

# Directory

Mayo Well-Being  
& Mental Health  
Support Services



Every effort has been made to ensure that the information provided in this booklet is accurate and up to date. If you notice any errors or omissions please let us know asap, and we will correct them.

**Please contact:** [Siobhan.McBrearty@hse.ie](mailto:Siobhan.McBrearty@hse.ie)

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## SERVICE

## DESCRIPTION

### 24 HR SERVICE

#### **Childline**

A confidential phone line for children and young people

#### **Emergency Services**

#### **Garda Confidential Helpline**

Allows the public to call with information relating to crime or other matters

#### **Mayo University Hospital**

General hospital, Castlebar, Co Mayo.

#### **Pieta House**

Suicide Helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.

#### **Samaritans**

Listening service for people who are lonely, despairing and suicidal

### ABUSE

#### **Adult Counselling Service, HSE West**

The Adult Counselling service provides free, confidential, individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood.

#### **AMEN**

Provides a confidential helpline, information and a support service for male victims of domestic abuse and their children.

#### **An Garda Síochána**

Statutory responsibility to respond to child abuse report.

# CONTACT

1800 666 666

999 or 112

1800 666 111

094 9021733

1800 247 247

116 123

newcastle.  
Counselling@hse.ie

1800 234 114

info@amen.ie

046 902 3718

[www.amen.ie](http://www.amen.ie)

Ballina  
Belmullet  
Castlebar  
Claremorris  
Westport

096 20560  
097 81910  
094 9038200  
096 9372080  
098 50230

## SERVICE

## DESCRIPTION

### **Child and Family Agency**

Statutory responsibility for the assessment of reports that a child may have been, or is likely to be harmed

### **Mayo Rape Crisis Centre**

Free, safe, Confidential Counselling & Support for anyone affected by sexual violence at any time in their life.

### **Mayo Women's Support Services**

Responding to domestic violence against women and children in County Mayo.

### **Sexual Assault Treatment Unit (SATU)**

Provide specialist care for women and men aged 14 years and over who have recently been sexually assaulted or raped. The specialist team provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for victims of sexual crime, in a supportive, sensitive manner.

## ALCOHOL

### **Al-Anon and Alateen**

Al-Anon offers understanding and support for families and friends of problem drinkers in a group setting. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.

### **Alcoholics Anonymous (AA)**

At AA meetings, men and women can share their experiences, strengths and hope.

## CONTACT

Ballina  
096 21511  
Castlebar  
0949042284  
Swinford  
0949050133

mayorcc@eircom.net Helpline: 1800 234  
900 Office: 094  
9025657 [www.mrcc.ie](http://www.mrcc.ie)

mwss@eircom.net 094 9025409 or 087  
6569672 [www.mwss.ie](http://www.mwss.ie)

091 765751 Mon  
to Fri 8am to 4pm,  
out of hours  
contact your  
local Garda Station.

info@al-anon-  
ireland.org

01 8732699

01 8420700  
Connaught service  
091 767777 Galway  
East 085 2244065  
Galway West 085  
2244063

[www.alcoholicsanonymous.  
ie](http://www.alcoholicsanonymous.ie)

## SERVICE

## DESCRIPTION

### Hope House

A Rehabilitation Centre specialising in treatment of alcohol, drugs, gambling and other dependencies.

## CAMPAIGNS

### Littlethings Campaign

Mental health campaign by the HSE National Office for Suicide Prevention highlighting how the little things can make a big difference to how we feel. Wide range of support service listed on website.

### Mayo Healthy Reading Scheme

Designed to guide individuals in their choice of self-help books which can then be used in tandem with any suggestions for treatment made by a health professional.

### Mayo Healthy Reading Scheme (Mayo County Council and HSE)

Designed to guide individuals in their choice of self-help books which can then be used in tandem with any suggestions for treatment made by a health professional.

### See Change

National campaign working to reduce stigma and change attitudes to mental health problems.

## COMMUNITY

### Befriending Mayo

A network of community groups, working in partnership with the HSE, who make telephone contact with people who would like a regular call.

# CONTACT

hopehouse@eircom  
.net

094 9256888

[www.hopehouse.ie](http://www.hopehouse.ie)

[www.yournentalhealth.ie](http://www.yournentalhealth.ie)

[www.mayolibrary.  
ie/en/ReaderZone/  
HealthyReadingScheme/](http://www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/)

[www.mayolibrary.  
ie/en/ReaderZone/  
HealthyReadingScheme/](http://www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/)

[info@seechange.ie](mailto:info@seechange.ie)

01 8601620

[www.seechange.ie](http://www.seechange.ie)

Castlebar Voluntary Social Service 094 9021378  
Clar IRD, Claremorris 094 9371830  
Westport Family & Community Resource Centre 098 24419  
Knockmore/Rathduff Community Centre 094 9258016  
Crossmolina Enterprise Centre 096 30935  
Lacken Community Care, Carrowmore-Lacken 096 34130  
Cairde le Cheile, Kiltane 097 83881  
Tacu Ballinrobe Family Resource Centre 094 9542908  
Solas Family Resource Centre, Headford 093 36446

## SERVICE

## DESCRIPTION

### **Mayo Intercultural Action (MIA)**

Promotes positive effects of Interculturalism and support for migrants and their families.

### **Mayo North East Leader Partnership Teoranta**

Manages programmes on behalf of government departments.

### **Mayo Sligo Education and Training Board Community Education Programme**

The purpose of the Community Education Grants scheme is to promote and/or develop community education initiatives in local community settings. The scheme seeks to create opportunities for people to identify their learning needs, learn in their own communities and to support progression routes from this important base in the community, thus engaging communities in a process of empowerment and change.

### **Mayo Sports Partnership**

To increase participation in sport or physical activity amongst all sectors of the population and to maximise the use of resources i.e. volunteers, facilities, etc. Programmes include: Men on the Move, Meet and Train, Fit Walk, Goal to Work for Unemployed, Link2BActive, Disability Sports Programmes.

