



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
COISTÍ NA SEIRBHÍSÍ DO LEANAÍ & DO DHAOINE ÓGA

Dublin City South
Cathair Bhaile Átha Cliath Theas

**DUBLIN CITY SOUTH
YOUTH MENTAL HEALTH
SUPPORTS & INFORMATION**

HEALTH SERVICES

&

SUPPORTS STATUTORY ORGANISATIONS

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES **CAMHS**

COMMUNITY CAMHS TEAMS (A Vision for Change)

What is Community CAMHS?

Community CAMHS are services that are located in local communities which offer specialised assessment and treatment for a range of young people and their families with mental health difficulties. They are made up of teams of professionals who are trained in the area of mental health like, psychiatrists, psychologists, nurses, social workers, occupational therapists and speech & language therapists.

Aim: The aim of CAMHS is to provide timely high quality assessment and treatment of mental health difficulties for young people and their families.

Who attends?

The first line of specialist services Community CAMHS will offer assessment to those young people and their families who have been identified by their GP or another senior clinician to be experiencing mental health difficulties that are having a moderate to severe impact on their quality of life.

What does Community CAMHS do?

Many people experience distress in their lives and the source of this stress can be school, family life or peers. Sometimes mental health difficulties arise without any noticeable triggers at all. There are many services that are available to help in all of these areas like education services, social services and health services. CAMHS is part of the health service and therefore is the appropriate service for young people who are experiencing distress as a result of mental health difficulties

To access a CAMHS services you need to be referred by a GP.

Linn Dara Inpatient Unit

Linn Dara is a Child and Adolescent Mental Health (CAMHS) Inpatient Unit for young people under the age of 18. It consists of two 11 bedded Units, Hazel and Rowan and a two bedded high observation unit called Oak. Each young person has their own ensuite bedroom. Linn Dara is an open Unit. Linn Dara works with young people who are struggling with their mental health, they may have become isolated or are finding it hard to cope with everyday life.

Mental health difficulties can present with many symptoms including anxiety, depression, psychosis and eating difficulties. However sometimes young people come to Linn Dara because it is not known what the problem is. The Unit is set up to be a supportive, structured and therapeutic environment.

Cherry Orchard Hospital

Ballyfermot

Dublin 10

D10 K033

T: 07669-56520

Lucena Clinics / St John of God Community Services

Lucena Clinic Services is the Child and Adolescent Mental Health Service of St. John of God Community Services Limited. Lucena Clinic Services is a registered charity and provides a mental health service to children and adolescents and their families.

Lucena Clinic Services offer a service to children up to the age of 18 years living in Dublin South, Dublin West, County Dublin and parts of Wicklow. The Clinics are open from 9.00 a.m. – 5.00 p.m. Serving Catchment areas; **2, 4, 6, 6W, 12**, 14, 16, 18 & Sth Co Dublin. Catchment areas may not exactly match postal codes. *Ring to find out which clinic serves your address.*

Lucena Clinic

59 Orwell Road,

Rathgar,

Dublin 6

(01) 492 3596

E: admin.lucena@sjog.ie - for general enquires only.

Do not send any clinical / personal information or urgent messages / requests.

Hours: Monday to Friday 9.00am – 5pm

Referral Criteria: Children and adolescents up to 18 years of age

Multidisciplinary Teams

4 Teams are based on the Rathgar Campus.

2 x Child and Adolescent Psychiatry Teams

1 x Adolescent Team

1 x Day Hospital Team

How is a child referred to the Clinic?

As a Specialist mental Health Clinic, referrals are from a **GP or other medical referral (Paediatrician, Area Medical officer)**. In order to make a referral the doctor must first see and assess the child to consider whether referral might be helpful. Typically a doctor will advise that a child is referred when significant concerns have been raised regarding a child's psychological well-being. If a Teacher or Social Worker is concerned about a child, he/she should recommend to the parent that the child be brought to a GP so a decision can be reached as to the need for referral to a CAMHS clinic

A child or young person may be referred for the following reasons

- Behavioural difficulties
- Emotional difficulties
- Attention Deficit Hyperactivity Disorder
- Family Relationship Difficulties
- Eating Problems and Disorders: Anorexia Nervosa and Bulimia
- Mood disorders: Depression, Bipolar Mood Disorder
- Autism and Asperger's Syndrome (Diagnosis Only)

Lucena Clinic Services will accept referrals from:

- **General Practitioners**
- **Doctors in Community Care**
- **Medical specialists in hospitals and clinics**

Information for Parents

A Child may experience psychological challenges at any point in his/her development. These difficulties may be expressed by the child in a variety of ways including emotional distress, behavioural difficulties or a mixture of the two. Lucena Clinic can help you and your child. **Lucena Clinic** is free, but you need a medical referral to attend.

Commonly this is passing phase for a child. Often when parents become aware that there is an issue for their child and address the underlying cause this is enough to contain the problem. In a minority of cases, however, parents may become aware that the problem is continuing despite their best efforts and is causing ongoing issues for the child and often the family as a whole. In circumstances where there is ongoing distress, emotional upset, behavioural problems and associated impairment for the child, it is often very useful to talk to the child's GP about whether

HSE PRIMARY CARE CLINICAL PSYCHOLOGY SERVICES

Child & Adolescent Service

Dublin South City and Dublin West

Eligibility for Child & Adolescent Primary Care HSE Psychology service available to children (DW & DSC)

- *between the ages of 0-18 years and their families*
- *with **mild to moderate psychological difficulties**/parenting concerns*
- *who would benefit from short term intervention (6-8 sessions on average)*

Exclusion Criteria

- *Children with moderate to severe psychological needs*
- *Children with complex disability*
- *Children experiencing suicidal risk*
- *Children who already have involvement with a disability (e.g. EIT, 6-18 Disability team) or secondary mental health service (e.g. CAMHS)*
- *Children with academic and learning needs only*

How to access the service?

