

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

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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 Siochána	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@dhse.ie

1800 234 114

info@amen.ie

046 902 3718

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
mwss@eircom.net	094 9025409 or 087 6569672	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.alcoholicsanoymous. 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

www.yournentalhealth.ie

www.mayolibrary.
ie/en/ReaderZone/
HealthyReadingScheme/

www.mayolibrary.
ie/en/ReaderZone/
HealthyReadingScheme/

info@seechange.ie

01 8601620

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 Phoneline

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

info@mayonortheast.com

094 9256745

www.mayonortheast.com

mairtinomorain@msletb.ie

Máirtín Ó Móráin 087 6026434

www.msletb.ie

mssp@mayococo.ie

094 9047025

www.mayosports.ie

1890 130022

selfcaretoowellness@mayocil.ie

094 9034980

www.selfcarewellness.org

info@southmayo.com

098 41950

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
	091 583682	
curamclaremorris@ eircom.net	094 9362096	www.curamclaremorris. com
info@thefamilycentre. com	094 9025900	www.thefamilycentre.com
	094 9043127	www.gmit/Life-at-GMIT/ counselling/castlebar.html
iacp@iacp.ie	01 2723427	www.irish-counselling.ie
counsellingoffice@ knockshrine.ie	094 9375032	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 Louisburgh and Newport.

DEBT

Money Advice and Budgeting Service (MABS)

A national,free,confidential and independent sevice 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	
	01 2722105	www.psychotherapy-ireland.com
westportfrc@eircom.net	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 076 1074050 Monday-Friday 9.30am-8pm	www.mabs.ie
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	1850 365 000 or your GP	
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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.
Cenacula Community	Community Cenacula 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
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

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

info@wrdatf.ie
pconway@
southwestmayo.ie
Gillian.conway@wrdatf.
ie

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/

www.wrdatf.ie

info@bodywhys.ie

1890 200 444

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

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/

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

infoline1@hse.ie

094 9042281

1850 241 850

www.hse.ie

094 9042606

recovery.educatormrc
@hse.ie

086 0294901

076 1074000
Monday-Friday
9am-8pm

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
claremorrismg@gmail.com
erris@menssheds.ie
kilmovee@menssheds.ie
newport@menssheds.ie
patrickcgeraghty@eircom.net
joemartinfinn@hotmail.com

094 9047025

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@daware.ie

Helpline: 1890 303
302 Des Greene,
Mayo 087 2993142

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

ISPC 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
	01 4727010	www.jigsaw.ie
	094 9067001	www.mindspacemayo.ie
info@inspireireland.ie	01 764 5666	www.reachout.com
	01 6753554	www.spunout.ie
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

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 BEREAVMENT 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

curamclaremorris@eircom.net	094 9362096	
	094 9025900	www.thefamilycentre.com
mayo@livinglinks.ie	086 0406666	www.livinglinks.ie
	094 9025900	
info@pieta.ie	1800 247 247	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
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siobhan.mcbrearty@hse.ie	094 9253277	
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info@nosp.ie	01 620 1672	www.nosp.ie
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info@nsrf.ie	021 420 5551	www.nsrfe.ie
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siobhan.mcbrearty@hse.ie	094 9253277	
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	1800 247 247 Pieta House Tuam: 093 25586. Pieta House (Ballina Outreach) Tel: 093 25586	www.pieta.ie
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jo@samaritans.ie	116 123	www.samaritans.ie
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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 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

094 9028400

mary.syron@hse.ie

Mary Syron: 094
9049223 or 087
6182073

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.munnelly
@tusla.ie

094 9049097

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
Laura Cox - Senior Youth Officer 086 7791878 Deirdre Blewitt - Counsellor 087 652 1039		
stephen.bourke@ foroige.ie	086 3862094	www.foroige.ie
andy.neary@foroige.ie	086 0106200	www.foroige.ie
Louise.Tuffy@foroige.ie (Ballina) ; Peter.Duffy@ foroige.ie (Ballyhaunis)	Louise 086 3845664 / Peter 086 3835859	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