### **Mind our Farm Families Phonenumber**

A trained professional will take your call and talk to you in complete confidence.

### **Self Care to Wellness Programme**

This is a six week programme to adults living with long term or ongoing health conditions. Over the six 2.5 hourly weekly sessions individuals will have the opportunity to develop their skills and confidence in becoming active self managers

### **South West Mayo Development Company Ltd.**

Supporting communities and individuals in South and West Mayo through delivery of programmes and activities.

## CONTACT

miamayo@eircom.net

094 9044511

[www.miamayo.ie](http://www.miamayo.ie)

info@mayonortheast.com

094 9256745

[www.mayonortheast.com](http://www.mayonortheast.com)

mairtinomorain@msletb.ie

Máirtín Ó Móráin 087 6026434

[www.msletb.ie](http://www.msletb.ie)

mosp@mayococo.ie

094 9047025

[www.mayosports.ie](http://www.mayosports.ie)

1890 130022

selfcaretowellness@mayocil.ie

094 9034980

[www.selfcarewellness.org](http://www.selfcarewellness.org)

info@southmayo.com

098 41950

[www.southmayo.com](http://www.southmayo.com)

## SERVICE

## DESCRIPTION

### **The Flourish Project**

Flourish offers a support service for adults to link with hobbies and interests and self care practices as a means of enhancing their health and wellbeing. One to One confidential sessions available,also specialised 6 week group programmes called Discover Your Interests are run regularly. Flourish is a social prescribing project and is ideal for anyone who finds themselves socially isolated or withdrawn or in need of self care.

## COUNSELLING

### **Counselling in Primary Care (CIPC),HSE**

Provides short-term counselling (up to 8 sessions) with a professionally qualified and accredited counsellor. Service is available free of charge,for people aged 18 years and over,with a full medical card.

### **Curam Family Centre, Claremorris**

Marriage, relationship, family, couple and child.

### **Family Centre,Castlebar**

Individuals,couples and families.

### **GMIT**

For third level students attending GMIT Castlebar.

### **Irish Association of Counsellors and Psychotherapists**

Directory of accredited counsellors and psychotherapists.

### **Knock Counselling Service**

Services include Individual and couple counselling, group therapy and drop-in service. Group Work and Anger Management. Available to Adults and Adolescents

## CONTACT

flourish@  
thefamilycentre.com

094 9025900/087  
1857280

[www.thefamilycentre.com](http://www.thefamilycentre.com)

091 583682

curamclaremorris@  
eircom.net

094 9362096

[www.curamclaremorris.com](http://www.curamclaremorris.com)

info@thefamilycentre.  
com

094 9025900

[www.thefamilycentre.com](http://www.thefamilycentre.com)

094 9043127

[www.gmit/Life-at-GMIT/  
counselling/castlebar.html](http://www.gmit/Life-at-GMIT/counselling/castlebar.html)

iacp@iacp.ie

01 2723427

[www.irish-counselling.ie](http://www.irish-counselling.ie)

counsellingoffice@  
knockshrine.ie

094 9375032

[www.knock-shrine.ie/  
counselling](http://www.knock-shrine.ie/counselling)

## SERVICE

## DESCRIPTION

### **Tacu Family Resource Centre, Ballinrobe**

Low Cost Counselling & Psychotherapy. Each call to our Low-Cost Counselling service is dealt with promptly and the caller is matched with a suitable counsellor.

### **The Irish Council for Psychotherapy**

Directory of accredited counsellors and psychotherapists.

### **Westport Family Resource Centre (Young People and Adults)**

Provides an affordable counselling service to young people of secondary school-going age and adults living in the greater Westport area, including Louisborough and Newport.

## DEBT

### **Money Advice and Budgeting Service (MABS)**

A national, free, confidential and independent service for people in debt or in danger of getting into debt.

### **Mortgage Arrears Information Helpline**

If you are in mortgage arrears or you are worried about mortgage arrears, you can contact this dedicated helpline, Monday to Friday, 9.30 am to 5 pm.

## DOCTORS

### **Westdoc**

Out-of-hours family doctor service for participating GPs.

## CONTACT

	087 28859973	
westportfrfc@eircom.net	01 2722105	www.psychotherapy-ireland.com
	098 24419	

helpline@mabs.ie	Lo-Call Helpline: 0761 072000 Monday-Friday 9am-8pm Castlebar: 076 1072670 Monday-Thursday, 10am-1pm, 2-5pm Friday 10am-1pm Ballina: 076 1072660 Monday-Friday 10am-1pm, 2-5pm	www.mabs.ie
	076 1074050 Monday-Friday 9.30am-8pm	

1850 365 000 or your GP

# Little things can make a big difference

**THE MORE  
YOU MOVE  
THE BETTER  
YOUR  
MOOD**

Getting regular exercise is proven to have a positive impact on how you feel.



**8 HOURS  
SLEEP  
MAKE  
THE OTHER  
16 EASIER**

Getting a good night's sleep as often as you can is proven to have a positive impact on how you feel.



**BOOST  
YOUR MOOD  
WITH  
HEALTHY  
FOOD**

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



**IF A FRIEND  
SEEMS  
DISTANT  
CATCH UP  
WITH THEM**

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



# DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking less alcohol will have a positive impact on their health and mental wellbeing.



# ADD FRIENDS TO YOUR TEA

Keeping in touch with friends is proven to have a positive impact on how you feel.



# LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have a positive impact on how we feel.



# PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have a positive impact on how you feel.



Connecting for Life  
Galway, Mayo and Roscommon

## SERVICE

## DESCRIPTION

### DRUGS

#### **Drugs Service, HSE**

Provides information, advice and support about drug abuse prevention, education and treatment.

#### **Drugs/HIV Helpline**

Offering non-directive support, information, guidance and referral to anyone with a question or concern related to substance use, HIV and sexual health.

#### **Mayo Drug & Alcohol Family Support**

Provides one to one and group support to over 18's affected by someone else's alcohol or drug use. Outreach clinics in Castlebar, Westport, Ballinrobe and Claremorris, Evidence based programmes such as CRAFT and 5 step.