- The completion of a Primary Care Clinical Psychology referral form and signed parental consent is required
- Anyone can refer with parental consent including
 - *Schools*
 - *Parents*
 - *primary care staff*
 - *GPs etc.*
- Referrals are reviewed weekly to review eligibility

Intervention may be provided through any of the following means:

- Parent programmes
- Individual therapy
- Group therapy
- Consultation – school, family etc.
- Home programmes
- Liaison with other services
- Psychoeducation

Dublin West Catchment

*Lucan, Clondalkin, **Inchicore, Ballyfermot, Chapelizod** /Palmerstown, Rathcoole Saggart*
2 Full-time Clinical Psychologies,

Primary Care Clinical Psychology Service

Senior Clinical Psychologist
Ballyfermot & Palmerstown Primary Care &
Mental Health Centre
Ballyfermot Road,
Dublin 10
Tel: 01-645 0501

Primary Care Clinical Psychology Service

Clinical Psychologist
The Maple Unit
Cherry Orchard Hospital
Ballyfermot
Dublin 10
Tel No: 01-8989410

Dublin South City Catchment

Liberties, Irishtown, Coombe, Rialto, James's, Rathfarnham/ Ballyboden, Rathmines, Rathgar, Harold's Cross, Terneure

Clinical Psychologist

Meath Primary Care Centre
Heytesbury Street,
Dublin 8.

PSYCHOLOGY DROP IN CLINICS (LOCATED IN DUBLIN WEST ONLY)

- *Advice Clinic*
- *Designed for Parents who have questions/ concerns about their child*
- *Addresses any concerns that a parent may have in relation to a child's development, behaviour, adjustment to life changes such as separation/ bereavement/ divorce*
- *Operates on a first-come first-served basis/booking also possible*
- *Each clinic has 4 slots available*
- *2nd /3rd Monday each month in Rossecourt Resource Centre*
- *Last Monday each month in Cherry Orchard Hospital*

HSE Primary Care Services

Primary Care Services are usually the first point of contact for children when mental health problems arise and they provide a first line of response. These services include

- Community psychologists
- Speech and language therapists
- Community occupational therapists
- Public health nurses
- Primary care social workers
- Public health doctors
- Specialist early intervention and school age services for children with developmental delay. This includes autism spectrum disorder.

Primary care listings
HSE search www.2.hse.ie
OR
www.dublincypscdirectory.ie

HSE *Connecting for Life* Resource Officers

SOUTH EAST DUBLIN:

Pauline O'Reilly,
Resource Officer for Suicide Prevention
CHO Area 6 (Dublin South East),

Mental Health Division,
Vergmount Hall,
Clonskeagh,
Dublin 6.
T: (01)-2680336
Email: pauline.oreilly@hse.ie

WEST DUBLIN, DUBLIN SOUTH CITY AND DUBLIN SOUTH WEST:

Emma Freeman,
Resource Officer for Suicide Prevention
CHO Area 7 (Dublin West, Dublin South City and
Dublin South West)

The Liberties Building,
Meath Community Unit,
Heytesbury Street.
Dublin 8.
Email: emma.freeman@hse.ie

Hospital Services – Accident & Emergency Departments

St. James's Hospital	Emergency Department
James's Street, Dublin 8 T: 01 410 3000 E: info@stjames.ie	The ED's mission is to provide the optimum care for patients who are victims of sudden illness within the resources available, by maximising the effectiveness and efficiency of all aspects of the service. This includes direct patient care, support services, administrative function and academic and training activities.
Tallaght Hospital	Children's Emergency Department
Tallaght, Dublin 24 D24 NR0A T: (01) 414 2000 or (01) 414 4200.	<p>The Paediatric Emergency department (ED) of the National Children's Hospital, Tallaght, is open 24 hours a day, 365 days a year.</p> <p>The Children's Department offer specialist paediatric emergency care to children needing emergency medical, trauma or surgical care. We see all children from <u>birth to the eve of their 16th birthday</u>.</p>
Our Ladies Children's Hospital Crumlin (OLCHC)	
Crumlin Dublin 12 D12 N512 T: (01) 4096100 Emergency Department T: (01) 409 6326	
St. Vincent's University Hospital	Emergency Department
Elm Park Dublin 4 D04 T6F4 Reception T: (01) 2214358	Importantly, the Emergency Department at St. Vincent's University Hospital (SVUH) caters for patients <u>aged 14 years and over</u> . If you or your child is under the age of 14, then you need to seek emergency care at your nearest paediatric emergency department.

EDUCATION

National Educational Psychological Service, NEPS

NEPS stands for the National Educational Psychological Service. It is a service provided by the Department of Education and Skills. NEPS psychologists work with both primary and post-primary schools and are concerned with learning, behaviour, social and emotional development. Each psychologist is assigned to a group of schools.

NEPS psychologists specialise in working with the school community. They work in partnership with teachers, parents and children in identifying educational needs. They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research. NEPS are concerned with learning, behaviour and social & emotional development. Each NEPS psychologist is assigned to a group of schools.

What do NEPS psychologists do?

NEPS work with teachers, parents and children to help all children develop to their potential. NEPS offer a range of services. For example, we support individual students, we provide advice and support to schools and we help schools cope when tragedies happen. (Children means children and young people between the ages of 4 and 18)

What should Parents do if they think their child may need to be seen by a NEPS Psychologist?

Parents need to begin by discussing their child's needs with the class teacher and/or school principal. Not every child needs to meet the psychologist in person. Each school makes referrals to their NEPS psychologist who helps the school to plan the work.

If the child's school does not have a NEPS psychologist please talk to your principal about local arrangements.

If the child's school arranges an assessment through NEPS there is no charge for this service. Schools which do not have a service from NEPS may organise to have a pupil assessed privately through the [Scheme for Commissioning Psychological Assessment \(SCPA\)](#).

