

NORTH TIPPERARY COUNSELLING AND SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE*		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>TYPES OF ISSUES REFERRED TO THE SERVICE Counselling provides a safe space to explore issues and provide support with:</p> <ul style="list-style-type: none"> Difficult feelings and emotions Anxiety Depression Education and expectations Relationship difficulties Anger Bereavement and loss, family or peer Family separation or divorce Substance abuse, self or parental LGBT+ support Eating distress and body issues Self-harm and suicidal ideation <p>Child and adolescent counselling services may also be able to offer support to parents and carers.</p>	<p>BARNARDOS 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. Barnardos offers information, help and support to children, young people and their parents/carers. Their focus is on supporting and promoting children's development, helping parents with their parenting and with the development of positive relationships with their children.</p> <p>SILVER ARCH FAMILY RESOURCE CENTRE for children, young people and families Silver Arch Family Resource Centre provides community based support, information and advocacy services to individuals, families and groups in North Tipperary. Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service.</p>	<p>BARNARDOS Barnardos Mall House Slevenamon Road Thurles Co. Tipperary E41 R6C9 Tel: 0504 20018 Email: info@thurles.barnardos.ie www.barnardos.ie</p> <p>SILVER ARCH FRC 52 Silver Street Nenagh Co. Tipperary E45 P624 Tel: 067 31800 Email: info@silverarchfrc.ie</p>
<p>HSE COUNSELLING IN PRIMARY CARE (CIPC) This service is suitable for adults 18 years and over who are experiencing mild to moderate psychological difficulties. CIPC is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.</p>	<p>HSE COUNSELLING IN PRIMARY CARE (CIPC) for those aged 18 years and over The service is only available to people 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 the Mid West.</p>	<p>HSE COUNSELLING IN PRIMARY CARE 62 Mount Vincent Terrace O'Connell Avenue Limerick V94 W640 Tel: 061 464046</p>
<p>JIGSAW Jigsaw is a free, non-judgemental and confidential mental health support service for young people aged 12 to 25 years. The service provides guidance and support for young people who are going through a difficult or distressing time and to those concerned about them.</p>	<p>JIGSAW for young people aged 12 to 25 years Provides mental health information for young people, their parents and guardians, and those who work with young people. The service is available in Jigsaw Centres and online.</p>	<p>JIGSAW NATIONAL OFFICE 16 Westland Square Pearse Street Dublin D02 V590 Tel: 01 472 7010 Email: info@jigsaw.ie www.jigsaw.ie</p>
<p>MyMIND CENTRE FOR MENTAL WELLBEING MyMind provides affordable online and face to face counselling and psychotherapy in 17 different languages, to individuals, couples or families. The centre also provides services for children and adolescents which includes creative art therapy. Sessions for children and adolescents are exclusively face to face.</p>	<p>MyMIND CENTRE FOR MENTAL WELLBEING for those aged 12 years and over MyMind is a self-referral service. Appointments may be face to face or online from any device. MyMind offers a sliding scale to clients according to their employment status. Parents/guardians must give consent for young people under 16 to be seen and may have to be present for the initial meeting. To book an appointment or make further enquiries call the office number or visit the website.</p>	<p>MyMIND Book an appointment at app.mymind.org MyMind 50 O'Connell Street Limerick V94 C6XR Tel: 076 680 1060 Email: hq@mymind.org www.mymind.org</p>