Ballina 096 22012
Castlebar 094
9026760 Westport
098 29218

www.foroige.ie

059 6400299

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

094 9250730

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

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

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

Campaigns

Littlethings Campaign

www.yournentalhealth.ie

Campaigns

Mayo Healthy reading
Scheme

www.mayolibrary.ie/en/ReaderZone/

Campaigns

See Change

www.seechange.ie

Community

Mayo intercultural action
(MIA)

www.miamayo.ie

Community

Mayo North East Leader
Partnership Teoranta

www.mayonortheast.com

Community

Mayo Sports Partnership

www.mayosport.ie

Community

South West Mayo
Development Company
Ltd

www.southmayo.ie

Community

The Family Centre
Castlebar

www.thefamilycentre.com

Counselling

Curam Family Centre
Claremorris

www.curamclaremorris.com

Counselling

GMIT Castlebar
Counselling Service

www.gmit/Life-at-GMIT/counselling/castlebar.html

CATEGORY

SERVICE

WEBSITE

Counselling

Irish Association
of Counselling and
Psychotherapists

www.irish.counselling.ie

Counselling

Knock Counselling
Services

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

Counselling

The Irish Council for
Psychotherapy

[www.psychotherapy.
ireland.com](http://www.psychotherapy.ireland.com)

Debt

Money Advice &
Budgeting Service
(MABS)

www.mabs.ie

Drugs

Drugs/HIV Helpline

www.drugs.ie

Drugs

Western Region Drug
and Alcohol Task force
(WRDATF)

www.wrdatf.ie

Eating Disorders

Bodywhys

www.bodywhys.ie

Education and Guidance

Mayo Sligo Leitrim
Education and Training
Board

www.msletb.ie

Families

Family Resource

[www.familyresource.ie/
centre_mayo.php](http://www.familyresource.ie/centre_mayo.php)

Families

Parentline

www.parentline.ie

Campaigns

Littlethings Campaign

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

Community

Mayo intercultural action
(MIA)

www.miamayo.ie

Community

Mayo North East Leader
Partnership Teoranta

www.mayonortheast.com

Community

Mayo Sports Partnership

www.mayosport.ie

Families

Reachout Ireland

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

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

Gamblers Anonymous

www.gamblersanonymous.ie**HSE Services**

Adult Mental Health Service

www.hse.ie/eng/service/list/1/LH0/Mayo/MentalHealth_services/**HSE Services**

HSE Information Line

www.hse.ie**Information**

Citizen's Information

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**Men**

Mens Sheds

www.menssheds.ie**Mental Health General**

Aware

www.aware.ie**Mental Health General**

GROW

www.grow.ie**Mental Health General**

Irish Advocacy Network

www.irishadvocacynetwork.com**Mental Health General**

Mayo Mental Health Association

www.mentalhealthmayo.ie**Mental Health General**

Mental Health Ireland

www.mentalhealthireland.ie**Mental Health General**

Shine

www.shineonline.ie**Mental Health Young People**

Childline

www.childline.ie**Mental Health Young People**

Headstrong

www.headstrong.ie

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

ISPCC

www.ispcc.ie**Mental Health Young People**

Mindspace

www.mindspacemayo.ie**Mental Health Young People**

Reachout Ireland

www.reachout.com**Mental Health Young People**

Spunout.ie

www.spunout.ie**Mental Health Young People**

BeLonG To

www.belongto.org**Sexuality**

LGBT National Helpline

www.lgbt.ie**Sexuality**

OutWest

www.outwestireland.ie**Sexuality**

Curam Claremorris

www.curamclaremorris.com**Suicide Bereavement Support**

Living Links

www.livinglinks.ie**Suicide Bereavement Support**www.mayobewell.ie**Suicide Bereavement Support**www.ias.ie**Suicide Bereavement Support**www.thefamilycentre.com**Suicide Prevention**www.mayotravellerssupportgroup.com**Suicide Prevention**www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP**Suicide Prevention**www.nsrif.ie**Suicide Prevention**www.pieta.ie**Suicide Prevention**www.samaritans.org**Suicide Prevention**www.healthpromotion.ie**Young People**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