Local NEPS contact through the child's school

NEPS Head Office

Dublin Region

Department of Education and Skills,

Marlborough Street,

Dublin 1

T: (01) 889 2700

Website www.education.ie

VOLUNTARY ORGANISATIONS

Many voluntary organisations in the community offer mental health services, often available at low or no cost. Selected voluntary supports and services

www.aware.ie	
<p>Aware is a national voluntary organisation providing support through depression. Services include support groups nationwide, a loCall Helpline open 365 days a year, email support services. All services are available to individuals who experience depression and also concerned family members and friends.</p>	<p>Helpline: 1890 303 302.</p> <p>E: wecanhelp@aware.ie</p>

WWW.BELONGTO.ORG (LGBT SUPPORT GROUPS)	
<p>BeLonG To is a national youth service for lesbian, gay, bisexual and transgender young people in Ireland aged 14-23. The BeLonG To website includes a section for parents.</p> <p>Youth groups: are available in Cavan, Cork, Donegal, Dublin, Galway, Limerick, Louth, Tipperary, Waterford</p>	<p>Office hours Monday – Friday 10am – 6pm</p> <p>Appointments with youth workers can be made by calling</p> <p>T: (01) 670 6223. E: info@belongto.org</p> <p>Parliament House, 13 Parliament Street, Dublin 2.</p>

BODYWHYS (EATING DISORDERS)

Support groups are available in Cavan, Carlow, Donegal, Dublin and Galway.

The aim of the groups is to provide a safe and non-judgmental environment for people with eating disorders to discuss and share feelings and difficulties with others going through a similar experience.

The group is available to people 18 years of age and over. There are also support groups for family and friends providing an opportunity to give and receive support from others going through a similar experience.

Bodywhys support group sessions are free and they last between one and a half and two hours.

Bodywhys is the national voluntary organisation supporting people with eating disorders in Ireland with a **helpline on 1890 200444 (Lo-call)**. For more information call T: (01)283 4963.

Online support group: Bodywhys Connect is a free, weekly internet support group currently offered to people with eating disorders aged 19 years and over.

Bodywhys YouthConnect is a free, weekly internet support group currently offered to people with eating disorders aged 13-18 years. It aims to provide support to young people who may be geographically isolated from a support group or who find it too difficult to attend a face-to-face group. Meetings last for an hour and a half and are facilitated by two trained Bodywhys volunteers. Meetings are held from 7.30pm to 9.00pm on Sunday.

CARI (CHILDREN AT RISK OF ABUSE IN IRELAND)

CARI provide a professional, child centred therapy and counselling service to children families and groups who have been affected by child sexual abuse. Services available include: Child and adolescent psychotherapy/ counselling. Advice appointments for parents and carers in need of crisis counselling with regard to a young person in their care who has been affected by sexual abuse. Ongoing support for parents and carers of children and adolescents affected by sexual abuse. Therapeutic support to children, up to 12 years of age, who have engaged in inappropriate sexual behaviour.

Clients are asked to make a contribution on a sliding scale. This fee covers all appointments, including assessment and therapy sessions. The amount the client or family is able to afford will be decided with them at assessment stage. Sometimes the HSE or other agencies will pay the fees on the family's behalf. Fees will be charged for missed sessions unless 24 hours notice is given.

Referrals for therapy can be made by Social Workers, Gardai, Solicitors, GPs, Psychologists, Psychotherapists, Psychiatrists and other professionals. CARI operate a helpline on **1890 924567 (lo call)**.

CHILDLINE WWW.CHILDLINE.IE

Children up to 18 years-old can contact 24 hours a day

Childline by visiting the website or by calling **1800 66 66 66** (a freephone number)

CRISIS PREGNANCY AGENCY

The Crisis Pregnancy Agency's b4udecide campaign aims to encourage teenagers to make healthy, responsible decisions about relationships and sex. It is aimed at teenagers 14 -16 years-old. It also aims to be a useful resource for parents, teachers and youth workers.

HSE Sexual Health & Crisis Pregnancy Programme
4th Floor,
89 – 94 Capel Street
Dublin 1
T: (01) 814 6292

E: info@crisispregnancy.ie

GROW

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all form of breakdown, or indeed, to prevent such happening. GROW's principal strength is the support members give each other from their own experience in matters to do with mental health.

Focus on young adults

GROW in Ireland believes that everyone is of equal value regardless of age. However, there is a specific need to provide resources and help for young adults.

www.grow.ie/young-adult

Helpline: 1890 474 474

**PARENTLINE WWW.PARENTLINE.IE
(HELPLINE FOR PARENTS)**

Parentline welcomes calls about any parenting issue. There is no typical call. Calls come from parents of new born babies, toddlers, pre-teens and teenagers, children of all ages. All ages offer different challenges. A problem which seems trivial at an early stage can easily develop into a more serious issue for both parent and child if unaddressed.

*Parentline
Carmichael House
North Brunswick Street
Dublin 7*
E: info@parentline.ie
T: 1890 927277 / 01 8733500

Parentline's lines are open
Monday – Thursday 10 am – 9.30 pm
and Friday 10 am – 4.30 pm

PIETA HOUSE (SUICIDE AND SELF-HARM)

Pieta House is a suicide prevention counselling service available in centres across Ireland including Dublin, Cork, Limerick, Roscrea, Tuam and Castleisland, Kerry.

Referrals to Pieta can be made by a parent, friend or directly by the person who is in crisis or distress. Pieta House services are free to access. Pieta House runs a helpline number **1800 201 890**

REACHOUT.COM (ONLINE YOUTH MENTAL HEALTH INFO)

ReachOut.com is an online service to help young people get through tough times. The aim of ReachOut is to improve young people's mental health and well-being by providing information, support and signposting in ways that work for young people.

www.reachout.com

SAMARITANS (EMOTIONAL SUPPORT AND LISTENING SERVICE FOR THOSE IN CRISIS).