#### **Under 18's Drug & Alcohol Service (Mayo & Roscommon)**

One to one counselling service for young people (under 18 years) who experience issues with drug or alcohol.

#### **Drug Related Intimidation Programme**

Responding to the needs of drug users and family members experiencing drug related intimidation.

#### **Cenacola Community**

Community Cenacola is a free, fully residential programme which helps people suffering from addiction to change their lives.

# CONTACT

094 902 0430

helpline@drugs.ie

1800 459 459

[www.drugs.ie](http://www.drugs.ie)

mags.dillon@wrdatf.ie

Mags Dillon 087  
3352831

Olive Branagan 087  
3395522

Castlebar Gardai  
Station County,  
Inspector for Drug  
Related Intimidation  
094 9038200  
Family Support  
Network  
01 8980148

info@  
communitycenacolo.ie

Our Lady of Knock  
House, Knock, Co  
Mayo 094 9388286

[www.garda.ie/en/Crime/  
Drugs/The-Drug-Related-  
Intimidation-Reporting-  
Programme.html](http://www.garda.ie/en/Crime/Drugs/The-Drug-Related-Intimidation-Reporting-Programme.html)

## SERVICE

## DESCRIPTION

### **HSE Community Addiction Counselling Service**

The service deals with people who have a primary mental health diagnosis along with an underlying addiction issue. Referrals are made into the service by a GP or Hospital. Services Provided: Outpatient, Aftercare, Counselling and Advisory Service.

### **Narcotics Anonymous (NA)**

Meetings to help people who want to stop using drugs in Castlebar, Foxford Westport and Ballinrobe.

### **Western Region Drugs and Alcohol Task Force (WRDATF)**

The WRDATF funds projects that support and assist in the implementation of the new WRDTF strategic plan The Way Forward 2011-2014.

## EATING DISORDERS

### **Bodywhys**

Provides help, support and understanding for people affected by eating disorders.

## EDUCATION AND GUIDANCE

### **National Educational Psychological Service (NEPS)**

Supports the personal, social and educational development of all children.

# CONTACT

Ballina Headquarters  
096 21891  
Ballinrobe Primary  
Care  
094 9541615  
Castlebar Primary  
Care 094 9049250  
Claremorris  
Springdale  
Headquarters 094  
9372230

Western Area  
(Connacht) 086  
8149004

Pat Conway 087  
7400011 Community  
Liaison Gillian  
Conway Drugs  
Education Support  
086 7814779

[www.na-ireland.org/](http://www.na-ireland.org/)

[www.wrdatf.ie](http://www.wrdatf.ie)

[info@wrdatf.ie](mailto:info@wrdatf.ie)  
[pconway@  
southwestmayo.ie](mailto:pconway@southwestmayo.ie)  
[Gillian.conway@wrdatf.  
ie](mailto:Gillian.conway@wrdatf.ie)

[info@bodywhys.ie](mailto:info@bodywhys.ie)

1890 200 444

[www.bodywhys.ie](http://www.bodywhys.ie)

094 9028310

## SERVICE

## DESCRIPTION

### **MSLETB Adult Educational Guidance Service**

The Adult Educational Guidance and Information Service provides impartial and confidential advice, guidance and information to adults in relation to their education, training and careers. The service is for adults who: Are considering returning to or continuing with education Are having difficulties in finding or keeping suitable employment due to lack of appropriate education qualifications Wish to explore new forms of further education or training available in Mayo, Sligo and Leitrim. Impartial information on local, regional and national adult education is available to the general public

### **MSLETB Adult Literacy Service**

The Adult Basic Education Service provides literacy and numeracy tuition in a supportive environment for adults who need to develop their skills in reading, writing, spelling, maths and using everyday technology.

### **School Completion Programme (Department of Education and Skills, administered by Mayo, Sligo, Leitrim Education & Training Board)**

Aims to have a significant positive impact on numbers of pupils who successfully complete post-primary school. There are two programmes in Mayo.

## CONTACT

Adult Education  
Guidance  
Co Ordinator  
barbararonayne@  
msletb.ie  
Adult Guidance  
Information Officer  
lorrainestaunton@  
msletb.ie  
094 9041015 Ext. 2050

Adult Learning  
Organiser  
rosariocooney@  
msletb.ie noelle  
staunton@msletb.  
ie marymorrissey@  
msletb.ie

094 9035714 Ext.  
2008  
Sarah Mc Geough.  
Adult Educational  
Guidance Counsellor  
(Claremoms)  
sarahmcgeough@  
msletb.ie  
0868521901  
Erin Gavin, Adult  
Education Guidance  
Counsellor (Ballina)  
eringavin@msletb.ie  
0868521905 /  
09024017

Castlebar 094  
9038038  
Westport 098  
56342 Claremorris/  
Ballinrobe  
0949362762  
Ballina 09671652  
Belmullet 097 82981

Sarah Sheridan  
South Mayo: 087  
3286276  
Sheila Feeney North  
Mayo:  
087 6703710

## SERVICE

## DESCRIPTION

### FAMILIES

#### **Curam Family Centre, Claremorris**

Offers services, courses and support for individuals, families and groups.

#### **Family Resource Centres**

To combat disadvantage and to support families and build communities through the principles of community development.

#### **Parentline**

A confidential helpline for parents and guardians.

#### **ReachOut Ireland**

Online resource for parents, providing information and guidance on their son or daughter's mental health and well-being.

#### **Community Based Family Support Services**

(A partnership between Tusla, Curam (Claremorris), Ballina FRC, Westport; Sharkey Hill Community Centre, Ballyhaunis FRC, Tacu FRC and Le Cheile FRC Castlebar) By working in partnership with parents who voluntarily request the service, it aims to build family strengths, promote positive behaviours through teaching social skills, develop positive relationships and empower parents to teach their children to gain self-discipline and self-control. Supports are individualised, flexible and confidential. Common Sense Parenting are offered.

