



MAYO

# Mental Health Association



## Directory of Mental Health Supports

for Children & their Families

These  
services  
do not replace your  
GP or Emergency Services:  
Call 999 or 112

Westdoc  
Out of Hours  
Urgent GP Care  
0818 360 000





## **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/>**



## National Supports

### **BARNARDOS**

**Phone:** (01) 473 2110 - 10am to 12pm, Monday to Thursday

**Web:** [www.barnardos.ie](http://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](mailto:hello@cari.ie)

**Web:** [www.cari.ie](http://www.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](http://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.



## National Supports

### PARENTLINE

**Phone:** 01 873 3500 or 1890 927277

**Monday-Thursday 10am-9.00pm | Friday 10am-7.00pm**

**Email:** [info@parentline.ie](mailto:info@parentline.ie)

**Web:** [www.parentline.ie](http://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](http://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](mailto:jo@samaritans.ie)

**Web:** [www.samaritans.ie](http://www.samaritans.ie)

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



## **HSE & PRIMARY CARE**

Get a full breakdown of HSE services catering to children and families in Co. Mayo via [www.hse.ie](http://www.hse.ie)

### **CHILD & 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: **094 904 2281 or 094 904 9174**

County-wide primary care service for children and adolescents under 18 years.

Assessments of need and intervention, training for parents.



## HSE & 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](mailto:cdnt1.chw@hse.ie)

Web: [www2.hse.ie/services/childrens-disabilities/](http://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](mailto:cdnt2.chw@hse.ie)

Web: [www2.hse.ie/services/childrens-disabilities/](http://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](mailto:cdnt3.chw@hse.ie)

Web: [www2.hse.ie/services/childrens-disabilities/](http://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](http://www.facebook.com)

### Ballina

#### BALLINA FRC

Unit 2 Abbey Street, Ardnaree,  
Ballina

Phone: 096 75573

Email: [admin@ballinafrc.com](mailto: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: [tacucoordinator@gmail.com](mailto:tacucoordinator@gmail.com)

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](mailto:tracey@ballyhaunisfrc.ie)

### Castlebar

#### LE CHÉILE FRC

Tucker Street, Castlebar

Phone: 094 9025126 / 086 0561965

Email: [info@castlebarfrc.com](mailto: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](mailto: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](mailto:admin@westportfrc.ie)

Web: [www.westportfrc.ie](http://www.westportfrc.ie)



## Local Supports



Claremorris

0-18 yrs

### CURAM FAMILY CENTRE, CLAREMORRIS

**Phone:** 094 9362096

**Email:** [office@curamclaremorris.ie](mailto:office@curamclaremorris.ie) / [manager@curamclaremorris.ie](mailto:manager@curamclaremorris.ie)

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



Mayo

0-18 yrs

### ENABLE IRELAND

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

**Phone:** 085 807 0369

**Email:** [connectmayo@enableireland.ie](mailto:connectmayo@enableireland.ie)

**Web:** [enableireland.ie](http://enableireland.ie)

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. Offering tailored supports including:

- **UBU** - 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/find-your-foroige/](http://www.foroige.ie/find-your-foroige/)

Erris  
Ballyhaunis  
Castlebar  
Ballina

10-18 yrs

Castlebar

3-15 yrs

### HELPLINK MENTAL HEALTH - BY APPOINTMENT ONLY

**1 Sloyan's Apartments, New Antrim Street, Castlebar**

**Phone: 0818 99 88 80**

**Email: [helplinksupport@helplink.ie](mailto:helplinksupport@helplink.ie)**

**Web: Art therapy - [www.helplink.ie/counselling/art-therapy](http://www.helplink.ie/counselling/art-therapy)**

**Play therapy - [www.helplink.ie/counselling/play-therapy](http://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.



## Local Supports

Ballina

8-25 yrs

### INVOLVE BALLINA YOUTH PROJECT

Lower Lord Edward Street, Ballina

Phone: 087 2379132

Email: [youthprojectballina@involve.ie](mailto:youthprojectballina@involve.ie)

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

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.