Samaritans is a confidential emotional support service for anyone in Ireland, providing befriending 24 hours a day, 365 days a year to those passing through personal crisis

E-mail on jo@samaritans.org,
T: 116 123 or text on 087 2609090.
The service is entirely confidential. You do not have to use your real name, nor give any personal details.

JIGSAW (YOUTH MENTAL HEALTH SERVICE)

Jigsaw, Youth Mental Health.

Jigsaw provide supports to young people with their mental health by working closely with communities across Ireland.

Jigsaw is **NOT** a crisis service so if you or someone you are concerned about a child/young person in need of more urgent support please contact your local doctor or go to the Accident and Emergency department of the nearest hospital.

Jigsaw Dublin City

T: 01 658 3070
E: dublincity@jigsaw.ie

If you would like to talk to someone at Jigsaw Dublin City please get in touch to arrange an appointment. You can call, email or use **online contact form**.

Location

44 Essex Street East
Temple Bar,
Dublin 2

Teenline Ireland

Teenline Ireland is a national helpline for teenagers feeling fed-up, alone, distressed, worried or just want to talk.

Teenline provides a listening and support service and will provide you with information about other support services in your area.

TeenLine also extends its outreach services to schools and youth organisations all across Ireland. We have volunteer speakers who visit schools on request and speak to students about their mental health and TeenLine. There is no fee for the School Talk.

E: events@teenline.ie

T: (01) 4622124.

Helpline: 1800 833 634.

W: www.teenline.ie

TW: [#WELISTEN](https://twitter.com/WELISTEN)

SHINE

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

Block B,
Maynooth Business
Campus,
Straffan Road,
Maynooth,
Co Kildare
W23W5X7

E:

info@shineonline.ie

ASIST (APPLIED SUICIDE INTERVENTION SKILLS TRAINING)

The emphasis on the two-day ASIST workshop is on suicide first aid, on helping a person at risk to stay safe and seek further help. Attendance at the full two days is essential. Learn how to:

- Recognise invitations or signs for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

National Youth Council of Ireland

National Youth Training Programme

3 Montague Street,

Dublin 2

D02 V327.

T: (01) 478 4122

E: info@nyci.ie

W: www.youth.ie

safeTALK

safeTALK is 'suicide alertness' training. It teaches participants how to recognise people with thoughts of suicide and keep them safe. It is for anyone who wants to learn how to provide practical help to people having thoughts of suicide.

safeTALK is three hours in duration and is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

UNDERSTANDING SELF HARM WORKSHOPS

The aim of this one-day awareness training programme is to develop participants knowledge and understanding of self-harming behaviour.

The workshop

The workshop provides opportunities to improved knowledge, awareness and understanding of self-harm. Participants consider how personal attitudes and experiences might affect their helping role with a person who self-harms. It aims to clarify what self-harm is, what leads people to engage in the

behaviour and considers its relationship with suicide. The causes, reasons behind the behaviour, and the functions are discussed.

Positive approaches to engaging with and caring for someone who self-harms are presented. Active participation is encouraged. It is stimulated by audio-visuals and working with others in small groups.

Who should attend the Understanding Self-Harm Training?

The training is suitable for people who work with young people such as youth workers, teachers, residential care staff, Gardaí, and people in caring professions and parents, concerned members of the public, people who work in alcohol and addiction services, those who work with homeless people and people who work with those recovering from mental illness.

It is open to both agencies and individuals who seek to understand more about self-harm, the reasons underlying self-harm behaviours and to improve personnel/agency responses to the needs of those people who self-harm.

Training is suitable for people over 18 years of age.

Lifeskills Training (Botvin)

LifeSkills is a highly effective evidence-based prevention and early intervention programme for children aged 8-14 years. LifeSkills concentrates on a preventative approach which shares age appropriate information with young people, providing them with skills, knowledge and experience necessary to make healthy choices.

Rigorous evaluation over four decades in the US have found that LifeSkills can reduce the prevalence of smoking, alcohol and illicit drugs by up to 75% with long lasting effects of up to 12 years. It is the most evaluated substance misuse programme in the world.

For Training in Ireland Contact
Lauren Spiers Barnardos N Ireland
E: lauren.spiers@barnardos.org.uk
T: 048 90790133

THE FRIENDS PROGRAMME

'Fun Friends', Friends for Life' and 'My Friends Youth' are school based anxiety prevention and resilience building programmes developed by Dr Paula Barrett in Australia. The WHO cites 'Friends for Life' as the only evidence-based programme for anxiety in children that is effective at all levels of intervention (WHO, 2004)

Friends programmes helps students to develop resilience by teaching them effective strategies to copy with, problem solve and manage all kinds of emotional distress, including worry, stress, change

and anxiety. Skills learned throughout the programme help students both now and in later life. The programme can be run by teachers as a whole class programme, or as a small group intervention.

FRIENDS is an acronym for the skills taught throughout the programme

- **Feelings**
- **Remember to relax. Have a quite time.**
- **I can do it! I can try (inner helpful thoughts)**
- **Explore Solutions and Coping Step Plans.**
- **Now reward yourself! You've done your best!**
- **Don't forget to practice**
- **Smile! Stay calm, Stay strong and talk to your support networks!**

Many NEPS psychologists deliver training to teachers to deliver the programmes in schools. For further information about programmes that may be running in your locality, **contact your school's NEPS psychologist.**

STORM

The aim of the STORM (Skills Training on Risk Management) self-harm training is to develop / enhance skills and confidence in assessment and management of self-harm. STORM utilises the gold standard methods of rehearsal, filmed role-rehearsal and feedback delivered to small groups of participants.

