

# GUIDELINES FOR REFERRALS TO CHILD & YOUTH MENTAL HEALTH SERVICES

If you are concerned about the behaviour of someone or their mental health you should speak to your GP or call the Emergency Department in St Luke's Hospital, Kilkenny on 056 7785000

SERVICE	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<b>CHILD &amp; ADOLESCENT COUNSELLING SERVICES</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Counselling provides a safe space to explore issues and provide support with:</p> <ul style="list-style-type: none"> <li>Difficult feelings &amp; emotions</li> <li>Anxiety</li> <li>Depression</li> <li>Education &amp; expectations</li> <li>Relationship difficulties</li> <li>Anger</li> <li>Bereavement &amp; loss, family or peer</li> <li>Family separation or divorce</li> <li>Substance abuse, self or parental</li> <li>LGBTI+ support</li> <li>Eating distress &amp; body issues</li> <li>Self-harm &amp; suicidal ideation</li> </ul> <p>Child &amp; adolescent counselling services may also be able to offer support to parents and carers.</p>	<p><b>BARNARDOS, for children, young people and families</b></p> <p>Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service.</p> <p><b>BELONG TO YOUTH SERVICES, for young people 14 - 23 years</b></p> <p>Referrals to the service are accepted from parents, caregivers and young people and can be made by contacting the service by phone or email.</p> <p><b>CARLOW REGIONAL YOUTH SERVICES, FOLLÁINE COUNSELLING SERVICE, for young people 12 - 18 years</b></p> <p>Referral to the service will be accepted from agencies, parents, caregivers and young people and can be made by contacting the service by phone or email. Agencies referring young people under 18 years will have to obtain prior parental/guardian consent.</p> <p><b>BODYWHYS, for young people aged 13 years +</b></p> <p>Online support is available to parents, caregivers, young people and professionals by calling, texting, via email or by accessing the website.</p> <p><b>FAMILY RESOURCE CENTRES (FRC), for children, young people and families</b></p> <p>Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service.</p>	<p><b>BARNARDOS</b></p> <p>Barnardos Centre 24 Askea Lawns Tullow Road Carlow R93 R9W2 Tel: 059 913 2869 Email: info@carlow.barnardos.ie</p> <p><b>BELONG TO YOUTH SERVICES</b></p> <p>Tel: 01 6200020 LGBTI+ helpline: 1890 92 95 39 Email: lgbt@pieta.ie</p> <p><b>CARLOW REGIONAL YOUTH SERVICES</b></p> <p>Montgomery House Athy Road Carlow R93 KD52 Tel: 085 278 0307 Website: www.carlowys.ie</p> <p><b>BODYWHYS</b></p> <p>Helpline: 1890 20 04 44 Text: 'SUPPORT' to 53305 Website: www.bodywhys.ie Email: alex@bodywhys.ie</p> <p><b>FAMILY RESOURCE CENTRES</b></p> <p><b>Bagenalstown FRC</b></p> <p>Bagenalstown Carlow R21 Y753 Tel: 059 972 2028 Email: bagenalstownfrc70@gmail.com</p> <p><b>Forward Steps FRC</b></p> <p>Tullow Carlow R93 CY68 Tel: 059 915 2776 Email: forwardsteps@eircom.net</p>
<b>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>NEPS offers consultation, support and advice for teachers, students, parents and carers in relation to issues that impact a pupil's learning and socialisation process in school</p> <ul style="list-style-type: none"> <li>Educational development</li> <li>Social difficulties</li> <li>Emotional difficulties</li> <li>Behavioural difficulties</li> </ul>	<p><b>NEPS, for children 5-18 years</b></p> <p>All requests for involvement of NEPS Psychologists are made through the school principal. Each school has an assigned NEPS Psychologist and a dedicated allocation of service time. Following the implementation of the Continuum of Support process by school staff, the school may consult with NEPS about particular pupils who continue to show significant levels of difficulty. This consultation may take the form of a 'Teacher Consultation' or a more formal 'Request for Involvement of Psychologist'.</p> <p>For more information regarding the Continuum of Support please check <a href="https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS/NEPS-Home-Page.html">https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS/NEPS-Home-Page.html</a>.</p> <p>Parents who have school related concerns about their children should discuss these with the School Principal who will contact NEPS if necessary.</p>	<p><b>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</b></p> <p>c/o Kilkenny Education Centre Seville Lodge Callan Road Kilkenny R95 RH97 Local Admin: 056 7760200 Head Office: 01 889 2700 Email: neps@education.gov.ie Website: www.education.ie</p>
