

# Guidelines for Referrals to Child & Youth Mental Health Service for GPs | Health Practitioners | Teachers | Youth Workers



If you are concerned about the behaviour of someone or their mental health you should speak to your GP or **phone 999** for emergency help.

NAME OF THE SERVICE AND WHAT THE SERVICE PROVIDES

HOW TO ACCESS THE SERVICE

CONTACT DETAILS

<div><b>HSE CHILD &amp; ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</b>  0-18yrs </div>	<div><b>Moderate to severe mental ill health including:</b><ul style="list-style-type: none"><li>Eating disorders e.g. anorexia nervosa.</li><li>Complex or severe anxiety e.g. OCD, GAD, PTSD, panic disorder, social phobia.</li><li>Mood disorders e.g. depression, bipolar affective disorder.</li><li>Psychosis/early onset schizophrenia.</li><li>Attention deficit hyperactivity disorder*</li><li>Persistent school refusal with a basis in mental ill health.</li><li>Motor &amp;/or vocal tic disorder e.g. Tourette's syndrome.</li></ul></div> <div><ul style="list-style-type: none"><li>Deliberate self-harm and/or suicidal ideation with a basis in mental ill health.</li><li>Where there is significant co-morbid mental health condition in the following presentations: Attachment disorder; conduct disorder; ASD; intellectual disability; physical conditions e.g. chronic fatigue, epilepsy, DCD etc..</li></ul></div>	<div><b>For children &amp; young people aged 0 – 18 years</b> CAMHS is a specialised multi-disciplinary tertiary Mental Health service for children &amp; adolescents with the most severe &amp; disabling mental health disorders (2%-5%). Assessment &amp; intervention is offered up to 18 years on a case by case basis. Referrals are accepted from medical professionals including GPs, Psychiatrists, Physicians &amp; Paediatricians.  Cost: Free</div>	<div><b>Monaghan Child &amp; Adolescent Mental Health Service (CAMHS) Community Mental Health Team</b>  Woodvale, St. Davnet's Campus, Monaghan, Co Monaghan.  Monaghan Area: <b>047 95444</b> (except Carrickmacross) Carrickmacross Area: <b>047 95455</b>  <small>*Where there is a query of ADHD other measures to assess for and provide input for other causes of the behaviour should be done first. Concerns re intellectual or learning problems should be identified and responded to within the school's continuum of support process. Other developmental disorders should have OT and / or paediatric and/ or CDT assessment. Parenting issues should be addressed via Parenting Monaghan or primary care.</small></div>
<div><b>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</b>  4-18yrs</div>	<div><b>Types of referrals to the service:</b> Involvement in casework arises through a <b>planning process</b> with a school principal and SEN personnel, and follows from work undertaken within School's Continuum of Support process.  NEPS involvement may relate to wellbeing, academic, social and emotional development, and seeks to provide a more in-depth understanding of the student's strengths and needs, to inform intervention.</div>	<div><b>For children 4-18 years</b> NEPS psychologists work with primary and post-primary schools, across mainstream and special settings, to provide a consultation-based service designed to support the wellbeing, and the academic, social and emotional development of all students, with particular regard for those with special educational needs and those at risk of educational disadvantage. In addition to casework, NEPS psychologists engage in 'Support and Development' work, which involves helping to build school capacity to intervene early and work preventatively. Following a process of planning and prioritisation a school principal must obtain parental consent when making a request for NEPS involvement.  Cost Free. Parental consent required.</div>	<div><b>National Educational Psychological Service (NEPS)</b>  LOCAL OFFICE: NEPS, 2nd Floor Elm House, Elm Bank Office Dev. Cavan, Co. Cavan, H12 A8H7.  T: <b>049 4325430</b> E: <b>neps@education.gov.ie</b> W: <b>www.education.ie</b></div>
<div><b>COUNSELLING IN PRIMARY CARE SERVICE (CIPC)</b>  18yrs + </div>	<div><b>CIPC is the provision of short term counselling in primary care settings.</b>  Available to medical card holders aged 18 years and over by professionally qualified and accredited Counsellor/ Therapists who work under the supervision of the HSE National Counselling Service.<ul style="list-style-type: none"><li>Mild to moderate psychological problems</li><li>Depression Anxiety states including mild specific phobias and panic attacks</li><li>Non-complex loss &amp; bereavement</li><li>Coping with injury or illness</li></ul></div> <div><ul style="list-style-type: none"><li>Adjustment problems</li><li>Life cycle issues</li><li>Stress and specific trauma</li><li>Relationship difficulties</li></ul></div>	<div><b>Young People 18yrs and over</b>  Referrals can be made by GPs or other members of the Primary Care Team with the GP's awareness.  Service is free</div>	<div><b>FREEPHONE 1800 234 110</b></div>