- Day 1 is made up of two modules, Self Harm Risk Assessment and Crisis Management
- Day 2 (half-day) concentrates on a third module, Problem Solving

The course is suitable for people who frequently come in to contact with people who self-harm and who need to carry out an assessment and manage a self-harm crisis, including but not limited to Mental Health staff, nurses, psychologists, social workers, counsellors, school and college staff, youth workers, community and voluntary groups.

You can get more information about STORM from www.stormskillstraining.co.uk or email trainingSRO@hse.ie.

PARENTS PLUS ADOLESCENTS PROGRAMME

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

The Adolescents Programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives. The DVD for this programme illustrates well-researched principles of effective communication and conflict

resolution which parents can use with their teenagers, with the aim of helping them grow into responsible young adults. As well as role-play scenes and interviews with parents, the DVDs include interviews with young people about what it is like to be a teenager and their views about what makes families run smoothly.

Topics Include

- Getting to know and connecting with your teenager
- Communicating positively and effectively
- Building your teenager's self-esteem and confidence
- Negotiating rules and boundaries
- Teaching teenagers responsibility
- Positive discipline for teenagers
- Managing conflict
- Solving problems together

For more information on Courses / Location & Costs

Parents Plus Charity
15 St Vincent Street North
Dublin 7
T: (01) 830 7984
E: admin@parentsplus.ie
W: www.parentsplus.ie

STAY SAFE

The CAPP programme (Stay Safe) is a primary school based approach to the prevention of child abuse. The aim of the programme is to reduce vulnerability to child abuse and bullying through the provision of a personal safety education programme for children at primary school level, continuing professional development for teachers, training for Boards of Management and information sessions for parents.

The Stay Safe programme itself is a personal safety skills programme designed for use with primary school children from Junior Infants through to 6th class. The programme seeks to enhance children's self-protective skills by participation in lessons on safe and unsafe situations, bullying, inappropriate touch, secrets, telling and stranger danger.

Child Abuse Prevention Programme
Bridge House
Cherry Orchard Hospital,
Dublin 10
T: 076 6955547
E: staysafe@indigo.ie
W: www.staysafe.ie

JIGSAW TRAINING

Introduction to Youth Mental Health Training

This one-day course is aimed at staff who are working with young people

An Education and Training Programme of Jigsaw: The National Centre for Youth Mental Health
Delivered in collaboration with The Department of Health Promotion and Improvement, HSE Health & Wellbeing Division

Objectives

- Prevention and early intervention approach to youth mental health
- What is mental health & how does it develop?
- The current landscape of youth mental health
- Help seeking patterns in young people
- Signs of mental health difficulty & safety
- Role of One Good Adult
- 5-a-day for mental health promotion

Please note: If you have already participated in the 'Understanding Youth Mental Health' training provided by Jigsaw (details below), this training covers similar content and so will not be relevant for you.

Understanding Youth Mental Health

Understanding Youth Mental Health is a 1-day interactive workshop which focuses on providing participants with a deeper understanding of mental health and the factors that influence its development. This workshop is designed for those who work or volunteer with young people (aged 12-25 years) in their schools, organisations and community clubs and groups.

Participants will:

- Have a greater understanding of mental health and the factors that influence its development
- Understand the different perspectives on youth mental health
- Have greater knowledge of the key issues impacting on the mental health and wellbeing of young people
- Have a greater awareness about adolescent development and emerging adulthood
- Are familiar with the signs of mental health difficulties and safety
- Have an appreciation of help-seeking patterns amongst young people
- Have greater awareness about local youth mental health supports and services.

If you have any queries about Jigsaws Education & Training work, you can email educationandtraining@jigsaw.ie

BELONG TO COUNSELLING SERVICE WITH PIETA HOUSE

BeLonG To, the national organisation for Lesbian, Gay, Bisexual and Transgender (LGBT) young people aged between 14- and 23-years-old. For LGBT young people who are self harming or thinking of suicide, BeLonG To Youth Service and Pieta House have started a counseling service for LGBT+ young people. If you're between 14yrs – 24yrs old, and are self harming or thinking of suicide.

Call **01- 6235606** to book an appointment through Pieta House Ballyfermot, under 18s must have guardian consent.

The appointments are every Tuesday and Thursday afternoon at BeLonG To at 13 Parliament st,

Mental Health First Aid

Mental health first aid is the help offered to a person who is developing a mental health problem or who is experiencing a mental health crisis, until appropriate professional treatment is received or until the crisis resolves. It follows the model that has been successful with conventional first aid.

Mental health first aid is for everyone. You don't have to be an expert to talk to someone about mental health but Mental Health First Aid has been proven to give individuals more confidence to help others. Mental health first aid has the potential to help those who may, in their daily lives, come across individuals experiencing mental health difficulties.

This could include people such as those in the caring professions, social care, interested family carers, and line managers, HR personnel, foster parents, pharmacists, teachers or Gardaí. The potential list is endless.

The Mental Health First Aid Programme was created in Canberra, Australia in 2000 by an educator and mental health consumer (Betty Kitchener). **Services in Ireland are through Saint John of God Hospital** which is a not-for profit, independent provider of mental health services. In May 2014 the Hospital signed a Memorandum of Understanding with MHFA Australia to adapt the course for Ireland. The work of MHFA Ireland is overseen by the Project Director Dolores Keating, Project Manager Donal Scanlan and the National Training Team who advises on strategy and support instructor training. We are governed currently by Saint John of God Hospital Ltd, led by CEO Emma Balmaine and her board of management.

For more information

T: (01) 2771458

Mental Health First Aid Ireland
C/o Saint John of God Hospital,
Stillorgan,
Co. Dublin

W: www.mhfaireland.ie/who-we-are

Mental Health Awareness

Mental Health Ireland is a national voluntary organisation which was established in 1966 as the Mental Health Association of Ireland. MHI's aim is to promote positive mental health and wellbeing to all individuals and communities in Ireland. MHI have a network of 92 Mental Health Associations throughout the country, all led by volunteers. Mental Health Associations fundraise to organise outings and events for those struggling with mental health in their communities.