<b>GUIDANCE COUNSELLING SERVICE IN SCHOOLS</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Issues requiring referral to this service may include social, emotional and educational issues impacting on a young person's experience of school and life in general.</p> <p>Schools often offer additional support groups to address some of the following:</p> <ul style="list-style-type: none"> <li>Bereavement</li> <li>Emotional regulation</li> <li>LGBTI+</li> <li>Exam coping skills</li> <li>Resilience building</li> <li>Mindfulness</li> <li>Stress management</li> </ul>	<p><b>SCHOOL GUIDANCE COUNSELLING, for all young people attending secondary school</b></p> <p>Referral to the service can be made by contacting the school or by self-referral. Parents can contact the Guidance Counsellor and explore their concerns. Students are assessed and waiting lists may apply. There is no cost for this service.</p>	<p>Contact local school or school website (Every second level school has a qualified Guidance Counsellor)</p> <p>For further information about the service: Institute of Guidance Counsellors Tel: 01 6761975 Email: office@igc.ie Website: www.igc.ie</p>
<b>PIETA HOUSE, SUICIDE &amp; SELF HARM CRISIS AND BEREAVEMENT CENTRE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Counselling service for people who are in suicidal distress and those who engage in self-harm. Bereavement counselling provides therapy and support to individuals, couples, families and children who have been bereaved by suicide. 24 hour support and information available on the free phone helpline.</p>	<p><b>PIETA HOUSE, for children, young people and families</b></p> <p>Referrals to the service are accepted from families, agencies, GPs, Psychiatrists and self-referral by phone and email.</p> <p>This is an appointment based service only. If a referral is made on behalf of an adult 18 years or over please seek the persons consent for the referral.</p> <p>Agencies referring a child or young person under 18 years will have to obtain prior parental/guardian consent. This service is free of charge but donations are welcome.</p>	<p><b>Waterford</b></p> <p>Pieta House 20 Waterside Waterford X91 RC53 Tel: 051 858 510 Helpline: 1800 247 247 Website: www.pieta.ie</p> <p><b>Wexford</b></p> <p>Pieta House 14 Francis St Wexford Y35 Y427 Tel: 053 912 2787 Helpline: 1800 247 247 Website: www.pieta.ie</p>
<b>HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATH</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Counselling service for people 16 years+ who have been bereaved by any of the following:</p> <ul style="list-style-type: none"> <li>Suicide</li> <li>Road traffic accident</li> <li>Drowning</li> <li>Homicide</li> <li>Industrial/agricultural/domestic accident</li> </ul>	<p><b>HSE BEREAVEMENT COUNSELLING FOR TRAUMATIC DEATHS, for individuals aged 16+</b></p> <p>Access to the service is by referral form to the Coordinator by GPs or appropriate health professionals. 12 bereavement counselling sessions will be offered to clients and there is no cost to the client.</p>	<p><b>BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS</b></p> <p>Regional Suicide Resource Office Front Block St Patrick's Hospital John's Hill Waterford X91 KX25 Tel: 051 874013</p>
<b>SUICIDE BEREAVEMENT LIAISON SERVICE (SBLO)</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>This service provides outreach support to families and people who have been recently bereaved by suicide. The service aims to provide a prompt and proactive approach to families or individuals who have lost someone to suicide. The Suicide Bereavement Liaison Officer can meet with a bereaved family, at their request, as a group or individually.</p>	<p><b>SBLO, for families recently bereaved</b></p> <p>Referral to the service is accepted from GPs, Gardaí, Funeral Directors, member of Clergy and self-referral by calling the service, there is no cost for this service.</p>	<p><b>SUICIDE BEREAVEMENT LIAISON SERVICE</b></p> <p>Pieta House, 14 Francis St, Wexford Y35 Y427 Tel: 053 912 2787 Mob: 085 807 3040 Website: www.pieta.ie</p>
