


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	WHAT THE SERVICE PROVIDES	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<b>HSE CHILD &amp; ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</b> 0-18yrs Cost: Free GP Referral & other Clinicians 	<b>Moderate to severe mental health problems including:</b> Assessment and intervention for children & young people aged up to 18 years who have moderate to severe mental health difficulties. Types of difficulties include complex or severe Anxiety, Mood disorders e.g. Depression, Bipolar Affective Disorder, Psychosis/early onset schizophrenia. Attention deficit hyperactivity disorder (ADHD), Eating disorders. Deliberate self-harm and/or suicidal behaviour with a basis in mental health problems.	Referrals are accepted from medical professionals including GPs, Psychiatrists, Medical Consultants, Jigsaw, NEPS, Tusla & Primary Care Clinicians (e.g., Psychologists, Speech & Language Therapists, in collaboration with the GP.)	North Donegal Team are based at the Child & Adolescent Mental Health Service, 1st Floor, Park House, Rossan College Complex, Ballyraine, Letterkenny, Co. Donegal F92K7WY. Tel: (074)9120340  South Donegal Team: address TBC  Inishowen Team: address TBC
<b>HSE ADULT COMMUNITY MENTAL HEALTH SERVICE</b> 18 Yrs.+ Cost: Free	<b>Types of problems 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 and deliberate self-harm</li> <li>• Personality disorders</li> <li>• Eating disorders</li> <li>• Adjustment disorders</li> </ul>	Referrals to the Adult community mental health team are made by a GP. Once a referral is accepted a member of the team will contact you to arrange an appointment for assessment and to plan any identified treatment. The team is available Mon - Fri 9am-5.30pm. Outside of these hours contact your GP, Dr on Call, or you can go to the Emergency Department at Letterkenny University Hospital for a psychiatric assessment which is free with GP referral.	The service is based in: Donegal Mental Health Service Tirconail House Letterkenny Co. Donegal Tel: (074) 9123788
<b>HSE PRIMARY CARE PSYCHOLOGY</b> 0 to all ages Cost: Free Self Referral	Provides psychological assessment and intervention to children and adults with mild to moderate problems in their social, emotional or behavioural functioning. Types of problems addressed through both individual and group work include anxiety (generalised anxiety, separation anxiety, selective mutism, phobias), emotional regulation, mood difficulties, mild depression, anger, behaviour management, relationships/attachment, complex bereavement and loss, adjustment (e.g., coping with serious illness or life changes), and abuse/trauma.	<b>For Children/Young People and Adults 0-all age groups across the lifespan.</b> Referrals can be made by referring yourself or your child directly or through the; GP, Tusla Child and Family Social Workers, Through HSE services (e.g. Speech & Language therapists, Public Health Nurses, HSE Social Work / other HSE health professionals) Parental consent required if Under 18	The service is based in: 12, Ardavan Square, Buncrana Tel. no. 074-9362223 Cruagorm House, Donegal town Tel. no. 074-9722781 Community Hospital, Dungloe Tel no. 074-9521044 County Clinic, St Conals Campus, Letterkenny 074-9104641
<b>HSE COUNSELLING IN PRIMARY CARE SERVICE (CIPC)</b> Cost: Free for Medical Card holders. 18yrs +	<b>CIPC is the provision of short term counselling in primary care settings.</b> Available to all 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 Adjustment problems and Life cycle issues.</li> <li>• Stress and specific trauma Relationship difficulties</li> </ul>	<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.	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal  Tel: 074 9167250 (Donegal Office) Tel: 074 9160595 (Donegal Opt In)
<b>THE HSE NATIONAL COUNSELLING SERVICE (NCS)</b> 18+ Self-referral 18yrs + Cost: Free	The HSE National Counselling Service is a free service is for adults with a history of Childhood abuse. The NSC provides professional counselling and psychotherapy services to help people cope better with their life and relationships.	The service is free and does not require a medical card. Self-referral and third part referral facilitated. Referral facilitated to 07491 67250 at 69 Ballyraine rd. Letterkenny	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal Tel: 074 9167250 Freephone: 1800 234 119 ReferNCS_Northwest@hse.ie