Mayo

4-18 yrs

### ISPCC

Phone: 087 4866134

Monday -Wednesday 9am -5pm | Thursday 9am-1pm

Phone: 094 9025254

Thursday afternoon, Friday and Saturday

Email: [laura.cusack@ispcc.ie](mailto:laura.cusack@ispcc.ie) / [mayo@ispcc.ie](mailto:mayo@ispcc.ie)

Web: [www.ispcc.ie](http://www.ispcc.ie)

- **Childline Therapeutic Support Service (CTSS):**

works with any young person up to 18 years of age in response to challenges such as parental separation & 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](mailto:spacefromanxiety@ispcc.ie)

web: <https://www.ispcc.ie/guided-digital-programmes/>

- **Anonymous Parent Support Line:**

Monday-Friday 9am-1pm

Phone: 01 522 4300

Web: <https://www.ispcc.ie/ispcc-support-line/>



## Local Supports

### KNOCK SHRINE COUNSELLING SERVICE

**Phone:** 094 937 5032

**Email:** [counsellingteam@knockshrine.ie](mailto: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](mailto:mayoautismcamp@gmail.com)

**Web:** [www.facebook.com/mayoautismcamp](http://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 - 087 280 4164 /  
Ballina - 087 280 4164

**Email:** [info@mayocancersupport.ie](mailto:info@mayocancersupport.ie)

**Web:** [www.mayocancersupport.ie](http://www.mayocancersupport.ie)

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

Achill  
Ballina  
Castlebar

4-18 yrs



# Local Supports

MAYO

all ages

## MAYO MENTAL HEALTH ASSOCIATION

**Castlebar Office: 2 New Antrim Street, Castlebar, Co Mayo, F23 KN20**

**Phone: 094 903 8148**

Office Hours: Mon - Thur 10am - 4pm | Fri - 10am - 3pm

**Ballina Office: Bohernasup, Ballina, Co. Mayo, F26 Y4E0**

**Phone: 096 71492**

Office Hours: Mon - Wed 9:30am - 4pm

**Email: [admin@mayomha.ie](mailto:admin@mayomha.ie)**

**Web: [www.mayomha.ie](http://www.mayomha.ie)**

Mayo Mental Health Association's information centre is open to everyone in the community. They provide a confidential signposting service where they can provide options, support and guidance for individuals experiencing mental health difficulties and their families.

They also promote positive mental health and wellbeing through awareness programmes in both primary and post-primary schools as well as communities throughout Mayo.



MAYO  
Mental Health  
Association



## 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](mailto:info@mindspacemayo.ie)

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

Mindspace Mayo is a free and confidential support for young people aged 12-25 experiencing mild, emerging mental health difficulties. There is no issue too small to see them about.

Erris  
Ballina  
Castlebar

12-25 yrs

### NORTH MAYO YOUTH PROJECT

**Phone:** 083-0957789 / 083-0957802

**Email:** [cillianfoody.ncycs@gmail.com](mailto:cillianfoody.ncycs@gmail.com),  
[michellegallagher.ncycs@gmail.com](mailto: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 Castlebar  
**Phone:** 094 9025900

**Web:** [www.rainbowsireland.ie](http://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



## Local Supports



Claremorris



0-18 yrs

### SENSATIONAL KIDS, CLAREMORRIS

**Phone:** 094 9357005

**Email:** [Claremorris@sensationalkids.ie](mailto:Claremorris@sensationalkids.ie)

**Web:** [www.sensationalkids.ie](http://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

**Maple Youth Centre, Bowgate Street, Ballinrobe, F31 DD77**

**Phone:** 087 243 0695

**Email:** [tacuyouthlinkworker@gmail.com](mailto:tacuyouthlinkworker@gmail.com)

**Web:** [www.ballinrobetacufrc.com](http://www.ballinrobetacufrc.com)

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

## TUSLA

Mayo

0-18 yrs

### Mayo Family Support Service

For general signposting or to access the services below, contact: **094 904 2510**

Free, confidential services include:

- **In-Home Family Support:** A range of services are available to work with parents and 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](mailto: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@tusla.ie](mailto:Louise.beckett@tusla.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](http://www.ncycs.ie)**

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



MAYO

**Mental Health  
Association**

# Directory of Mental Health Supports

for Children & their Families

For further information contact

**MAYO MENTAL HEALTH ASSOCIATION**

Castlebar: 094 903 8148

Ballina: 096 71492

**CASTLEBAR OFFICE:**

2 New Antrim Street, Castlebar, Co Mayo, F23 KN20

Office Hours: Mon - Thurs 10 - 4pm, Fri 10 - 3pm

**BALLINA OFFICE:**

Bohernasup, Ballina, Co. Mayo, F26 Y4EO

Office Hours: Mon - Wed 9.30 - 4pm



CHARITY NO: CHY7866