<b>SHIP (SELF HARM INTERVENTION PROGRAMME)</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>This is a professional counselling service for individuals over 16 years who present with suicidal ideation and the impulse to self-harm. It is not a crisis response service.</p>	<p><b>SHIP, for young people aged 16+</b></p> <p>Referral to the service is by written referral from relevant health professionals, counselling for those aged 16-19 years is provided at various venues in the county, there is no cost for this service.</p>	<p><b>SHIP</b></p> <p>Counselling Coordinator Lismore Park Primary Care Centre 223 Lismore park Waterford X91 VCP5 Tel: 087 2586028</p>
<b>HSE PRIMARY CARE, CHILD, ADOLESCENT &amp; FAMILY PSYCHOLOGY SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>This service is responsible for the provision of services to children and adolescents who present with the following difficulties at the mild to moderate level of concern:</p> <ul style="list-style-type: none"> <li>Behavioural problems</li> <li>Parenting difficulties</li> <li>Adjustment difficulties</li> <li>Sleeping difficulties</li> <li>Low self-esteem</li> <li>Toileting difficulties</li> <li>Emotional regulation problems</li> <li>Anger problems</li> <li>Anxiety</li> <li>Loss &amp; bereavement</li> <li>Feeding difficulties</li> <li>Attachment problems</li> <li>Interpersonal relationship problems</li> </ul> <p>In addition a variety of psycho-educational workshops on different topics are offered throughout the year.</p>	<p><b>HSE PSYCHOLOGY IN PRIMARY CARE, for children and young people 0-18 years</b></p> <p>Referral to the HSE Carlow Primary Care Child Psychology Service (via standard referral form) can be initiated by GPs, Public Health Nurses, other Psychologists, Schools/NEPS, Social Workers, Child Care Workers, Counsellors, Speech &amp; Language Therapists &amp; other health care professionals. Parental permission is required for referral.</p> <p>A drop-in Psychology clinic for <b>parents/adults only</b> operates on the first and third Wednesday of every month between 9.30AM and 12.30PM. No appointment or referral is needed. This service is available on a first come first served basis. Registration for a drop-in appointment is open from 9AM at main reception.</p>	<p><b>HSE PRIMARY CARE AND CHILD PSYCHOLOGY SERVICE</b></p> <p>Carlow Primary Care Centre The Shamrock Plaza Green Lane Carlow R93 T8Y6 Contact: Psychology Administrator on 076 1082018</p>

<b>HSE CHILD &amp; ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>This service provides a specialist mental health service to those aged up to 18 years old who have moderate to severe mental health disorders, that require the input of a specialist multi-disciplinary mental health team, including:</p> <ul style="list-style-type: none"> <li>Moderate to severe depression</li> <li>Mood disorders</li> <li>Psychosis</li> <li>Anxiety disorders</li> <li>Attention Deficit Hyperactivity Disorder (ADHD/ADD)</li> <li>Moderate/severe eating disorders</li> <li>Suicidal behaviours</li> <li>Suicidal ideation where intent is present</li> </ul>	<p><b>CAMHS, for children &amp; young people aged 0-18 years</b></p> <p>Referrals to the service are accepted from health care professionals including GPs, Consultant Liaison/General Adult Psychiatrists, Paediatricians, NEPS Psychologists, Tusla staff, community based Clinicians and Assessment Officers – as defined under the Disability Act, 2005. All referrals must work in collaboration with the child's GP, which means the referrer must ring the GP and discuss and agree the potential referral so that it is a truly collaborative referral.</p>	<p><b>CARLOW/KILKENNY CHILD &amp; ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</b></p> <p><b>Carlow</b></p> <p>1<sup>st</sup> Floor St Dymrna's Hospital Athy Road Carlow R93 V603 Tel: 059 9178033</p> <p><b>Kilkenny</b></p> <p>1<sup>st</sup> Floor, St Canice's Hospital Complex Lacken Dublin Road Kilkenny R95 P231 Tel: 056 773 4828</p>