<b>JIGSAW DONEGAL</b> 12- 25 yrs 18+ Self-referral. Under 18yrs requires parental permission. Cost: Free	<b>Jigsaw is a free primary care youth mental health service for young people aged 12 to 25 years.</b> Jigsaw provides a brief therapeutic service which typically consists of initial screening and assessment followed by a number of sessions of therapeutic support. Jigsaw offers a support service to young people presenting with anything from common concern's (e.g. dealing with break-up, exam stress) to emerging mental health difficulties such as mild depression or anxiety.	<b>Referral</b> Self-Referral by Young people, parents / guardians, GPs & other professionals can refer to Jigsaw (with consent)	The service is based in: Pearse Rd, Letterkenny, Co Donegal F92FH36 Tel: 074 97 26920 Email: donegal@jigsaw.ie You can also visit jigsaw.ie now for practical advice and support on mental health
<b>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</b> 4-18yrs Cost: Free Parental consent required Request involvement through school Principal	<b>Requests for involvement to the service:</b> 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. Involvement in casework arises through a planning process with a school principal and /or key school personnel, and follows from work undertaken within School's Continuum of Support process.	<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, Case work can be direct ( face to face work with the student or observation of the students), while working with the student's teachers/parents/others or indirect (working solely with a student's teachers or teachers/parents). NEPS psychologists also engage in 'Support and Development' work, which involves helping to build school capacity to intervene early and work preventatively.	National Education Psychological Service (NEPS)/ Department of Education and Skills, 2nd Floor, McKendrick House, McKendrick Place, Pearse Road, Letterkenny, Co. Donegal, F92 XAX9 Tel: 01 8650878 E:neps@education.gov.ie W: www.education.ie
<b>PIETA HOUSE</b> 6+ yrs 18+ Self-referral Under 18yrs requires parental permission Cost: Free	<b>What Pieta House do:</b> Pieta provides free therapy to those engaging in self-harm, with suicidal ideation or those bereaved by suicide	<b>For children 6years +</b> For children 6years+ young people and adults Pieta 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.	Clients can get in touch with us by calling: Tel: 0818 111 126 We also have a 24 helpline 1800247247 and a text line text 'Help' to 51444. For more information, visit pieta.ie
<b>HSE DONEGAL BEREAVEMENT SERVICE</b> 8+ Self-referral Cost: Free	<b>What HSE Donegal Bereavement Service do:</b> Provides professional one-to-one therapeutic service to people who have suffered a traumatic bereavement.	<b>Self-referral</b> Self-referral and third party referral facilitated, contact 07491 67250 at 69 Ballyrane Rd Letterkenny.	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal Tel: 074 9167250
<b>COUNSELLING SERVICES IN FAMILY RESOURCE CENTRES (FRC'S IN DONEGAL)</b> Low Cost, self-referral consent of parent if under 18 yrs	<b>Counselling provides a safe space to explore issues and provides support with:</b> <ul style="list-style-type: none"> <li>• Feelings &amp; Emotions; Education &amp; Expectations;</li> <li>• Relationships &amp; Sexuality;</li> <li>• Moods - Anxiety, Anger or Depression;</li> <li>• Bereavement &amp; Loss - family or peer, family separation or divorce;</li> <li>• Worries &amp; Concerns; Substance</li> <li>• Abuse - Self or Parental;</li> </ul>	<b>For Children, Young people and adults</b> Low Cost, self-referral consent of parent if under 18 To book an appointment contact your local FRC.	Clients can get in touch with us by calling: Donegal FRC: Tel: 074-9725337 Downstrands FRC Tel: 0873652577 The Forge FRC: Tel: 071-9861924 Moville FRC: Tel: 0870569124 Raphoe FRC: Tel: 074-9145796 St Johnston & Carrigans FRC: Tel: 074-9148551 Pastoral Centre: is available in Finn Valley FRC and Dunfanaghy FRC Tel: 074 - 9121853