

# CHILDREN AND YOUNG PEOPLE'S COUNSELLING AND THERAPEUTIC SERVICES

## DUBLIN CITY NORTH



@CypscDcn  
www.cypsc.ie

This is a list of some counselling and therapeutic services available for children and young people in Dublin City North CYPSC area. If you or someone you know would like further information or advice please contact your GP or local service for advice and information.  
For emergencies, please dial 999 and ask for help.

### PHONE AND TEXT LINES FOR CHILDREN AND YOUNG PEOPLE:

Childline 1800 666 666 or Text "Talk" to 50101; Samaritans 116 123; Text "Hello" to 50808

CROSSCARE TEEN COUNSELLING		NO FEE
20 Arran Quay, Dublin 7 • Unit 2 B, Finglas Village Centre, Dublin 11 01 557 4705 • <a href="mailto:teencounselling@crosscare.ie">teencounselling@crosscare.ie</a> • <a href="http://www.teencounselling.ie">www.teencounselling.ie</a>		
Provides a professional counselling service to teenagers aged 12-18 and their parents/carers.		
Services Provided	How to access service	
Teen counselling for ages between 12-18. Face to face, online, and telephone options available.	Parents / Carers or services can make a referral.	

DAUGHTERS OF CHARITY CHILD AND FAMILY SERVICES		NO FEE
Connaught Street: 85 Connaught Street, Phibsboro, Dublin 7 • 01 838 8077 • <a href="mailto:connst@docharity.ie">connst@docharity.ie</a> Lisdeel: Lisdeel House, Swords Road, Santry Dublin 9 • 01 862 5195 • <a href="mailto:lisdeelfc@docharity.ie">lisdeelfc@docharity.ie</a> Turas Springboard: Our Lady Immaculate School, Darndale, Dublin 17 • 01 877 1716/3 • <a href="mailto:turas@docharity.ie">turas@docharity.ie</a> Main Office - Email: <a href="mailto:admin@docharity.ie">admin@docharity.ie</a> , First Floor, Swords Road, Santry, Dublin 9 D09 VF9F • <a href="http://www.docchildandfamily.ie">www.docchildandfamily.ie</a>		
Our Family Centres are welcoming and non-clinical and our professionally qualified staff work in partnership with parents and referrers to provide interventions that are therapeutic and supportive.		
Services Provided	How to access service	
We provide therapeutic services to children, young people and families. We support children (0-18 years) and their parents/ carers through a range of evidenced-based therapeutic interventions. Our approach to working with families is needs-led, solution-focused, strengths-based and outcome focused.	Parents / carers or services can make referrals.	

FAMILY RESOURCE CENTRES (FRCs)		Donations Accepted
Ballymun Child and Family Resource Centre, Shangan Green, Dublin 9 01 852 7183 • <a href="mailto:reception1@ballymunfrc.org">reception1@ballymunfrc.org</a> • <a href="http://www.ballymunfrc.org">www.ballymunfrc.org</a>		
Family Resource Centres provide a range of services and development opportunities that address the needs of families. Child Psychotherapy Service for children and adolescents 4-17 years of age, with consent of parent/ carer.		
Services Provided	How to access service	
Child Psychotherapy Service for children / adolescents up to 18 years of age. Face to face or online options available.	Self-referral from families or agency referral.	

FAMILY RESOURCE CENTRES (FRCs)		Donations Accepted
Hill Street Family Resource Centre, Hill Street Playground, Hill Street, Dublin 1 Confidential Counselling Line 085 853 2741 • <a href="mailto:info@hillstreetfrc.ie">info@hillstreetfrc.ie</a> • <a href="http://www.hillstreetfrc.ie">www.hillstreetfrc.ie</a>		
Family Resource Centres provide a range of services and development opportunities that address the needs of families. Child and family counselling available (up to 18 years).		
Services Provided	How to access service	
Child and family counselling for children/adolescents up to 18 years of age. Face to face, phone and online options available.	Self-referral from families or agency referral. Confidential counselling line 085 853 2741.	

