24 hours a day, 7 days a week, and 365 days a year, Childline has a designated mental health support text service for children and young people.

CHILDLINE, for children and young people under 18 years

Phone support is available to children and young people by calling, texting, emailing or accessing their website.

ISPCC CHILDLINE SERVICES

Tel: 094 9025254 / 1800 666 666

Website: www.childline.ie

Text 'Talk' to 50101

To contact designated mental health support text service, text 'help' to 50101

ISPCC Child & Family Service Mayo

The Child and Family Support Service is for a child, young person or family who is in need of intensive support owing to their circumstances and/or behavioral or emotional difficulties. Referrals are accepted for children aged 7-17.

The purpose of the Child and Family Support Service is to increase coping capacity and overall resilience of children and parents/carers and to improve self-regulation and problem solving skills to overcome emotional and behavioral difficulties.

Tel: 094 9025254

GMIT MAYO CAMPUS STUDENT COUNSELLING SERVICE

- Depression
- Anxiety
- Loss
- Relationship difficulties
- Academic/exam difficulties
- Coping with transitions
- Self and identity
- Abuse/trauma
- Welfare

STUDENT COUNSELLING SERVICE.

For students registered with the GMIT Mayo Campus.

Students can self-refer by phone, email or calling into the Student Counselling Service. They can also be referred by other services and staff. The Student Counselling Service is available on the Mayo Campus from Monday to Wednesday and Friday, 9am-5pm. There is a drop in time for quick queries and to make an appointment every day from 11.15am to 12.00pm.

CONTACT INFORMATION

GMIT MAYO CAMPUS STUDENT COUNSELLING SERVICE

Tel: 094 9043127

Email: michelle.kerinsobrien@gmit.ie

HSE COUNSELLING IN PRIMARY CARE (CIPC)

This service is suitable for adults 18 years + 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.

CIPC, for adult medical card holders

The service is available to adults, 18 year of age and over, who hold a medical card. Referrals to the service are accepted from GPs, Primary Care Team members or other health care professionals.

The service is available throughout Mayo.

CONTACT INFORMATION

COUNSELLING IN PRIMARY CARE

58 Upper Newcastle Road, Newcastle Galway.

Tel: 091 583682

HSE ADULT MENTAL HEALTH SERVICE

Moderate to severe mental health difficulties such as:

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

HSE ADULT MENTAL HEALTH SERVICE, for adults 18+

Access to this service is made via GPs, Westdoc (out of hours) or via the Emergency Department of Mayo University Hospital, Castlebar. The Mental Health Service consists of 5 Community Mental health teams with each team covering a particular area of the county. Referrals are made to the community multi-disciplinary team that covers the area of your address. Referrals are discussed by the Multi-Disciplinary Team, and appointments are offered accordingly. The multi-disciplinary team typically includes a Clinical/ Counselling Psychologist, Social Worker, Occupational Therapist, Addiction Counsellor, Psychiatrist, Non-Consultant Hospital Doctors, Nurse Therapists and Mental Health Nurses. The adult mental health service also has an in-patient facility called the adult mental health unit which is located in Mayo University Hospital in Castlebar

CONTACT INFORMATION

Adult Mental Health Unit

Mayo University Hospital, Castlebar, Co. Mayo. Tel 094 9042601

Castlebar Community Mental Health Team

Primary Care Building, Moneen Rd, Castlebar, Co. Mayo.
Tel: 094 9042150

Ballina Community Mental Health Team

Ballina Day Hospital, Mercy Road, Ballina, Co. Mayo. Tel: 096 21891

HSE ADULT MENTAL HEALTH SERVICE

CONTACT INFORMATION

Claremorris Community Mental Health Team

Springdale House, Springdale Estate, Mount St., Claremorris, Co. Mayo.
Tel: 094 9371017

Swinford Mental Health Centre

The Willows, Dublin rd., Swinford, Co. Mayo.
Tel: 094 9253270

Westport Mental Health Centre

Primary Care Centre, Tubber Hill, Westport, Co. Mayo.
Tel: 098 50142

Ballinrobe Community Mental health team

Primary Care Centre, Ballinrobe, Co. Mayo.
Tel: 094 9541615

Belmullet Health Centre

Tel: 097 83101

HSE NATIONAL COUNSELLING SERVICE

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

NCS, for adults 18+

Health Professionals can make written referrals on behalf of an adult (with their consent), adults can self-refer by calling 1800 234 114.

CONTACT INFORMATION

HSE NCS Castlebar Mayo

Tel: 094 904 9234

Mobile: 087 0681344

Email: counselling@hse.ie

PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have
a positive impact on how you feel.



Connecting for Life
Galway, Mayo and Roscommon