The organisation's core staff includes a CEO and support staff who operate at a national level and a team of Area Development Officers in regional areas of the country.

The Area Development Officers support the Mental Health Associations and deliver awareness-raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities.

For queries relating to training options please contact Mental Health Ireland

at training@mentalhealthireland.ie or

T: (01) 284 1166

E: info@mentalhealthireland.ie

W: www.mentalhealthireland.ie

Ballyfermot MHA E: ballyfermotmha@mentalhealthireland.ie

Crumlin & District MHA E: crumlinmha@mentalhealthireland.ie

Health Promotion – www.yourmentalhealth.ie

#LittleThings Posters

We designed some posters to remind us of the little things that make a big difference to how we feel. Share them with friends and family, or download them to remind you that it's the little things that can help lift your mood. You can [order printed poster and postcard packs at HealthPromotion.ie](http://www.yourmentalhealth.ie).



GREEN RIBBON MONTH



What is the Green Ribbon Campaign?

The annual Green Ribbon Campaign takes place every May, and aims to get people talking openly about [common mental health problems](#). This campaign promotes open conversation about mental health and it challenges the associated stigma that sometimes comes with it

www.HSE.ie Mental Health Services Jargonbuster!

Some of the language used by your Local Mental Health Team may be unfamiliar to you. Here's an explanation of the main terms in plain English.

Acute Unit –

A hospital unit for people who are very unwell with a mental health problem.

Advocate

Someone who gives information to people with mental health difficulties on their rights and who can help them to get their views wishes and feelings heard. They can talk things through and can speak on your behalf.

Antipsychotic

Medications usually used to treat psychosis.

Approved Centre

A hospital or unit that is registered with the Mental Health Commission to provide care and treatment to a person with a mental health problem under the Mental Health Act 2001.

Art therapy

Way of expressing difficult feelings by using imagination and creativity rather than thinking and talking.

Assertive outreach team (AOT)

A team that aims to help people who find it hard to engage with services. These teams tend to have smaller case loads than local mental health teams and often work intensively with people.

Assessment

The process of working out what someone's needs are and how they can be met.

Care Plan

A written plan of care and support covering a period of time (usually several months).

CAMHS Child and Adolescent Mental Health Services

Child and Adolescent Mental Health Services and is a service that provides

assessment and treatment for young people and their families who are experiencing mental health difficulties. While a broad range of services support the mental health of children and adolescents, the term 'CAMHS' is usually applied very specifically to services that provide specialist mental health treatment and care to young people **up to 18 years of age** through a multidisciplinary team

Clinical Psychologist

Someone who works with a wide variety of people towards making changes in their lives. The process begins with gathering a thorough understanding of the person's thoughts, emotions and behaviour. From this, a collaborative plan is drawn up, to help people work towards a preferred way of life, in keeping with what is important to them.

Clinician

Someone who provides care and treatment to patients, such as a nurse, psychiatrist or psychologist.

Code of Practice

A document that provides guidance to mental health professionals, managers and staff of mental health units on how they should fulfill their duties. They are not laws and staff do not have to follow them if there is a good reason not to.

Cognitive Behavioural Therapy (CBT)

A 'talking treatment' to overcome upsetting and unhelpful ways of thinking and behaviour.

Community Mental Health Nurse (CMHN)

A qualified nurse who provides outpatient and the follow-up care and recovery service when the individual is living at home or in the community.

Community Mental Health Team (CMHT)

The providers of mental health services on a local basis. These teams may include

Psychiatrists

Clinical Psychologists

Community Mental Health Nurses

Social Workers and

Occupational Therapists

All of these professionals work jointly in trying to develop care and recovery

initiatives to meet the needs of the person using the services.

Community Psychiatric Nurse (CPN)

A qualified mental health nurse who supports someone in the community.

Confidentiality

Treating your information - medical or other - as private and not for sharing. Within your unit “not for sharing” will mean not sharing outside of those that provide care for you. You should always be told if your care team wants to share it with anyone else and why.

Consent

Where permission is given for things relating to care and treatment. For example, consenting to take a particular medication.

Consultant

A specialist who has reached a certain level of expertise in psychology, psychiatry or nursing.

Consultant Psychiatrist

Medical doctor with specialist experience and qualifications in mental illness and emotional disorders who has overall responsibility for a patient’s care including medication.

Depot Injections

Long acting medication often used where people find that this is a better option than taking tablets.

Dual diagnosis

A combination of mental illness with another condition such as alcohol or drug misuse.

Early Intervention Service (EI)

A mental health team working with adults of working age who are experiencing their first episode of psychosis or are in the early stages of illness.

ECT

Electroconvulsive therapy or treatment

Elder Abuse

Inappropriate and threatening physical or mental treatment of older people

Family/Systemic Therapy

Therapy involving and exploring difficulties in relationships with family, partners and friends

Forensic Services

The area of mental health dealing with people who commit offences while being mentally ill.

General Practitioner (GP)

Local doctors based in the community.

Health Service Executive (HSE)

The body responsible for providing public health services in Ireland.

Home Care Service

The Home Care Team is available in the community seven days a week, usually visiting the person in their own home. Team members have smaller case loads than colleagues in Community Mental Health Teams (CMHT’s), which enables them to spend more time with the individual and their carers in the stabilisation phase of the illness and later in the recovery phase.

Inpatient

Someone staying in hospital.

Key Worker

The one person who is responsible for making sure that people are keeping to what was agreed in your Care Plan and who has overall responsibility for your care and treatment. You should be able to speak to that person when you are concerned about anything.