SUICIDE, SELF-HARM AND MENTAL HEALTH SPECIFIC SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>HSE ADULT MENTAL HEALTH SERVICE The HSE Adult Mental Health Service is available throughout North Tipperary for people who are experiencing moderate to severe mental health difficulties including but not limited to:</p> <ul style="list-style-type: none"> Depression Mood disorders Anxiety Psychotic illness Suicide and self-harm Personality disorders Eating disorders Adjustment disorders 	<p>HSE ADULT MENTAL HEALTH SERVICE for people aged 18 years and over Access to this service is made via the GP or Shannondoc 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/services may be offered.</p> <p>The service operates Monday to Friday 9.00am to 5.00pm. For out of hours crises or urgent referral go directly to the Emergency Department in University Hospital Limerick or Shannondoc.</p>	<p>ADULT MENTAL HEALTH SERVICES University Hospital Limerick St Nessan's Rd Dooradoyle Co. Limerick V94 F858 Tel: 061 482120</p> <p>SHANNONDOC GP SERVICE Tel: 1850 212 999</p>
<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) This service 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, including:</p> <ul style="list-style-type: none"> Moderate to severe depression Mood disorders Psychosis Anxiety disorders Attention Deficit Hyperactivity Disorder (ADHD/ADD) Moderate/severe eating disorders Suicidal behaviours or ideation where intent is present 	<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) for children and young people aged 0 to 17 years Referrals to the service are accepted from health care professionals including GPs, Consultant Liaison/General Adult Psychiatrists, Paediatricians, NEPS Psychologists, Tusa staff, community based Clinicians and Assessment Officers. All referrers must work in collaboration with the child's GP, which means the referrer must ring the GP to discuss and agree the potential referral.</p>	<p>NORTH TIPPERARY CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) Tyone Health Centre Tyone Nenagh Co. Tipperary E45 KH59 Tel: 067 46455</p>
<p>PIETA Pieta provides a counselling service for people who are in suicidal distress and for those who are engaging in self-harm. Pieta uses a therapeutic approach with professional accredited Counsellors/Psychotherapists.</p> <p>Pieta also operates suicide bereavement counselling centres providing counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.</p>	<p>PIETA 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 over 18 years the person's consent is required 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.</p>	<p>PIETA SUICIDE AND SELF-HARM CRISIS AND BEREAVEMENT CENTRE Ard Aulin Mungret Co. Limerick V94 T258 Tel: 061 484444 24 Hour Helpline: 1800 247 247 Email: info@pieta.ie www.pieta.ie</p>
<p>SPECIALIST PERINATAL MENTAL HEALTH SERVICE (SPMHs) 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 both new onset problems, recurrences of previous problems, and those with mental health problems before they became pregnant.</p>	<p>SPECIALIST PERINATAL MENTAL HEALTH SERVICE for those aged 18 years and over Women can be referred to the service by their GP, Hospital Consultant or Midwife.</p>	<p>PERINATAL MENTAL HEALTH SERVICE Antenatal Clinic University Maternity Hospital Ennis Road Limerick V94 C566 Tel: 061 483116 Email: spmhs.umhl@hse.ie</p>

BEREAVEMENT SUPPORT SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>LIVING LINKS TIPPERARY Living Links Tipperary provides outreach support to families and individuals bereaved by suicide. This support can be on a one-to-one basis, in a group setting or both if requested. Group meetings are held monthly.</p>	<p>LIVING LINKS TIPPERARY for those aged 18 years and over The Tipperary Living Links listening/support service is free of charge and available to any person in the community including Emergency Personnel, Gardaí, Clergy and Funeral Directors etc., who have been affected by suicide.</p>	<p>LIVING LINKS TIPPERARY Loreto House Kenyon St. Nenagh E45 V822 Tel: 087 9693021 Email: tipperarylivinglinks@gmail.com www.tipperarylivinglinks.ie</p>
<p>RAINBOWS Rainbows is a programme designed to support children and young people affected by loss because of bereavement, separation or divorce. The Rainbows programme can be school based or centre based and runs throughout the country.</p>	<p>RAINBOWS for those aged 7 to 18 years Parents/carers can contact the service directly, and other agencies can request a referral form via email. To access the Rainbows programme in public centres, contact the nearest centre directly. The Rainbows programme in schools is generally only delivered once in the academic year (Oct/Nov), for more information contact the school directly. Contact information for schools and public centres that deliver the programme is available on the Rainbows website.</p>	<p>RAINBOWS Tel: 01 473 4175 Email: ask@rainbowsireland.ie www.rainbowsireland.ie</p>
<p>SUICIDE BEREAVEMENT LIAISON SERVICE (SBLO) 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.</p>	<p>SBLO for families recently bereaved Referral to the service is accepted from GPs, Gardaí, Funeral Directors, members of Clergy and self-referral by calling the service, there is no cost for this service.</p>	<p>SUICIDE BEREAVEMENT LIAISON SERVICE Pieta Ard Aulin Mungret Co. Limerick V94 T258 Tel: 061 484444 Mob: 085 8568081 Helpline: 1800 247 247 Email: info@pieta.ie www.pieta.ie</p>

