

***“Its’ okay not to be okay;
and it’s also okay to ask for help.”***

Mental Health & Wellbeing Information for Children and Young People

N.B. The following services are *NOT* intended for use in an EMERGENCY SITUATION. Please note the school does not endorse any of the services listed.



YourMentalHealth.ie

Yourmentalhealth.ie provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners.

You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night)

A small number of services to support **CHILD AND YOUTH MENTAL HEALTH** are listed here. There are many additional mental health supports listed on **www.yourmentalhealth.ie** or supports can be found by calling the freephone number **1800 111 888**.

Childline

- Childline can be contacted by any child or young person, any time day or night
- Freephone **1800 66 66 66**
- Text **50101**
- Chat online at **www.childline.ie**



- BeLonG To provides support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland between the ages of 14 – 23 years
- Text LGBTI+ to **086 1800 280** to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- Visit **www.belongto.org** for more information

JIGSAW

Young people's
health in mind

- Jigsaw is a mental health charity focused on providing expert advice and support, online and in person, to young people across Ireland aged 12 – 25 years-old
- Find Jigsaw new you by visiting **www.jigsaw.ie/services** (*Please note Jigsaw does not operate in Co. Wexford*)
- Talk to one of the team through one-to-one Live Chat by visiting **www.jigsaw.ie/livechat**
- Visit **www.jigsaw.ie** for more information



- Barnardos provides a children's bereavement helpline service for all members of the public
- Telephone **01 473 2110** (from 10:00am to 12:00pm, Monday to Thursday). Children must be referred to the Children's Bereavement Service. Referrals will be accepted from anybody who has the consent of parents/carers.



- The HSE has partnered with SilverCloud Health to provide online cognitive behaviour therapy (CBT) which can help people experiencing anxiety and depression in Ireland
- Delivered by clinical staff, online CBT is available through referral from Primary Care Psychology, the National Counselling Service, Jigsaw and GPs across Ireland
- Referrals can be made from young people 18+
- Once referred to the programme you can start accessing support
- within 24 hours



- Samaritans is available any time day or night for support
- Freephone **116 123**
- Email jo@samaritans.ie
- Visit www.samaritans.ie for more information or for details of your nearest branch



- Bodywhys provides a range of services (helpline support groups, online groups, email and family programmes) for young people and adults with eating disorders, and their families
- Helpline **01 2107906** Monday, Wednesday and Sunday from 7:30pm to 9:30pm and Saturday from 10:30am to 12:30pm
- Contact **alex@bodywhys.ie** for support
- Visit **www.bodywhys.ie**



- MyMind provides a range of counselling and psychotherapy services online, and face-to-face, across the country
- Services are available for children, adolescents, adults, couples and families in 18 different languages
- Free online counselling is available for anyone (18+) impacted by the COVID-19 pandemic
- Call **076 680 1060**
- Email **hq@mymind.org**
- Visit **www.mymind.org** for more information

text about it

50808

- **50808** is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for young people going through a mental health or emotional crisis – big or small. From breakups or bullying, to anxiety, depression and

suicidal feelings, crisis volunteers are available 24/7 for anonymous text conversations

- Text **HELLO** to **50808** anytime day or night
- Visit www.text50808.ie for more information

spunout

- SpunOut.ie provides a wide range of articles and information for young people aged 16 – 25 years, on many different topics, including mental health
- Free-text **SPUNOUT** to **50808** to chat anonymously to a trained volunteer 24/7
- Visit www.spunout.ie for more information



- turn2me provides a wide range of innovative mental health peer support, group support and counselling services, all easily accessible online
- Visit www.turn2me.org for more information

pieta

- Pieta provides professional one-to-one therapeutic services to children and young people, as well as adults, who are in suicidal

distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no referral is needed.

- Call freephone **1800 247 247** any time day or night
- Text **HELP** to **51444** (standard message rates apply)
- Visit www.pieta.ie for more information

GP and Emergency Supports

The supports offered by various agencies listed are for children and young people who are feeling worried or anxious about their mental health. Help also continues to be available through your GP or health centres, or hospital emergency services, where needed, as detailed below.

GP and Health Centres

- A GP can offer support and advice around a range of mental health issues including feelings of sadness, anxiety, self-harm and psychosis. A GP can tell you about supports in your community and also refer you to counselling or to a mental health service
- Find a service new you on the HSE website:
www2.hse.ie/services/find-a-gp/
- Or contact the Out of Hours service by searching here:
www2.hse.ie/Apps/Services/GpOutofHours.aspx

Hospital Emergency Services

Go to or call the emergency department of your local general hospital (e.g. Wexford General Hospital)

Telephone Emergency Services

You can contact emergency services on **112** or **999**.