

Directory of Mental Health Supports

for
Primary School Children
and their Families

*These services do not
replace your GP
or the emergency
services: 999 or 112

Westdoc Out of Hours
Urgent GP Care:
0818 360 000



MAYO
Mental Health
Association





MAYO

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Association**

24-hour National Supports

- **Childline**

Free Phone: 1800 66 66 66

Free Text: 50101

Live message: <https://www.childline.ie/>

- **Teenline**

Free Phone: 1800 833 634

Web: <https://www.ispcc.ie/teenline/>

- **Text 50808**

Text HELLO to 50808

Web: <https://text50808.ie/>



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National Supports

Barnardos

Phone: (01) 473 2110 – 10am to 12pm, Monday to Thursday.

Web: www.barnardos.ie

Barnardos Children's Bereavement Helpline Service is available to any adult concerned about a bereaved child and who needs information or support.

CARI

Phone: 0818 924567, Monday to Friday 9am to 5pm

Email: hello@cari.ie

Web: cari.ie

CARI (Children at Risk in Ireland) provides child-centred therapy for children & adolescents who have been affected by sexual abuse.

CARI also provides therapy to children, up to 12 years of age, who present with sexually harmful behaviour.

Jigsaw

Web: www.jigsaw.ie

Jigsaw is a youth mental health charity providing free, non-judgmental, and confidential therapy to young people aged 12-25.

In-person support is available in the catchment areas (offices in Galway and Roscommon Town) and online therapy is also available.



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National Supports

Parentline

Phone: 01 873 3500 or 1890 927277 Monday-Thursday 10am-9.00pm
Friday 10am-7.00pm
Email: info@parentline.ie
Web: www.parentline.ie

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Face-to-face appointments also available.

Pieta

Phone: (0818) 111 126
Web: www.pieta.ie

Pieta provides support and therapy to children (and adults) bereaved by suicide, and can be accessed free of charge and without a referral. Therapy is available nationally by phone, video and in person.

Samaritans

Phone: 116 123
Email: jo@samaritans.ie
Web: www.samaritans.ie

Samaritans provide emotional support to anyone of any age who is struggling to cope and needs someone to listen.



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HSE and Primary Care

Get a full breakdown of **HSE services** catering to children and families in Co. Mayo via the link below:

www.hse.ie

Child and Adolescent Mental Health Services (CAMHS)

- **Mayo South Community Mental Health Team**, CAMHS, HSE West, St. Mary's Headquarters, Castlebar. Phone: 094 9042656 / 094 9024430
- **Mayo North Community Mental Health Team**, North Mayo CAMHS, Primary Care Centre Ballina, Kevin Barry Street, Ballina. Phone: 096 20399

CAMHS is a service that provides assessment and treatment for young people up to 18 years of age and their families who are experiencing mental health difficulties.

*To access a CAMHS service you must be referred by your GP.

Primary Care Psychology for Children & Adolescents

Phone: 094 9042281 or 094 9049174

County-wide primary care service for children and adolescents under 18 years. Assessments of need and intervention, training for parents.



HSE and Primary Care

Children's Disability Network Teams (CDNTs)

- **North Mayo Children's Disability Network Team**

(Belmullet, Erris, Killala, Crossmolina, Ballina, Charlestown, Swinford)

The Newman Institute, Cathedral Road, Ballina, Mayo, F26 YV61

Phone: 096 954 20

Email: cdnt1.chw@hse.ie

Web: www2.hse.ie/services/childrens-disabilities/

- **South Mayo Children's Disability Network Team**

(Castlebar, Claremorris, Kiltimagh, Ballyhaunis)

Cedar House, Moneen, Castlebar, Mayo, F23 WP71

Phone: 094 905 1500

Email: cdnt2.chw@hse.ie

Web: www2.hse.ie/services/childrens-disabilities/

- **West Mayo Children's Disability Network Team 3**

(Achill, Ballinrobe, Westport)

Safari Club, Unit 12 N5 Business Park, Moneen, Castlebar, Mayo, F23 VH27

Phone: 094 906 0234

Email: cdnt3.chw@hse.ie

Web: www2.hse.ie/services/childrens-disabilities/

Children's disability services are for children and young people up to age 18 who have complex needs associated with their disability.

Teams include occupational therapists, psychologists, physiotherapists, social workers and speech and language therapists. Referrals accepted from: parents, GP, public health nurse, hospital.

Local Supports

Family Resource Centres (FRC)

The FRC programme is Ireland's largest family support programme delivering universal services to families across the country based on a life-cycle approach.

Services include: Bereavement counselling/support, child counselling, play therapy.