SUBSTANCE MISUSE SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>COMMUNITY SUBSTANCE MISUSE TEAM Community Substance Misuse Team (CSMT) is a multi-disciplinary team responding to young people and families impacted by substance misuse in the Mid West.</p>	<p>COMMUNITY SUBSTANCE MISUSE TEAM for those aged 12 to 18 years Young people can self-refer or they can be referred by family, carers or other agencies and professionals. Professionals can request a referral form via phone call/email.</p>	<p>COMMUNITY SUBSTANCE MISUSE TEAM 2nd Floor Arthur's Quay House Arthurs Quay Limerick Tel: 061 318904 Email: admin@csmt.ie www.csmt.ie</p>
<p>HSE SUBSTANCE MISUSE SERVICE 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:</p> <ul style="list-style-type: none"> Screening, assessment and care planning Detoxification support Opiate substitute treatment Counselling Group support Needle exchange Onward referral to residential treatment Connection to community support services Links with education, training and employment initiatives 	<p>HSE SUBSTANCE MISUSE for young people, adults and families Community based supports for young people and adults are available throughout the county. Young people can self-refer, consent will be required from a parent/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.</p> <p>Screening drop-in for all services including methadone programme takes place every Monday from 2.00pm to 4.00pm, no appointment or referral needed.</p>	<p>HSE MID WEST DRUG AND ALCOHOL SERVICE North Tipperary Drug and Alcohol Service Kenyon Street Nenagh Co. Tipperary E45 YR76 Tel: 067 46512</p> <p>HSE DRUG AND ALCOHOL HELPLINE Tel: 1800 459 459 Email: helpline@hse.ie www.drugs.ie</p>

OTHER SPECIALIST SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>MID WEST RAPE CRISIS CENTRE The service provides information and support to survivors of all forms of rape and sexual assault. The services provided include:</p> <ul style="list-style-type: none"> Forensic medical examination Garda and court accompaniment Crisis and long term counselling 	<p>RAPE CRISIS AND COUNSELLING CENTRE for those aged 14 years and over 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.</p>	<p>RAPE CRISIS MID WEST Phoenix House Punch's Close Rosbrien Road Limerick Tel: 061 311511 Email: info@rapecrisis.ie www.rapecrisis.ie</p>
<p>GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) Gender Orientation Sexual Health, HIV Support, counselling and training provided throughout Limerick, Clare and North Tipperary.</p>	<p>GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) for all ages This is a free service that accepts referrals from professionals and self referrals by phone or by drop in.</p>	<p>GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) 18 Davis Street Limerick V94 C377 Tel: 061 314354 Email: info@goshh.ie www.goshh.ie</p>
<p>HSE NATIONAL COUNSELLING SERVICE (COMHAR) This counselling service is for people who have experienced trauma and/or abuse including emotional, physical or sexual abuse or neglect in childhood.</p>	<p>HSE NATIONAL COUNSELLING SERVICE for those aged 18 years and over Health professionals can make written referrals on behalf of those who are aged 18 years and over with their consent or self-referrals are accepted by phone.</p>	<p>HSE NATIONAL COUNSELLING SERVICE MID WEST Re Nua 6 Mount Vincent Terrace O'Connell Avenue Limerick V94 W640 Tel: 1800 234115 or 061 411900 Freephone: 1800 234 118 Email: comhar@hse.ie</p> <p>CONNECT COUNSELLING HELPLINE Tel: 1800 477 477 www.connectcounselling.ie</p>
<p>NORTH TIPPERARY CHILD & FAMILY PRIMARY CARE PSYCHOLOGY DEPARTMENT The North Tipperary Child and Family Primary Care Psychology department provides assessment and intervention to young people aged 0-18 and their families who are experiencing emotional and/or behavioural difficulties or mental health difficulties of a mild/moderate nature.</p>	<p>NORTH TIPPERARY CHILD & FAMILY PRIMARY CARE PSYCHOLOGY DEPARTMENT for young people aged 0-18 and their families Waiting list initiatives such as workshops and parent group interventions (e.g. Circle of Security Parenting-COSP). Individualised assessment, formulation and evidence-based interventions from a variety of approaches based on psychological theories.</p> <p>Referrals are accepted on the primary care referral form or in letter format from GPs, Area Medical Officers, PublicHealth Nurses, Paediatricians/other medical doctors, HSE therapists such (e.g. SLT, OT, Physiotherapy), Secondary care multidisciplinary HSE teams (e.g. Children's Disability Services, Child and Adolescent Mental Health Services) and other agencies e.g. NEPS, Tusa. Self-referrals are not accepted.</p>	<p>NORTH TIPPERARY CHILD & FAMILY PRIMARY CARE PSYCHOLOGY DEPARTMENT Tyone Health Centre Tyone Nenagh Co. Tipperary E45 KH59 Tel: 067 46442</p>