<div><b>THE NATIONAL COUNSELLING SERVICE HSE</b>  18yrs + Self-referral, under 18ys parental permission </div>	<div><b>The National Counselling Service HSE is a free service for any adult who has experienced the trauma of abuse or neglect in childhood.</b>  The NCS provides professional counselling and psychotherapy services to help people to cope better with their life and relationships.</div>	<div><b>18 years +</b>  The NCS is the dedicated counselling service for adults with a history of childhood abuse. The service is free and does not require a Medical Card. People can self referral (via the Freephone number) or be referred by their local GP.  Free service</div>	<div><b>HSE</b>  Counselling available throughout the north east in Navan, Cavan, Drogheda, Dundalk and Monaghan and can be accessed by phoning <b>1800-234117</b> for an appointment at a location of your choice.</div>
<div><b>ADULT COMMUNITY MENTAL HEALTH SERVICE</b>  18yrs + </div>	<div><b>Types of issues referred to the service:</b><ul style="list-style-type: none"><li>Depression/Mood Disorders</li><li>Anxiety</li><li>Psychotic Illness</li><li>Suicide ideation and Self-Harm</li><li>Personality Disorders</li><li>Eating Disorders</li><li>Adjustment Disorders</li></ul></div>	<div><b>For Young People 18 years and over</b> Referrals to the Adult Mental health team are made by a GP. Once a referral is received the Mental Health team will contact you to arrange an appointment for assessment and to plan any identified treatment. The team is available from 9am - 5pm, outside of these hours contact Doc On Call or go to the Emergency department at Cavan General Hospital. Mental Health services are free, if you are not a medical card holder you will be charged for attending Doc on Call /or the Emergency Department.</div>	<div><b>ADULT COMMUNITY MENTAL HEALTH SERVICE</b>  Mental Health Service St. Davnet's Campus, Monaghan  T: <b>047 95300</b></div>
<div><b>PRIMARY CARE PSYCHOLOGY</b>  All Ages </div>	<div><b>Provides psychological assessment and intervention to children and adults.</b> Psychology referrals of a mild/ moderate intensity may include:<ul style="list-style-type: none"><li>Anxiety, Fears and Phobias</li><li>Encopresis/enuresis (day soiling/night-time bed wetting)</li><li>Complex Bereavement and loss</li><li>Adjustment to coping with serious illness or life changes</li><li>Trauma</li></ul></div>	<div><b>For Children, Young People and Adults 0-all age groups across the lifespan</b> Referrals can be made through the:<ul style="list-style-type: none"><li>GP</li><li>Tusla</li><li>Through HSE services (e.g. Psychology, Speech &amp; Language therapists, Public Health Nurses, HSE Social Work / other HSE health professionals)</li></ul> Parental consent required if under 18. Cost: Free.</div>	<div><b>PRIMARY CARE PSYCHOLOGY</b>  Monaghan Primary Care Unit, St. Davnet's Campus, Rooskey, Monaghan.  T: <b>047 30429</b></div>
<div><b>COUNSELLING SERVICES IN FAMILY RESOURCE CENTRES (FRCS) IN MONAGHAN</b> 12yrs + Self-referral, under 18ys parental permission</div>	<div><b>Counselling provides a safe space to explore issues and provide support with:</b><ul style="list-style-type: none"><li>Feelings &amp; Emotions</li><li>Education &amp; Expectations</li><li>Relationships &amp; Sexuality</li><li>Moods - Anxiety, Anger or Depression</li><li>Worries &amp; Concerns</li><li>Bereavement &amp; Loss - Family or Peer</li><li>Family Separation or Divorce</li><li>Substance Abuse - Self or Parental</li></ul></div>	<div><b>For Children and Young People 12yrs-18yrs and adults</b> Teach Na Daoine Family Resource Centre cost; A sliding scale in operation depending on income self-referral consent of parent if under 18.  Clones Family Resource Centre : Low cost but each person expected to make a contribution self-referral consent of parent if under 18.</div>	<div><b>Counselling Services in Family Resource centres in Monaghan</b> <b>TEACH NA DAOINE:</b> To book an appointment <b>047 30768</b> <b>CLONES FRC:</b> To book an appointment <b>047 52919</b> or <b>coordinator@clonesfrc.ie</b></div>
<div><b>PIETA HOUSE</b>  6+ Self-referral, under 18ys parental permission</div>	<div><b>Pieta provides free therapy</b>  Pieta provides free therapy to those engaging in self harm, with suicidal ideation or those bereaved by suicide</div>	<div><b>For children 6years + young people and adults</b> We provide free counselling for those engaging in self-harm and for those at risk of suicide.  For under 18's parental/caregiver consent is required.  Self-referral</div>	<div>Clients can get in touch with us by calling <b>0818 111 126</b>  We also have a 24 helpline <b>1800 247 247</b> and a text line text 'HELP' to <b>51444</b>  For more information, visit <b>pieta.ie</b></div>
<div><b>SOSAD IRELAND</b>  16yrs + Self-referral, under 18ys parental permission</div>	<div><b>Offering one to one counselling for anyone over the age of 16.</b><ul style="list-style-type: none"><li>Dealing with suicidal ideation, crisis presentation, depression, anxiety, life events or any scenario where a little bit of support is needed.</li><li>A Safe &amp; Comfortable place to talk and be listened to.</li><li>Initial Meeting [to establish need]</li><li>Professional Counselling</li><li>Bereavement Support</li><li>Follow-up Support</li><li>Referral to most appropriate service</li></ul></div>	<div><b>Young People over 16 years</b> SOSAD have trained volunteers on call for emergencies 24 hours a day, 7 days a week, for anyone who may be in distress and in need of professional help and support.</div>	<div><b>CARRICKMACROSS:</b>  T: <b>042 966 8992</b> W: <b>www.sosadireland.ie/services</b></div>



For free 24/7 support in a crisis **free-text HELLO to 50808**

If your life is at imminent risk, call **999** for emergency help **FREE-TEXT 50808 NOW**

Samaritans.org **116 123** (24-hour freephone helpline)