### GAMBLING

#### **Gamblers Anonymous and Gam-Anon**

Men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. Gam-Anon is for husbands, wives, relatives or close friends who have been affected by a gambling problem.

# CONTACT

office@  
curamclaremorris.ie

094 9362096

www.curamclaremorris.  
com

Castlebar Voluntary Social Service 094 9021378  
Clar IRD, Claremorris 094 9371830  
Westport Family & Community Resource Centre 098 24419  
Tacu Ballinrobe Family Resource Centre 094 9542908  
Ballina Resource Centre 096 75573  
Ballyhaunis Resource Centre 094 963 0929

info@parentline.ie

01 8733500

www.parentline.ie

info@inspireireland.ie

01 7645666

www.reachout.com

Claire McNally - Team Leader 087 6060535  
Claremorris Curam - Annette Conway 087 9119714  
Balina FRC - Rione Kilcullen 087 2134078  
Ballyhaunis FRC - Geraldine Glacken 086 0470587  
Erris, Irish Wheelchair Association Building Belmullet  
- Michelle O Mahoney 087 7059705  
Westport Sharkey Hill Community Centre 087 9974733  
Ballinrobe, Tacu FRC 0872207143

info@gamblers  
anonymous.ie

01 872 1133

www.gamblersanonymous.  
ie

## SERVICE

## DESCRIPTION

### HOMICIDE

#### **Support After Homicide**

Support after homicide offers support to families bereaved by murder. It is a confidential service run by volunteers. They provide support nationally to anyone who has been bereaved in this very tragic way.

### HSE SERVICES

#### **Adult Mental Health Service**

Provides both in-patient and out-patient community-based services.

#### **Child & Adolescent Mental Health Service (CAMHS) North Mayo (CAMHS) South Mayo**

North Mayo Child and Adolescent Mental Health Service working with Children / Adolescents with a moderate to severe mental health difficulty aged 17 years and under. Camhs also works with children and adolescents who have moderate - severe intellectual disabilities and mental illness. Referrals are accepted from family doctors, paediatricians, medical and other consultants and PCCC psychologists in conjunction with medical professionals. Multi-disciplinary community-based specialist service. Referrals made via the GP for young people up to 16 Years who are experiencing mental health difficulties and require psychiatric assessment.

## CONTACT

087 9837322

[www.supportafterhomicide.ie](http://www.supportafterhomicide.ie)

Adult Mental Health Unit: 094 9042601  
Admin Office: 094 9042621  
Ballina Day Hospital: 096 21891  
Ballinrobe MH Centre: 094 9541615  
Belmullet Mental Health Centre: 097 81301  
Castlebar Comm. Mental Health Team,  
Primary Care Centre, Moneen: 094 9042150  
Westport Mental Health Centre: 098 50142  
Claremorris MH Centre: 094 9371017  
Swinford Mental Health Centre 094 9253270  
Old Age Psychiatry: 094 9028464

[www.hse.ie/eng/services/  
list/1/LHO/Mayo/Mental\\_  
Health\\_Services/](http://www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/)

Ballina 096 20399  
Castlebar 094  
9042656

## SERVICE

## DESCRIPTION

### **Community Psychology for Children & Adolescents**

County-wide primary care service for children and adolescents under 18 years. Individual assessment and intervention, training for parents, community groups and other health professionals.

### **HSE Information Line**

Information on health services and entitlements.

### **Liaison Psychiatry Service**

The A&E of Mayo General Hospital provides a 24 hour Psychiatrist and Consultant Psychiatrist on call. Two advanced clinical nurse practitioners work office hours, Monday-Friday.

### **Mayo Recovery College**

Based at GMIT Castlebar this unique and innovative college aims to support and encourage positive mental health and personal recovery through adult learning and dialogue. Courses are diverse and registration is open to all adults.

## INFORMATION

### **Citizen's Information Centre**

Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.

## CONTACT

094 9042281

infoline1@hse.ie

1850 241 850

[www.hse.ie](http://www.hse.ie)

094 9042606

recovery.educatormrc  
@hse.ie

086 0294901

076 1074000  
Monday-Friday  
9am-8pm

[www.citizensinformation.ie](http://www.citizensinformation.ie)

## SERVICE

## DESCRIPTION

### MEN

#### **Mayo Men on the Move Programme**

Physical activity programme targeting men over 35 in Ballina, Claremorris, Westport, Swinford, Ballyhaunis, Belmullet, Achill, Ballinrobe and Manulla areas.

#### **Men's Sheds**

Provide a support environment for men who are retired, employed or in transition and would like to use their skills for the benefit of others.

### MENTAL HEALTH - GENERAL

#### **Aware - Defeat Depression**

Support for people whose lives are directly affected by depression.

#### **Bealach Nua Relative Peer Support Service**

This service offers one to one support through its Relative Peer Support service to families of people with mental health difficulties that are attending the Mayo Adult Mental Health Services. This free service is provided by relatives with experience of supporting a family member with mental health difficulties.

## CONTACT

**ballina**@menssheds.ie  
**ballinrobe**@menssheds.ie  
**ballyhaunis**@menssheds.ie  
**Castlebar**@menssheds.ie  
**claremorris**mg@gmail.com  
**erris**@menssheds.ie  
**kilmovee**@menssheds.ie  
**newport**@menssheds.ie  
**patrickcgeraghty**@eircom.net  
**joemartinfinn**@hotmail.com

094 9047025

[www.mayosports.ie](http://www.mayosports.ie)

**Ballinrobe:**  
Sean Dowling  
094 9542908  
**Ballyhaunis:** Stephen  
Grogan 087 7154459  
**Castlebar:**  
085 1963230  
**Claremorris:** John  
Fallon,  
087 2748425  
**Erris:** Padraig  
Brogan,  
087 7978821  
**Kilmovee:** Mark Barry  
086 846 1947  
**Newport:** Michael  
O'Donnell  
086 7840727  
**Westport:**  
PaddyGeraghty  
086 8451103

[info@aware.ie](mailto:info@aware.ie)

Helpline: 1890 303  
302 Des Greene,  
Mayo 087 2993142

[www.aware.ie](http://www.aware.ie)

Maria McGoldrick -  
086 0450835

## SERVICE

## DESCRIPTION

### **Cairdre Club**

Drop in centre for people with mental health issues. Open 7 days. Rock Square, Castlebar

### **Dolmen Clubhouse Ltd**

Drop in centres for adults with primary diagnosis of mental health issues,open every day. The Centre aims to promote positive mental health. Members work alongside staff in operating the Centre and can participate in planning a range of social and vocational activities.