Ballaghaderreen

Cairdeas FRC

Kilmovee, Ballaghaderreen

Phone: 094 9649814

Web: www.facebook.com

Ballina

Ballina FRC

Unit 2 Abbey Street, Ardnaree,
Ballina

Phone: 096 75573

Email: admin@ballinafrc.com

Web: [www.facebook.com/
ballinafamilyresourcecentre](http://www.facebook.com/ballinafamilyresourcecentre)

Ballinrobe

Tacú FRC

Credit Union House, Main Street,
Ballinrobe

Phone: 094 9542908

087 2859973

Email: info@tacufrc.ie

Web: [www.facebook.com/
TacuFRCBallinrobe](http://www.facebook.com/TacuFRCBallinrobe)

Ballyhaunis

Neart hAmhnais Teoranta FRC

The Friary House, St Marys Abbey,
Ballyhaunis

Phone: 094 9630031

Email: tracey@ballyhaunisfrc.ie

Castlebar

Le Chéile FRC

Tucker Street, Castlebar

Phone: 094 9025126

086 0561965

Email: info@castlebarfrc.com

Web: [www.facebook.com/
castlebarfrc](http://www.facebook.com/castlebarfrc)

Claremorris

Claremorris FRC

Mount St, Claremorris

Phone: 094 9377838

Email: claremorrisfrc@eircom.net

Web: [www.facebook.com/
ClaremorrisFamilyResourceCentre](http://www.facebook.com/ClaremorrisFamilyResourceCentre)

Westport

Westport FRC

The Fairgreen, Westport Phone:
098 24419

Email: admin@westportfrc.ie

Web: www.westportfrc.ie



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Local Supports

Claremorris

Curam Family Centre, Claremorris

Phone: 094 9362096

Email: office@curamclaremorris.ie / manager@curamclaremorris.ie

0-18 yrs

Various services available to support families including a Family Support Worker (free service) and play therapist (cost applies).

Mayo

Enable Ireland

Unit 1, McHale Road Retail Park, Castlebar, Co. Mayo,
F23 WF57

Phone: 085 807 0369

Email: connectmayo@enableireland.ie

Web: enableireland.ie

0-18 yrs

Connected Home Support and transport service for children with disabilities. The service provides individual in-home support and group respite sessions and a transport service to bring children to and from activities in the local area.



Local Supports

Foróige

Community-based adolescent and family support service working with young people aged 10 to 18. Offering tailored supports for young people across Mayo including projects such as:

- UBU - provides needs-based, targeted youth services that support young people's personal, social, and educational development in their communities.
- Creative Communities Mayo
- Youth and Family Support Service
- Mayo Youth Integration

For the most accurate and up-to-date contact information, including phone numbers and email addresses for each project, refer to the website: www.foroige.ie

Erris
Ballyhaunis
Castlebar
Ballina

10-18 yrs

Helplink Mental Health - by appointment only

1 Sloyan's Apartments, New Antrim Street, Castlebar

Phone: 0818 99 88 80

Email: helplinksupport@helplink.ie

Web: Art therapy - www.helplink.ie/counselling/art-therapy.

Play therapy - www.helplink.ie/counselling/play-therapy.

Providing a comprehensive range of counselling and therapy services including play therapy (3 to 12 years old) and art therapy (11 to 15 years old).

The cost for these specialist counselling services are €70 per appointment at the standard rate or €45 at the discounted rate.

Castlebar

3-15 yrs



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Local Supports

Involve Ballina Youth Project

Lower Lord Edward Street, Ballina

Phone: 087 2379132

Email: youthprojectballina@involve.ie

Web: <https://www.facebook.com/involveballina/>

Ballina

8-25 yrs

A youth organisation focusing primarily on the Traveller community and marginalised youth in Ballina. It offers after-school programmes for those aged 10–25 and homework groups for children aged 8-10.

ISPCC

Phone:

087 4866134 Monday -Wednesday 9am -5pm; Thursday 9am-1pm

094 9025254 Thursday afternoon, Friday and Saturday

Email: laura.cusack@ispcc.ie/ mayo@ispcc.ie

Web: www.ispcc.ie

Mayo

4-18 yrs

- **Childline Therapeutic Support Service (CTSS):** works with any young person up to 18 years of age in response to challenges such as parental separation and relationship struggles with siblings or peers. Referrals accepted from: parents, GP, school, other professionals. This play-based support is offered in the child's home, school or other appropriate place.
- **Digital Wellbeing Parent/Carer Programmes:** Supporting An Anxious Child aged 5 – 11 years old.
Email: spacefromanxiety@ispcc.ie; web: [ISPCC Digital Programmes](#)
- **Anonymous Parent Support Line:** Monday-Friday 9am-1pm
Phone: 01 522 4300; Web: [ISPCC Support Line](#)



Local Supports

Knock Shrine Counselling Service

Phone: 094 937 5032

Email: counsellingteam@knockshrine.ie

12-18yrs (also offers 18+)

Referrals accepted from parents and self-referrals.

