

Mindspace Mayo is not a 24 hour emergency or crisis intervention service

Our phone, text and email services are NOT checked outside of office hours

If you need help outside of these hours please see below list of support services:

24 hour services Phone

Emergency Services 999 or 112

Samaritans 116 123

Listening service for people who are lonely, despairing and suicidal

Childline 1800 666 666

Free Text 50101

A confidential phone line for children and young people

Pieta House 1800 247 247

Text HELP to 51444

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

Text About It Service

Text HELLO to 50808

Opening Hours

Monday	9.00am - 5.00pm
Tuesday	9.00am - 5.00pm
Wednesday	9.00am - 5.00pm
Thursday	9.00am - 5.00pm
Friday	9.00am - 3.00pm

Outreach is available in Erris and Ballina!

Telehealth services also available

MINDSPACE

young people's health matters MAYO

MINDSPACE MAYO

Market Square | Castlebar | Co. Mayo.
(Between Cuppa Joe's & Brant Rock)

☎ 094 906 7001 📞 094 904 4393

🌐 www.mindspacemayo.ie @ info@mindspacemayo.ie

📘 facebook.com/mayomindspace

🐦 twitter.com/mindspacemayo

📷 instagram.com/mindspacemayo

🌐 linkedin.com/company/mindspacemayo/



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Mental Health
Ireland

ZIP THE CODE



MINDSPACE

young people's health matters **MAYO**

Free and confidential support service
for young people aged 12-25 years old

Help & Support

at difficult times





Mindspace Mayo is a free and confidential support service to promote **young people's** mental health and wellbeing. Mindspace's aim is to **support** young people, aged 12-25, who are **going through a difficult time** to ensure they get the support they need.



Improve your Mental Wellbeing



Useful Websites...

www.yourmentalhealth.ie

This website is now the most comprehensive online directory of support services and information on mental health in Ireland. It is a great place to learn about mental health, and to find out how to support yourself and the people you care about.

www.westbewell.ie

This website is useful in helping you understand and make contact with a wide range of assistance and advisory services in Mayo.

www.spunout.ie

An interactive online community for young people (16-25 yrs) to find out about health and advice services available to them in their area.

www.youth.ie

A support service for young people going through a tough time with information on the issues that matter to young people, signposts to other services and the opportunity to join a supportive online mental health community.

www.childline.ie

Childline Online is for young people up to the age of 18 where you can log on and chat to us live or check out our support information.

MINDSPACE

How we support young people:

- Offer advice & support
- Listen without making judgments
- Help with decision making skills
- Support (anxiety, stress, mood)
- Supported access to other services

What we offer someone who supports a young person:

- Advice & guidance on how to support or refer the young person
- Information & signposting



**FREE &
Confidential
Advice &
Support**