### **GROW in Ireland**

A confidential self-help support group for people experiencing a range of mental health issues.

### **Irish Advocacy Network**

Support and information service for people with mental health issues. Offers peer advocacy and awareness training.

### **Mayo Mental Health Association**

Promoting positive mental health in Mayo.

### **Mental Health Ireland**

Provides help to those who are mentally ill and promotes positive mental health.

### **SHINE**

Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness,including,but not exclusively,schizophrenia,schizo-affective disorder and bipolar disorder.

### **Mayo Hearing Voices Support Group**

The Mayo Hearing voices Support Group is a community based support group, where people with shared experiences come together to support one another. They offer a safe haven where people who hear, see or sense things that other people don't, can feel accepted, valued and understood. Venue: Mayo Mental Health Association New Antrim Street Castlebar Co Mayo Day & time: Every Wednesday at 17:30 – 19:00

## CONTACT

094 9250529

096 78907  
Bohernasup,  
Ballina The Cairde  
Clubhouse

info@grow.ie

Info Line: 1890 474  
474

www.grow.ie

admin  
@irishadvocacynetwork  
.com

Mayo 047 38918

www.  
irishadvocacynetwork.com

mayomha@eircom.net

094 90 38148

www.mayomha.ie

teresa@  
mentalhealthireland.ie

087 1679549

www.mentalhealthireland.  
ie

1890 621 631

www.shineonline.ie

089 2288552

## SERVICE

## DESCRIPTION

### MENTAL HEALTH - YOUNG PEOPLE

#### **ISPCC Service in Mayo**

Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place. Mentoring programme offers support and encouragement from a volunteer mentor.

#### **Jigsaw**

National centre for Youth Mental Health

#### **MIndSpace Mayo**

MindSpace Mayo is a community based system of care that supports young people aged 15-25 to achieve better mental health and wellbeing. MindSpace offers a support service to young people presenting with anything from common concerns (e.g. dealing with breakup, exam stress) to young people with emerging mental health difficulties such as mild depression and anxiety

#### **Reachout.com**

A web-based service that inspires young people (16-25 years) to help themselves through tough times, and find ways to improve their own mental health and well-being.

#### **SpunOut.ie**

An interactive on-line community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.

#### **Senior Case Worker Protection of Older People**

Responds to concerns of elder abuse.

# CONTACT

094 9025254

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

01 4727010

[www.jigsaw.ie](http://www.jigsaw.ie)

094 9067001

[www.mindspacemayo.ie](http://www.mindspacemayo.ie)

[info@inspireireland.ie](mailto:info@inspireireland.ie)

01 764 5666

[www.reachout.com](http://www.reachout.com)

01 6753554

[www.spunout.ie](http://www.spunout.ie)

[seamus.egan@hse.ie](mailto:seamus.egan@hse.ie)

094 9042011

## SERVICE

## DESCRIPTION

### OLDER PEOPLE

#### Senior Helpline

Listening service for older people,run by older people.

### PREGNANCY

#### Mayo Crisis Pregnancy and Support Service

Free Crisis Pregnancy Counselling.

### SEXUALITY

#### BeLonG To

BeLonG To is the national organisation for Lesbian,Gay,Bisexual and Transgendered (LGBT) young people,aged between 14 and 23. BeLonG To engages with LGBT young people and their families,professionals working alongside young people,and all those who support and can be supported by the vision and mission of BeLonG To Youth Service.

#### Sexuality

The LGBT national helpline provides a non-judgemental,confidential support service.

#### Cairde LGBTI + Youth Club

#### Don't Label It!, Ballinrobe

#### LGBT Equality Mayo

A LGBT group based in Mayo working to combat isolation and help the LGBT community become more visible in ordinary everyday life.

# CONTACT

1850 440444

mayopsc@hse.ie

1890 200 022

01 6706223

[www.belongto.org](http://www.belongto.org)

Helpline: 1890 929  
539  
6.30 - 9.00 pm  
Monday / Thursday  
4.00 - 9.00 pm Friday  
& 4.00 - 6.00 pm  
Sunday

stephanie.cook  
@foroige.ie

086 6017337,

Stephanie MacKinnon;  
info@tacufrc.ie

087 7714967

yesequalitymayo  
@gmail.com

094 9025126

## SERVICE

## DESCRIPTION

### **LOOK (Loving Our Out Kids)**

A support group for parents, families and friends of LGBT people, which meets in the Family Resource Centre, Castlebar.

### **OutWest**

Social and support group for gay men, lesbian women and bisexual people in the West of Ireland.

## SUICIDE BEREAVEMENT SUPPORT

### **Curam, Claremorris**

CURAM Family Centre. Curam Family Centre, Claremorris provides a caring and confidential environment where individuals, families and groups can empower themselves through education, training, information, support and participation. Curam provides a wide range of practical services/supports to the local community. Our main areas of work are counselling, family support, information, adult education.

### **Family Centre, Castlebar**

Offers one-to-one support and a 6 week suicide bereavement support group (twice yearly). One to one counselling and bereavement and suicide bereavement support.

### **Living Links, Mayo**

Trained volunteers offer confidential, practical support and advice to families who have experienced a death by suicide.

### **Mayo Suicide Bereavement Liaison Service**

This project aims to liaise with service providers who are supporting families bereaved by suicide in Co. Mayo and explore ways in which to develop these supports in a co-ordinated way. It also aims to meet with families who are affected by a suicide death to respond to their needs.

### **Pieta House**

Providing support and counselling to those bereaved by suicide.