Knock

12-18 yrs

Mayo Autism Camp

Phone: Elisha - 0877881864; Colette - 0876178019

Email: mayoautismcamp@gmail.com

Web: www.facebook.com/mayoautismcamp

Offers socially inclusive activities for autistic children and their families, through meaningful play and peer interactions. Free holiday camps, workshops, webinars, family days out, and resource fairs.

Mayo

4+ yrs

Mayo Cancer Support

Main Office: Rock Rose House, 32 St Patrick's Avenue, Castlebar.

Outreach: Achill - Achill Health Centre, Achill Sound.

Ballina - Turning Tides Wellness Centre.

Phone: Castlebar - (094) 903 8407

Achill & Ballina - (087) 280 4164

Email: info@mayocancersupport.ie

Web: www.mayocancersupport.ie

Castlebar

Achill

Ballina

4-18 yrs

Play and art therapy for patients/survivors and their families/friends of all ages, who have been affected by a cancer diagnosis.



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Local Supports

Mindspace Mayo - by appointment only

Main Office: Market Square, Castlebar

Outreach: Erris - Irish Wheelchair Association

Ballina - Family Resource Centre, Ardnaree

Phone: 094 9067001

Text: 086 1844995

Email: info@mindspacemayo.ie

Web: <https://www.mindspacemayo.ie/>

Mindspace Mayo is a free and confidential support for young people aged 12-25.

Castlebar

Erris

Ballina

12-25 yrs

North Mayo Youth Project

Phone: 083-0957789, 083-0957802

Email: cillianfoody.ncycs@gmail.com,
michellegallagher.ncycs@gmail.com

Out of school support for young people, by improving their personal and social development outcomes.

Ballina

10-24 yrs

Rainbows Ireland

Castlebar Centre: The Family Centre, Upper Chapel Street, Garryduff, Castlebar

Phone: 094 9025900

Web: www.rainbowsireland.ie

Peer support groups for children and young people who have experienced loss through bereavement, parental separation or divorce.

Castlebar

7-16 yrs



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Claremorris

0-18 yrs

Sensational Kids, Claremorris

Phone: 094 9357005

Email: Claremorris@sensationalkids.ie

Web: www.sensationalkids.ie

Opening Hours: Mon to Fri: 9am – 1pm and 2pm - 5pm

Sensational Kids is a national charity and non-profit dedicated to transforming the lives of children with additional needs.

Offering a range of subsidised children's therapy services:

- Occupational Therapy Assessments & Intervention
- Speech & Language Therapy Assessments & Intervention

Ballinrobe

11-18 yrs

SPACE - Social Prescribing and Creative Empowerment for Young People

At the Maple Youth Centre, Bowgate Street, Ballinrobe, F31 DD77

Phone: 087 243 0695

Email: tacuyouthlinkworker@gmail.com

Web: www.ballinrobetacufrc.com

Aims to address the mental health and well-being challenges of young people, aged between 11-18 years.



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Local Supports

Mayo

0-18 yrs

Tusla

For general signposting or to access the services below, contact: 094 9042510.

Mayo Family Support Service is a countywide, free, confidential, partnership-based service, open to families who need support.

Services include:

- **In-Home Family Support:** A range of services are available to work with with parents/ young people to improve family life.
- **Mayo Parent Support Line:** A listening and signposting service for parents. They are available to discuss challenges of family life, Monday to Friday 9AM - 2PM. Phone: 094 904 2510
- **Meitheal:** A multi-agency meeting to support families where children have unmet needs.
- **The Edge Project:** Offers support to families with young people aged 8-18 yrs who present with challenging behaviour. Email: elaine.english@tusla.ie
- **Zero2Six Family Support:** A strength-based programme to support families in their homes and communities to improve outcomes for children. Email: Louise.beckett@talsa.ie

Ballina

Castlebar

12-18 yrs

Youth Action (Garda Diversion Projects)

Phone: Ballina – Louise Burke 083 132 4742 /

Micheál Kenny 087 184 3897

Castlebar – Ger Lovett 087 363 1462 / Chloe Timlin 087 625 0339

Web: www.ncycs.ie

Aims to divert young people away from possible involvement in crime and anti-social behaviour.

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For further information
or details of private
services please contact

**Mayo Mental Health
Association:**

Castlebar: 094 9038148

Ballina: 096 71492



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Mayo