SERVICES AVAILABLE IN EDUCATION SETTINGS		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>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.</p> <ul style="list-style-type: none"> Educational development Social difficulties Emotional difficulties Behavioural difficulties 	<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) for children aged 5 to 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'. Parents who have school related concerns about their children should discuss these with the School Principal who will contact NEPS if necessary.</p>	<p>NEPS Houston Hall Ballycummin B.V. Raheen Business Park Limerick V94 PKF1 Local Admin: 0761 108561 / 0761 108799 Head Office: 01 889 2700 Email: neps@education.gov.ie www.education.ie</p>
<p>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 and life in general. Schools often offer additional support groups to address some of the following:</p> <ul style="list-style-type: none"> Bereavement Resilience building Emotional regulation Mindfulness LGBT+ Stress management Exam coping skills 	<p>SCHOOL GUIDANCE COUNSELLING 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.</p>	<p>SCHOOL GUIDANCE COUNSELLING Contact the school or school website or for further information about the service contact the Institute of Guidance Counsellors Tel: 01 6761975 Email: office@igc.ie www.igc.ie</p>
<p>THIRD LEVEL STUDENT COUNSELLING SERVICE Limerick Institute of Technology (L.I.T.) and Mary Immaculate College provides a multi-campus student counselling service. Third level student counselling services can address some of the issues listed below:</p> <ul style="list-style-type: none"> Depression Anxiety/panic attacks Bereavement Relationship difficulties Family difficulties Sexual trauma Addiction LGBT+ support 	<p>L.I.T. STUDENT COUNSELLING for young people registered as full time students This is 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 to Friday throughout the academic year. Counselling is available by appointment only and at no cost to students.</p> <p>MARY IMMACULATE COLLEGE STUDENT COUNSELLING Thurles campus students Mary Immaculate College provides a professional, on-campus counselling service available to all students, free of charge.</p>	<p>STUDENT COUNSELLING SERVICE Limerick Institute of Technology Moylish Park Limerick V94 ECST Tel: 0504 28152 www.lit.ie/counselling</p> <p>Thurles Campus Nenagh Road Thurles E41 PC92 Tel: 0504 32033 www.lit.ie/counselling</p>

OTHER USEFUL RESOURCES FOR CHILDREN AND YOUNG PEOPLE		
<p>BeLoNG To The national organisation supporting LGBT+ young people in Ireland Helpline: 1890 92 95 39 www.belongto.org</p>	<p>ISPC The Irish Association for the Prevention of Cruelty to Children Helpline: 1890 92 95 39 Teeline: 1800 833 634 www.childline.ie</p>	<p>Turn2me Online mental health support and counselling services www.turn2me.org</p>
<p>Bodywhys The Eating Disorder Association Tel: 1890 200 444 www.bodywhys.ie</p>	<p>Spunout Ireland's youth information website www.spunout.ie</p>	<p>Your Mental Health Infoline: 1800 111 888 www.yourmentalhealth.ie</p>
<p>Samaritans 24 Hour National Listening Service Freephone: 116 123 jo@samaritans.ie www.samaritans.ie</p>	<p>Pieta National 24 Hour Suicide Helpline Helpline: 1800 247 247 Text: HELP to 51444 www.pieta.ie</p>	<p>50808, 24 Hour Crisis Text Service 24 hour crisis text service Text: HELLO to 50808</p>

*Young people refers to those aged up to 25 years