## CONTACT

094 9025126

087 9725586

[www.outwestireland.com](http://www.outwestireland.com)

[curamclaremorris@eircom.net](mailto:curamclaremorris@eircom.net)

094 9362096

[mayo@livinglinks.ie](mailto:mayo@livinglinks.ie)

094 9025900

[www.thefamilycentre.com](http://www.thefamilycentre.com)

086 0406666

[www.livinglinks.ie](http://www.livinglinks.ie)

094 9025900

[info@pieta.ie](mailto:info@pieta.ie)

1800 247 247

[www.pieta.ie](http://www.pieta.ie)

## SERVICE

## DESCRIPTION

### SUICIDE PREVENTION, NATIONAL, REGIONAL AND LOCAL

#### **Irish Association of Suicidology**

Works with community, voluntary and statutory bodies to inform, educate (through annual conference and publications) and promote positive suicide prevention policies throughout the island of Ireland.

#### **Mayo Suicide Prevention Alliance**

Mayo Suicide Prevention Alliance represents agencies and community groups involved in mental health promotion and suicide prevention in Mayo.

#### **National Office for Suicide Prevention**

Oversee the implementation of “Connecting for Life” the National Strategy for Action on Suicide Prevention. Co-ordinate suicide prevention efforts around the country.

#### **National Suicide Research Foundation**

To produce a nationally and internationally recognised body of reliable knowledge from a multidisciplinary perspective on the risk and protective factors associated with suicidal behaviour.

#### **Resource Officer for Suicide Prevention, HSE West, Mayo**

Co-ordination and implementation of the national suicide prevention strategy at local level. Co-ordinates delivery of education and training programmes on suicide awareness and intervention.

### SUICIDE PREVENTION, SUPPORT SERVICES

#### **Pieta House**

Professional face-to-face therapeutic support for someone experiencing a suicidal crisis or engaging in self-harm. Service provided completely free of charge. Suicide Helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.

#### **Samaritans**

A 24-hour confidential phone line for people who need someone to talk to.

# CONTACT

projects@ias.ie

01 6674900

www.ias.ie

siobhan.mcbrearty@hse.ie

094 9253277

info@nosp.ie

01 620 1672

www.nosp.ie

info@nsrf.ie

021 420 5551

www.nsrif.ie

siobhan.mcbrearty@hse.ie

094 9253277

1800 247 247 Pieta House Tuam: 093 25586. Pieta House (Ballina Outreach) Tel: 093 25586

www.pieta.ie

jo@samaritans.ie

116 123

www.samaritans.ie

## SERVICE

## DESCRIPTION

### **Information Leaflets**

Wide range of information leaflets e.g. Concerned about Suicide, Understanding Self Harm, Look after your mental health in tough economic times.

### **Suicide Prevention in the Community: A Practical Guide**

Useful and practical advice on how best to set up a community response group. It also lists the “dos” and “don’ts” of how best to support a grieving community.

## TRAVELLER HEALTH

### **Mayo Traveller Support Group**

Mayo Travellers Support Group is a voluntary non – governmental organisation that operates as a partnership of Travellers and settled people to achieve human and cultural rights for Travellers in Mayo.

### **Regional Co-ordinator for Traveller Health, HSE West**

Co-ordinates traveller health supports in Galway, Mayo and Roscommon.

### **Mental Health Services, Co-ordinator for Travellers**

Co-ordinates traveller mental health supports within Community Healthcare West.

## TUSLA CHILD AND FAMILY AGENCY

### **Child and Family Social Work Department**

The Social Work Department promotes the welfare and safety of children living in Mayo. We work in partnership with families and communities and offer the following services

## CONTACT

[www.healthpromotion.ie](http://www.healthpromotion.ie) and [http://www.hse.ie/eng/services/list/4/MentalHealth\\_services/NOSP](http://www.hse.ie/eng/services/list/4/MentalHealth_services/NOSP)

[www.hse.ie/eng/services/list/4/MentalHealth\\_services/NOSP](http://www.hse.ie/eng/services/list/4/MentalHealth_services/NOSP)

[coordinator@mtsg.ie](mailto:coordinator@mtsg.ie)

094 9028400

[mary.syron@hse.ie](mailto:mary.syron@hse.ie)

Mary Syron: 094  
9049223 or 087  
6182073

[jacopo.villani@hse.ie](mailto:jacopo.villani@hse.ie)

Jacopo Villani 087  
3829634

Social Work  
Department Health  
Centre Ballina 096  
21511 Social Work  
Department St  
Mary's HQ Castlebar  
094 9042284 Social  
Work Department  
Swinford 094 9050133

## SERVICE

## DESCRIPTION

### **Family Focus, Mayo**

Family Focus Mayo is a family support service offering programmatic interventions to promote better outcomes and brighter future for children and families. A Family Focus Mayo worker will provide support to families at an early stage which may prevent the escalation of problems/difficult situations arising.

### **Children and Young Persons Services Committee (CYPSC)**

Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. The overall purpose is to improve outcomes for children and young people through local and national inter-agency working. Mayo CYPSC brings together the main statutory, community and voluntary providers of services to children and young people. We provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Our role is to enhance inter-agency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020.

### **Meitheal & the Child & Family Support Network**

Meitheal is a parent led early intervention model, which focuses on the development of a multi agency action plan for a child with unmet needs.

## CONTACT

094 9025211

jarlath.munnely  
@tusla.ie

094 9049097

[www.cypsc.ie](http://www.cypsc.ie)

094 9042510

## SERVICE

## DESCRIPTION

### **Play Therapy**

Play Therapy provides a child with an opportunity to 'play out' their thoughts, feelings and problems. The Play Therapist works in a systemic and child-centred manner working with children in the context of their family, school and other environments. The Play Therapist works in partnership with other disciplines and agencies.

### **Zero2six Family Support Service**

Zero2six Family Support Service is a child centred family support service that works with families and their children from birth to 6 years in County Mayo. The service provides a strengths based programme to support families in their home and the community to improve the outcomes for children by focusing on parenting skills, child development and general family support issues.