‘Mental Health Difficulties’

What are ‘Mental Health Difficulties’? These are conditions like, depression, anxiety, eating disorders, psychosis and Attention Deficit Hyperactivity Disorder to name a few. Sometimes these difficulties are noticeable by persistent feelings of sadness, worry, stress, concentration issues or deliberate self-harm.

Mental Health Act 2001

The law that provides for mental health care and treatment in Ireland

Mental Health Commission

An organisation set up under the Mental Health Act to promote high standards and good practices in mental health services and to protect the interests of people detained in hospital.

Multi-agency

Service planning and co-operation carried out by a number of agencies working together.

Mental Health Difficulties'

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Multidisciplinary

Service planning and operation carried out by a number of people who have different jobs. For example, a team including *a social worker, occupational therapist and nurse*.

Music Therapy

A way of expressing difficult feelings by using music and creativity rather than thinking and talking.

Next of Kin

The person nominated by a person with mental health difficulties as their contact in case of emergency.

Occupational Therapist (OT)

A person working to develop skills and confidence in everyday life, such as work, social and leisure activities and personal care.

Outpatient

Someone who comes to hospital for an appointment to see a doctor, nurse, social worker or psychologist but does not stay overnight.

Pharmacist

Someone with expert knowledge of medicines.

Pharmacology

The study of drugs and medicines, and their uses and effects.

Psychiatrist

A medical doctor with specialist experience and qualifications in mental illness and emotional disorders.

Psychological Therapies (also known as "talking therapies")

Ways of helping people by talking through emotional problems with a trained psychological therapist.

Psychologist

Someone with a psychology degree and expertise in psychological therapies who helps people with emotional or psychological problems.

Psychosis

Disorders involving distorted perceptions of reality – often with symptoms of hallucinations and delusions.

Psychotherapist

Someone trained in psychotherapy. They can be from any professional background or none, but should be registered with a professional psychotherapy organisation.

Psychotherapy

A 'talking treatment' to help people to understand their mental or emotional problems and change behaviour, thoughts or emotions.

Referral

Introducing someone for assessment or help.

Rehabilitation

Services defined to improve people's effectiveness after illness or disability.

Respite Care

Short-term, usually residential care which allows the person with mental health difficulties or their carer to have a break.

Service User

The person receiving care from mental health services. Some people prefer to use the word 'patient'.

Social workers

A professional who helps with practical aspects of living. They usually work closely with other organisations such as GPs and hospitals and help you access benefits and schemes from the HSE and social welfare.

Stigma

Attitudes and the use of negative labels to identify a person living with mental illness. Stigma is a barrier and discourages people and their families from getting the help they need due to the fear of being discriminated against.

Team Leader

A senior clinician, such as nurse or social worker, in charge of a mental health team.

Common Problems – www.yourmentalhealth.ie

It is estimated that one in four or five of us will experience some mental health problems in our lifetime. For that reason it's important to understand the basic facts of mental health, be able to recognise signs of mental health problems and understand types of mental health problems. In this section, you will find information about mental health problems and the things in life that can affect your mental health.

Yourmentalhealth.ie have taken some of the most common mental health problems faced by people in Ireland and provided some information and details of support services for each one.

Stress: While some forms of stress can be positive and even helpful, high stress levels can negatively alter your world view, how you act, your confidence and even how much energy you have to get through the day. Stress is how you feel when you are facing demands that you are not sure you can meet. It is a normal part of everyday life and can be both positive and negative. Many things can trigger a stress response - [relationships](#), [money](#), work, exams, the expectation you put on yourself or the expectation you feel from others – the list is endless.

Stress can affect how you feel; how you think and behave; how confident you feel; and your energy levels. A small amount of stress can be healthy as it can motivate us and help prepare us for challenges in life. However, when this balance tips into high stress levels it can cause you to feel unwell. It is very difficult to measure stress levels as different people react to events in their lives in different ways – so what you find stressful may be motivating for someone else.

Stress symptoms can include:

- Rapid heartbeat
- Tense muscles
- Headaches
- Feeling irritated/agitated
- Sleeping problems
- Breathlessness
- Sweating

- Loss of appetite
- Upset stomach
- Difficulty concentrating
- Racing thoughts

[Learn more about the signs of stress and how to manage it.](#)

Anxiety: Anxiety is a common experience, however ongoing anxiety can be overwhelming and exhausting. Everyone experiences the symptoms of anxiety at some point in life. For some, anxiety can be a passing emotion attached to life circumstances or situations such as exams, getting married, work pressures or retirement. For others, dealing with anxiety is something they experience on an ongoing basis that really interferes with their life. Anxiety is a common experience for both men and women.

Symptoms of anxiety can include:

- A racing heart
- Rapid breathing/ breathlessness
- Feelings of panic
- Sweating
- Excessive and undue worrying
- Disturbed sleep
- Tense muscles
- Headaches
- Morbid thoughts
- Upset stomach
- Fear of losing control

[Read up on the signs of anxiety and tips for managing it.](#)

Panic attacks: Characterised by episodes of intense fear or high levels of anxiety, panic attacks can come and go quickly.

Panic attack symptoms can include:

- A sudden and rising feeling or fear or distress
- Rapid breathing, leading to a feeling that you cannot breath properly
- Gasping for air
- Tight sensation in your chest/ chest pains
- Dizziness or feeling faint or shaky
- Confusion or panicked thoughts
- Tearful
- Pins and needles
- Sweating
- Feeling very hot or cold

- Fear that you are dying or losing control

[Research the signs of panic attacks and sources of support.](#)

[Feeling down/ depression:](#) Depression is a step beyond having a bad day or feeling down. If you are feeling down or low, and the symptoms interfere with your everyday life for two weeks or more, you might be experiencing depression.