<b>HSE SUBSTANCE MISUSE SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>The Kilkenny/Carlow Substance Misuse Service works with adults and young people who want help to deal with drug and/or alcohol problems and want to build a healthier happier life for themselves. Support is also offered to friends, families and carers.</p> <p>Services offered include:</p> <ul style="list-style-type: none"> <li>Screening</li> <li>Care planning</li> <li>Opiate substitute treatment</li> <li>Group support</li> <li>Homeless support</li> <li>Connection to community support services</li> <li>Links with education, training and employment initiatives</li> </ul> <p>Community based supports for young people and adults are available throughout the town and county.</p>	<p><b>HSE SUBSTANCE MISUSE, for young people aged 14-17 years</b></p> <p>Young people can self-refer, consent will be required from a 'good safe adult' to treat under 18's, or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral, substance misuse services are free of charge.</p> <p>There is an open access clinic on Wednesdays from 3.30 – 4.30 PM in Ardú, St Dymrna's, Carlow.</p> <p>Community based supports for young people and adults contemplating changing their substance use, are available throughout the County from the Carlow CCDI Project in Carlow Regional Youth Services</p>	<p><b>CARLOW HSE SUBSTANCE MISUSE SERVICE</b></p> <p>Ardú, HSE Substance Misuse Service St Dymrna's Hospital Athy Road Carlow R93 DE62 Tel: 1800 464600 Email: arducarlowkilkenny@hse.ie</p> <p><b>County Carlow Drugs Initiative</b></p> <p>Carlow Regional Youth Services Montgomery House Athy Road Carlow R93 KD52 Tel: 059 9130476 Email: reception1@carlowys.ie</p> <p><b>HSE Drug and Alcohol Helpline</b></p> <p>Tel: 1800 459 459 Email: helpline@hse.ie Website: <a href="http://www.hse.ie/drugshvhelpline">http://www.hse.ie/drugshvhelpline</a> www.drugs.ie</p>
<b>CARLOW &amp; SOUTH LEINSTER RAPE CRISIS &amp; COUNSELLING CENTRE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>The centre provides a confidential counselling and support service sensitive to the needs of all survivors of sexual violence, rape, childhood sexual abuse and sexual harassment.</p> <p>The following services are available at the Carlow and South Leinster Rape Crisis Centre:</p> <ul style="list-style-type: none"> <li>Confidential, face to face counselling and support services five days per week</li> <li>Telephone support/helpline service</li> <li>Accompaniment service to the Gardaí, legal appointments or Court</li> <li>Support and counselling for family, friends, partners or others who are in a supporting role</li> <li>Outreach service available in Athy and Kildare by appointment</li> </ul>	<p><b>RAPE CRISIS AND COUNSELLING CENTRE, for young people aged 14+</b></p> <p>Young people can self-refer or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral, there is no cost to the client.</p>	<p><b>CARLOW &amp; SOUTH LEINSTER RAPE CRISIS &amp; COUNSELLING CENTRE</b></p> <p>72 Tullow Street Carlow R93 E6D2 Tel: 059 9133344 Freephone: 1800 727 737 Email: info@carlowrapecrisis.ie Website: www.carlowrapecrisis.ie</p>
<b>ISPCC CHILDLINE SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>ChildLine provides a 24 hour listening service for all children up to the age of 18. Young people contact the service for a wide range of reasons including mental health concerns. Childline seeks to empower and support children using the medium of telecommunication and information technology.</p> <p>The ChildLine phone service is available 24 hours a day, 7 days a week, and 365 days a year. ChildLine has a designated mental health support text service for children and young people.</p>	<p><b>CHILDLINE, for children and young people under 18 years</b></p> <p>Phone support is available to children and young people by calling, texting, emailing or accessing their website.</p>	<p><b>ISPCC CHILDLINE SERVICE</b></p> <p>Tel: 1800 666 666 Website: www.childline.ie Text: 'talk' to 50101 To contact the designated mental health support text service, text 'help' to 50101</p>