### **The Edge Project, HSE**

The Edge Project is a voluntary Family Support Service that works with a number of young people and their families in Co. Mayo. The target group is 8 - 18 year olds, presenting with challenging behaviour. The Edge Project implements a behaviour model of work which works from a strengths based perspective. It incorporates work with parents to improve their parental skills and works with young people to improve their social skills. Referrals to The Edge Project should focus on the behaviour of the young person where it "poses real and substantial risk to his/her health, safety, development or welfare" (Children Act 2001).

## CONTACT

Based in Family Focus,  
Mayo

Family Focus Mayo at  
094 9042510

Teresa Quinn 094  
9042510

Teresa Quinn 094  
9034776

## SERVICE

## DESCRIPTION

### YOUNG PEOPLE

#### **Comhairle na nÓg (Mayo Co Development Board and Foróige)**

Ensures children and young people have a voice on issues that affect their lives

#### **Foróige Ballyhaunis Youth Service**

Foróige Ballyhaunis Youth Service is a community based project working with young people aged between 10 and 24 years in the Ballyhaunis area. Providing support to help young people to reach their full potential as they engage in activity based groups/resilience building/participation/integration/leadership. An Onsite counsellor provides therapeutic support to those most at risk through the youth service.

#### **Mayo Creative Community Alternatives**

Mayo Creative Community Alternatives (CCA) is a new initiative operated in partnership between TUSLA and Foróige in Mayo. Mayo CCA will deliver a range of evidence based, specialist interventions for young people who are at risk of reception into the care system. Through engaging in the service the young person will be empowered to live a healthy, happy and fulfilling life and become a valued member of their community.

#### **Mayo Foróige Volunteer Led Clubs**

Foróige Clubs are a safe place for young people to hang out, meet new friends and have a voice. What makes a Foróige Club different to other youth clubs is that it is run by the young people themselves. This allows them to believe in themselves, make decisions and practice leadership.

#### **Foróige Big Brother Big Sister**

Provides a range of youth work services and youth projects including Big Brother Big Sister Mentoring Programme

# CONTACT

Anne Ronayne

aronayne@mayococ.  
ie  
094 9064361

[www.mayo.ie](http://www.mayo.ie)

Laura Cox - Senior  
Youth Officer  
086 7791878  
Deirdre Blewitt -  
Counsellor  
087 652 1039

stephen.bourke@  
foroige.ie

086 3862094

[www.foroige.ie](http://www.foroige.ie)

andy.neary@foroige.ie

086 0106200

[www.foroige.ie](http://www.foroige.ie)

Louise.Tuffy@foroige.ie  
(Ballina) ; Peter.Duffy@  
foroige.ie (Ballyhaunis)

Louise 086 3845664 /  
Peter 086 3835859

[www.bbbsireland.ie](http://www.bbbsireland.ie)

## SERVICE

## DESCRIPTION

### **Involve Ballina**

In Partnership with Travellers recognises the equality of the Traveller community by providing programmes focused on the needs of the young people, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society.

### **ISPPC Service in Mayo**

Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place.

### **Foroige Youth and Family Support Service**

A community-based adolescent and family support service, working with young people aged 10 to 18 years.

### **No Name Club**

Run by and for young people aged 15+ who come together in a safe and lively environment without the pressure of alcohol or other drugs.

### **North Mayo Youth Project**

Based in Millview Crescent Community Building, North Mayo Youth Project supports young people from 10 - 24 years, in Ballina town and surrounding areas.

### **The Maple Youth Centre, Ballinrobe**

Provides a range of supports, services and advice (including the Youth Booth Cafe) to young people living in the Ballinrobe area.

### **Youth Action, Castlebar and Ballina (Garda Diversion Projects)**

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

### **Youth**

Supports the provision, co-ordination, administration and assessment of youth work.

# CONTACT

James /Alice/Keith  
087 2379132

094 9025254

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

Ballina 096 22012  
Castlebar 094  
9026760 Westport  
098 29218

[www.foroige.ie](http://www.foroige.ie)

059 6400299

[www.nonameclub.ie](http://www.nonameclub.ie)

Michelle 096 70615

094 9521645

Ballina Louise Burke  
083 1324742  
Michael Kenny 087  
1843897 Castlebar  
Ger Lovett  
087 3631462  
Chris Watters 087  
6250339

[bredaruane@msletb.ie](mailto:bredaruane@msletb.ie)

094 9250730

**CATEGORY****SERVICE****WEBSITE****WEBSITES****Abuse**

Amen Mayo Rape Crisis Centre Mayo Women's Support Services : <http://www.amen.ie> <http://www.mayorapeccrisiscentre.ie> <http://www.mwss.ie>

[www.amen.ie](http://www.amen.ie)

**Alcohol**

Alcoholics Anonymous (AA) AL-Anon and alateen Hope House : <http://www.alcoholicsanonymous.ie> <http://www.al-anon-ireland.org> <http://www.hopehouse.ie>

[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

**Campaigns**

Littlethings Campaign

[www.yournentalhealth.ie](http://www.yournentalhealth.ie)

**Campaigns**

Mayo Healthy reading Scheme

[www.mayolibrary.ie/en/ReaderZone/](http://www.mayolibrary.ie/en/ReaderZone/)

**Campaigns**

See Change

[www.seechange.ie](http://www.seechange.ie)

**Community**

Mayo intercultural action (MIA)

[www.miamayo.ie](http://www.miamayo.ie)

**Community**

Mayo North East Leader Partnership Teoranta

[www.mayonortheast.com](http://www.mayonortheast.com)

**Community**

Mayo Sports Partnership

[www.mayosport.ie](http://www.mayosport.ie)

**Community**

South West Mayo Development Company Ltd

[www.southmayo.ie](http://www.southmayo.ie)

**Community**

The Family Centre Castlebar

[www.thefamilycentre.com](http://www.thefamilycentre.com)

**Counselling**

Curam Family Centre Claremorris

[www.curamclaremorris.com](http://www.curamclaremorris.com)