Common symptoms of depression include physical as well as mental changes:

- Persistent feelings of sadness or hopelessness
- Feelings of worthlessness, emptiness, pointlessness
- Irritability, angry outbursts and negativity
- Loss of energy
- Lack of interest in daily activities and in the things you normally enjoy
- Difficulty concentrating - restlessness and agitation
- Marked [anxiety](#) and indecisiveness
- Lack of motivation, loss of confidence and avoiding responsibilities
- [Sleep disruption](#) and insomnia or having unrestful sleep
- Comfort eating or decrease in appetite, no enjoyment in food
- Tiredness or fatigue with no physical cause
- Loss of vitality, sex drive
- Turning more to [alcohol](#), cigarettes or other substances to cope
- Thoughts of [self-harm](#), wishing to be dead or [thoughts of suicide](#).

[Understand the common symptoms of depression and get support.](#)

[Self-harm:](#) Self-harming is a way of dealing with emotional distress. If you are self-harming or are considering it, [find information on supports and services.](#)

[Suicidal thoughts:](#) If you or someone you know is struggling with thoughts of suicide, there are [support services that can help](#). We also have tips for helping others who are facing a difficult time.

[Eating disorders:](#) Eating disorders are complex and can involve unhealthy eating patterns such as eating and purging, restricting eating exercising.

Typical eating disorder patterns include:

- Self-starvation: by fasting and/or food restriction
- Purging: by self-induced vomiting, over-exercising, or laxative abuse
- Bingeing: by consuming quantities of food beyond what the body needs to satisfy hunger
- Weight loss or frequent changes in weight
- Continuing with a diet having already reached their target weight
- Low self-image and showing a marked over-concern with body shape, weight and size
- Becoming obsessed and preoccupied by food (for example, preparing food they will not eat themselves)
- Making comments about their body size being abnormal when it is not
- Suffering visible deterioration in the condition of their teeth which can result from self-induced vomiting
- Regularly leaving the table as soon as they have eaten
- Feeling depressed and isolated
- Irritability and mood swings
- Withdrawal from social interaction and a marked change in personality

Signs of an eating disorder:

- Weight loss or frequent changes in weight
- Continuing with a diet having already reached their target weight

- Low self-image and showing a marked over-concern with body shape, weight and size
- Becoming obsessed and preoccupied by food (for example, preparing food they will not eat themselves)
- Making comments about their body size being abnormal when it is not
- Suffering visible deterioration in the condition of their teeth which can result from self-induced vomiting
- Regularly leaving the table as soon as they have eaten
- Feeling depressed and isolated
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- Withdrawal from social interaction and a marked change in personality

[Learn more about eating disorder patterns, signs and support.](#)

Bipolar disorder: Bipolar disorder used to be called 'manic depression'. As the name suggests, it is characterised by episodes of very low mood or depression and/or high mood or mania. Bipolar disorder is experienced through episodes of very low mood or depression and/or high mood or mania.

[Click through for support services, insight and symptoms.](#)

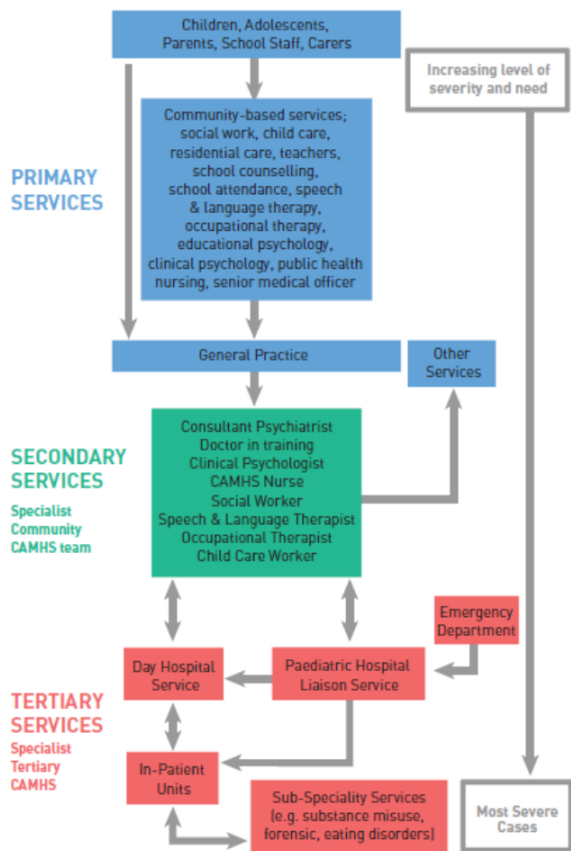
Schizophrenia: Schizophrenia is a mental health diagnosis often used to describe experiences such as disturbances in your thoughts, perceptions, emotions and behaviour. About one in every 100 people worldwide have a diagnosis that fits into this category. Schizophrenia is rare before the age of 15, but it can start any time after this, most often between the ages of 15 and 35.

The schizophrenia symptoms are broken into two groups – 'positive' and 'negative' symptoms.

[Learn more about symptoms and support.](#)

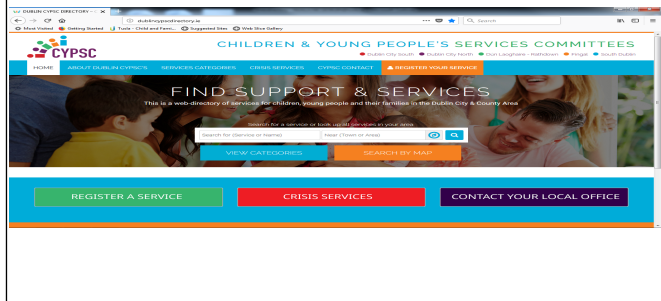
APPENDIX 1 HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICES STANDARD OPERATING PROCEDURE

10.0 Model of Child & Adolescent Mental Health Services



Website recourses

Dublin City South CYPSC Web-directory



Dublin City South – General Practitioners

www.hse.ie & Irish College of General Practitioners

www.icgp.ie

National Youth Council of Ireland

