



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

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: 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

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

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.



HSE & PRIMARY CARE

Get a full breakdown of HSE services catering to children and families in Co. Mayo via 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

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

Ballinrobe

TACÚ FRC

Credit Union House, Main Street,
Ballinrobe

Phone: 094 9542908 / 087 2859973

Email: tacucoordinator@gmail.com

Web: 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

Claremorris

CLAREMORRIS FRC

Mount St, Claremorris

Phone: 094 9377838

Email: claremorrisfrc@eircom.net

Web: www.facebook.com/ClaremorrisFamilyResourceCentre

Westport

WESTPORT FRC

The Fairgreen, Westport

Phone: 098 24419

Email: admin@westportfrc.ie

Web: www.westportfrc.ie



Local Supports



Claremorris

0-18 yrs

CURAM FAMILY CENTRE, CLAREMORRIS

Phone: 094 9362096

Email: office@curamclaremorris.ie / 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

Web: 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/

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

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.



Local Supports

Ballina

8-25 yrs

INVOLVE BALLINA YOUTH PROJECT

Lower Lord Edward Street, Ballina

Phone: 087 2379132

Email: 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 1657006

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

Phone: 094 9025254

Thursday afternoon, Friday and Saturday

Email: siobhan.ogrady@ispcc.ie / mayo@ispcc.ie

Web: www.ispcc.ie

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

works with any young person up to 18 years of age to promote resilience, self-esteem and self-regulation 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

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

- **Anonymous Parent Support Line:**

Monday-Friday 9am-1pm

9 Phone: 01 522 4300



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 - 087 280 4164 /
Ballina - 087 280 4164

Email: info@mayocancersupport.ie

Web: 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

Web: 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
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,
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

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

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

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.

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

- **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

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 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