## JIGSAW DUBLIN CITY

NO FEE

44 Essex Street East, Temple Bar, Dublin 2 • 01 658 3070 • [dublincity@jigsaw.ie](mailto:dublincity@jigsaw.ie) • [www.jigsaw.ie](http://www.jigsaw.ie)

Jigsaw Dublin City is part of a national network of free and confidential services supporting the mental health and wellbeing of people aged 12-25 living, working or studying in Dublin City. Jigsaw provides direct support for young people; facilitates a Youth Advisory Panel (YAP) and helps to raise awareness of mental health and wellbeing in communities. A range of online supports available at [www.jigsaw.ie](http://www.jigsaw.ie)

### Services Provided

Offers up to 8 sessions of brief intervention therapeutic support to young people (12-25 years) who are experiencing mild to moderate mental health difficulties. Face to face, online and phone support options.

### How to access service

Young people and their families can contact us directly. Under 18's require parental consent. Referrals can be made by a professional but are not necessary.

## LISTEN PROJECT

NO FEE

c/o Sphere17 Regional Youth Service, Darndale, Dublin 17 • 1800 303638 • [www.sphere17.ie/the-listen-project/](http://www.sphere17.ie/the-listen-project/)

The Listen Project is a counselling service where young people, 12-21 years, are provided with a safe space in Listen Sessions with a qualified counsellor to talk about and be heard on any issues that they are concerned about, and where they can be provided with meaningful support. For young people in or around Dublin 17, 13 and 5

### Services Provided

The Listen Project provides a specialist 1-2-1 support service, for up to 9 sessions. Face to face, online and phone options.

### How to access service

Young people can self-refer, or be referred by family member, friend, health/ education/ welfare professional. Parent/carer consent for under 18's, and young person must be willing to participate.

## THE MIND-IT PROJECT

NO FEE

c/o Cabra for Youth CLG and Sphere17 Regional Youth Service, Darndale, Dublin 17 • 1800 303 638

A wellbeing project providing youth counselling for young people 12-21 years, living in Cabra or Dublin 5, 13 and 17 areas.

### Services Provided

Youth counselling (12-21 years) to improve wellbeing. Face to face, phone and video app options available.

### How to access service

Free phonenumber available for young people, parents/carers and professionals to make a referral. Phonelines open Monday to Friday 4-6pm, or leave a message and you will be called back. Consent required for under 18's.

## "WHAT'S UP" - (BRYR)

NO FEE

Ballymun Regional Youth Resource Ltd, Sillogue Road, Ballymun, Dublin 11  
01 866 7600 • [counselling@bryr.ie](mailto:counselling@bryr.ie) • [joan.mcdonnell@bryr.ie](mailto:joan.mcdonnell@bryr.ie)

BRYR provides a range of programmes and services for young people. The "What's Up" service provides individual counselling for young people 10 – 24 years of age, operating in Ballymun. Sessions run Monday to Thursday from 5pm – 8:30pm.

### Services Provided

Individual counselling for young people between the ages of 10 and 24 years. The service consists of 10 voluntary counsellors providing a range of therapy options. Phone, online video, or face to face options available.

### How to access service

Self-referral or agency referral. Under 18's require parental consent.

## YOUNG PEOPLE AT RISK (YPAR) – NEIC COUNSELLING

NO FEE

C/O YPAR, Ballybough Community Centre, 49 Ballybough Road, Dublin 3 • 01 819 4779 • [yparprotocol@gmail.com](mailto:yparprotocol@gmail.com)

Counselling available for children and young people living in the North East Inner City.

### Services Provided

Counselling available for 4 – 18 years. Counselling for young people aged 12-18 years through Crosscare Teen Counselling Fast Track Service.

### How to access service

Contact the child's or young person's teacher, youth worker, or any worker connected with the child or young person.

## FOR TREATMENT AND ASSESSMENT

### CAMHS

NO FEE

CAMHS Ballymun Team: Ballymun Healthcare Facility, Civic Offices, Ballymun Road, Dublin 11 • 01 846 7219

CAMHS Darndale Team: Darndale Health Centre, Darndale Village Centre, Dublin 17 • 01 877 1552

CAMHS North East City Team: 44 North Great Georges Street, Dublin 1 • 01 902 6450

CAMHS North Inner City Team: Grangegorman Primary Care Centre (CAMHS on 2nd floor) Upper Grangegorman Road, Grangegorman, Dublin 7 • 01 867 6315 • 01 8673616

Specialist mental health service providing multi-disciplinary assessment and treatment for children and young people up to the age of 18, and their families who are experiencing moderate to severe mental health difficulties.

### Services Provided

Provides assessment and treatment for children and young people up to 18 years, and their families who are experiencing mental health difficulties.

### How to access service

Referral in collaboration with GP.