

# Support, Mental Health and Counselling Services - Donegal North

**This Psychosocial Support Line** is available Monday to Friday 9-5 for anyone who wants a brief support call and is seeking information about a particular service or support. Your call will be diverted to a trained professional who will ring you back. Phone 087 1405138.

## Counselling in Primary Care Service

This service is for short term counselling and is available locally through the GP service, while typically for those with medical cards only, **it has now been extended to anyone who needs to be prioritised for a counselling service as a result of the critical incident.** Referrals to this service are made via the GP.

## Donegal Bereavement Service and National Counselling Service

The Bereavement Service is available for adults over 18 years who present with traumatic or complex bereavements (typically noted six months post bereavement).

Referrals can be made to: Donegal Bereavement Service, 69 Ballyraine Road, Letterkenny. Tel: 074 91 67250. The service is currently available currently in Letterkenny, Ballyshannon and Carndonagh.

## Adult Psychology Services

A Psychology service is provided in Dungloe, Letterkenny, Inishowen and Donegal Town for Adults who present with emotional difficulties or mental health issues that fall below the threshold for Donegal Mental Health Services.

Referrals to: Senior Clinical Psychologist, Adult Psychology Service, County Clinic, St. Conal's Campus, Letterkenny. Tel: 074 91 04641.

## Child Psychology Service

This is available in Buncrana, Letterkenny, Dungloe and Donegal Town for children and young people up to 18 years who present with emotional and behavioural difficulties.

Referrals to: Senior Clinical Psychologist, Child Psychology Service, County Clinic, St. Conal's Campus, Letterkenny. Tel: 074 91 04641.

## Jigsaw Donegal

Jigsaw is a brief and early intervention support service for young people aged between 15 and 25 years who have emotional difficulties that are below the threshold of that accepted to mental health services. Referrals to: Clinical Coordinator Jigsaw, Pearse Rd, Letterkenny. Tel: 074 97 26920.

<https://jigsaw.ie/talk-online/live-chat/>

Get free, text-based support with a clinician online through 1:1 webchats if you're between 12-25 years old.

## Mental Health Services

Referrals to CAMHS and Adult Mental Health Services for people with significant mental health difficulties are made via the GP.

## Pieta House

Pieta house is a voluntary service based in Letterkenny. It targets teenagers and adults who have been self-harming or who have been feeling suicidal. You can contact at any hour of the day by phoning **Freecall 1800 247 247**. Or if you can simply text **HELP to 51444**. Or contact the Letterkenny office directly on 074 9126594.