**Counselling**

GMIT Castlebar Counselling Service

[www.gmit/Life-at-GMIT/counselling/castlebar.html](http://www.gmit/Life-at-GMIT/counselling/castlebar.html)

**CATEGORY****SERVICE****WEBSITE**

<b>Counselling</b>	Irish Association of Counselling and Psychotherapists	<a href="http://www.irish.counselling.ie">www.irish.counselling.ie</a>
<b>Counselling</b>	Knock Counselling Services	<a href="http://www.knock-shire.ie/counselling">www.knock-shire.ie/counselling</a>
<b>Counselling</b>	The Irish Council for Psychotherapy	<a href="http://www.psychotherapy.ireland.com">www.psychotherapy.ireland.com</a>
<b>Debt</b>	Money Advice & Budgeting Service (MABS)	<a href="http://www.mabs.ie">www.mabs.ie</a>
<b>Drugs</b>	Drugs/HIV Helpline	<a href="http://www.drugs.ie">www.drugs.ie</a>
<b>Drugs</b>	Western Region Drug and Alcohol Task force (WRDATF)	<a href="http://www.wrdatf.ie">www.wrdatf.ie</a>
<b>Eating Disorders</b>	Bodywhys	<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
<b>Education and Guidance</b>	Mayo Sligo Leitrim Education and Training Board	<a href="http://www.msletb.ie">www.msletb.ie</a>
<b>Families</b>	Family Resource	<a href="http://www.familyresource.ie/centre_mayo.php">www.familyresource.ie/centre_mayo.php</a>
<b>Families</b>	Parentline	<a href="http://www.parentline.ie">www.parentline.ie</a>
<b>Campaigns</b>	Littlethings Campaign	<a href="http://www.yournentalhealth.ie">www.yournentalhealth.ie</a>
<b>Campaigns</b>	Mayo Healthy reading Scheme	<a href="http://www.mayolibrary.ie/en/ReaderZone/">www.mayolibrary.ie/en/ReaderZone/</a>
<b>Campaigns</b>	See Change	<a href="http://www.seechange.ie">www.seechange.ie</a>
<b>Community</b>	Mayo intercultural action (MIA)	<a href="http://www.miamayo.ie">www.miamayo.ie</a>
<b>Community</b>	Mayo North East Leader Partnership Teoranta	<a href="http://www.mayonortheast.com">www.mayonortheast.com</a>
<b>Community</b>	Mayo Sports Partnership	<a href="http://www.mayosport.ie">www.mayosport.ie</a>
<b>Families</b>	Reachout Ireland	<a href="http://www.reachout.com/parnts">www.reachout.com/parnts</a>

**CATEGORY****SERVICE****WEBSITE****Gambling**

Gamblers Anonymous

[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)**HSE Services**

Adult Mental Health Service

[www.hse.ie/eng/service/list/1/LHO/Mayo/MentalHealth\\_services/](http://www.hse.ie/eng/service/list/1/LHO/Mayo/MentalHealth_services/)**HSE Services**

HSE Information Line

[www.hse.ie](http://www.hse.ie)**Information**

Citizen's Information

[www.citizensinformation.ie](http://www.citizensinformation.ie)**List of Websites**

Websites for Young People : <http://www.yourmentalhealth.ie> <http://www.letsomeoneknow.ie> <http://www.reachout.com> <http://www.spunout.ie>

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**Men**

Mens Sheds

[www.menssheds.ie](http://www.menssheds.ie)**Mental Health General**

Aware

[www.aware.ie](http://www.aware.ie)**Mental Health General**

GROW

[www.grow.ie](http://www.grow.ie)**Mental Health General**

Irish Advocacy Network

[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)**Mental Health General**

Mayo Mental Health Association

[www.mentalhealthmayo.ie](http://www.mentalhealthmayo.ie)**Mental Health General**

Mental Health Ireland

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)**Mental Health General**

Shine

[www.shineonline.ie](http://www.shineonline.ie)**Mental Health Young People**

Childline

[www.childline.ie](http://www.childline.ie)**Mental Health Young People**

Headstrong

[www.headstrong.ie](http://www.headstrong.ie)

**CATEGORY****SERVICE****WEBSITE****Mental Health Young People**

ISPCC

[www.ispcc.ie](http://www.ispcc.ie)**Mental Health Young People**

Mindspace

[www.mindspacemayo.ie](http://www.mindspacemayo.ie)**Mental Health Young People**

Reachout Ireland

[www.reachout.com](http://www.reachout.com)**Mental Health Young People**

Spunout.ie

[www.spunout.ie](http://www.spunout.ie)**Mental Health Young People**

BeLonG To

[www.belongto.org](http://www.belongto.org)**Sexuality**

LGBT National Helpline

[www.lgbt.ie](http://www.lgbt.ie)**Sexuality**

OutWest

[www.outwestireland.ie](http://www.outwestireland.ie)**Sexuality**

Curam Claremorris

[www.curamclaremorris.com](http://www.curamclaremorris.com)**Suicide Bereavement Support**

Living Links

[www.livinglinks.ie](http://www.livinglinks.ie)**Suicide Bereavement Support**[www.mayobewell.ie](http://www.mayobewell.ie)**Suicide Bereavement Support**[www.ias.ie](http://www.ias.ie)**Suicide Bereavement Support**[www.thefamilycentre.com](http://www.thefamilycentre.com)**Suicide Prevention**[www.mayotravellerssupportgroup.com](http://www.mayotravellerssupportgroup.com)**Suicide Prevention**[www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/NOSP](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP)**Suicide Prevention**[www.nsrif.ie](http://www.nsrif.ie)**Suicide Prevention**[www.pieta.ie](http://www.pieta.ie)**Suicide Prevention**[www.samaritans.org](http://www.samaritans.org)**Suicide Prevention**[www.healthpromotion.ie](http://www.healthpromotion.ie)**Young People**[www.foroige.ie](http://www.foroige.ie)



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



Connecting for Life  
*Galway, Mayo and Roscommon*



Suicide Prevention  
Alliance  
MAYOBEWELL.IE