<b>STUDENT COUNSELLING SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <ul style="list-style-type: none"> <li>Depression</li> <li>Bereavement</li> <li>Family difficulties</li> <li>Addiction</li> <li>Anxiety/panic attacks</li> <li>Relationship difficulties</li> <li>Sexual trauma</li> <li>LGBTI+ support</li> </ul>	<p><b>STUDENT COUNSELLING, for young people registered as full time students in St. Patrick's Carlow College and the Institute of Technology, Carlow</b></p> <p>Students can self-refer by phone, text, email or calling into the student service office. The counselling service is available during office hours, Monday – Friday throughout the academic year. Counselling is available by appointment only and at no cost to students.</p>	<p><b>ST PATRICKS CARLOW COLLEGE STUDENT SERVICES OFFICE:</b></p> <p>Tel: 059 9153255 Text: 085 7564441 Email: Counsellor@carlowcollege.ie</p> <p><b>INSTITUTE OF TECHNOLOGY, CARLOW STUDENT SERVICES OFFICE</b></p> <p>Tel: 059 9175600 Email: counselling@itcarlow.ie</p>
<b>TRAVELLER MENTAL HEALTH AND SUPPORT</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Travellers over 18 years who require advice and support regarding their mental health and wellbeing can contact the Traveller Programme Manager at St Catherine's Community Services Centre to arrange to meet with the Traveller Mental Health Liaison Nurse who will offer advice and support on mental health issues and concerns.</p>	<p><b>TRAVELLER SUPPORT, Travellers aged 18+</b></p> <p>Young people can self-refer by phone or calling into St Catherine's community service.</p>	<p><b>TRAVELLER PROGRAMME MANAGER</b></p> <p>St Catherine's Community Services Centre St Joseph's Road Carlow R93 T4C6 Tel: 059 9138700 Email: info@catherines.ie</p>
<b>HSE COUNSELLING IN PRIMARY CARE (CIPC)</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>This service is suitable for adults 18 years + who are experiencing mild to moderate psychological difficulties. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited counsellor/therapist.</p>	<p><b>CIPC, for adult medical card holders</b></p> <p>The service is available to adults, 18 year of age and over, who hold a medical card. Referrals to the service are accepted from GPs, Primary Care Team members or other health care professionals. The service is available throughout the South East.</p>	<p><b>COUNSELLING IN PRIMARY CARE</b></p> <p>Lismore Park Primary Care Centre 223 Lismore Park Waterford X91 VCP5 Tel: 051 359088</p>
<b>HSE ADULT MENTAL HEALTH SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <ul style="list-style-type: none"> <li>Depression/ mood disorders</li> <li>Psychotic illness</li> <li>Personality disorders</li> <li>Adjustment disorders</li> <li>Anxiety</li> <li>Suicide and self-harm</li> <li>Eating disorders</li> </ul> <p>Hours: Monday to Friday 9.00AM to 5.00PM</p> <p>Out of hours for crises or urgent referral go directly to the Emergency Department in St Luke's Hospital, Kilkenny or Caredoc Carlow.</p>	<p><b>HSE ADULT MENTAL HEALTH SERVICE, for adults 18+</b></p> <p>Access to this service is made via GPs or Caredoc (out of hours) or the Emergency Department of St Luke's Hospital, Kilkenny, an outpatient appointment for the appropriate mental health team is organised and referral to other mental health resources may be offered, these include Psychologists, Community Mental Health Nurses, Social Workers, Occupational Therapists etc.</p>	<p><b>ADULT MENTAL HEALTH SERVICES</b></p> <p>Department of Psychiatry St Luke's Hospital Freshford Road Kilkenny Tel: 056 778 5000</p>
<b>COMHAR, HSE NATIONAL COUNSELLING SERVICE</b>		
<p><b>TYPES OF PROBLEMS REFERRED TO THE SERVICE</b></p> <p>Counselling service for adults who have experienced trauma and abuse (emotional, physical, sexual abuse or neglect) in childhood.</p>	<p><b>COMHAR, for adults 18+</b></p> <p>Health Professionals can make written referrals on behalf of an adult (with their consent), adults can self-refer by calling 1800 234 118.</p> <p>CONNECT Telephone Counselling Service is available on 1800 477 477, Wednesday - Sunday 6-10PM.</p>	<p><b>DIRECTOR OF COUNSELLING HSE NCS South East</b></p> <p>Lismore Park Primary Care Centre 223 Lismore Park Waterford X91 VCP5 Tel: 051 359017</p>

Free Phone 116 123  
**SAMARITANS**  
IRELAND



Prepared by the Healthy & Active subgroup of the Carlow Children and Young People's Committee; further information from Co-ordinator Mairead.Maddock@Tusla.ie.