



Skerries Youth Support Services (SYSS)

Reg Charity No. - 20205571



Objectives

To support the mental health of young people
aged between the ages of 18 and 24 years



How?

- Providing relevant and practical information
- Hosting talks and information seminars
- Collaborating with other community based service providers and groups
- Facilitating a free and confidential early intervention youth counselling service

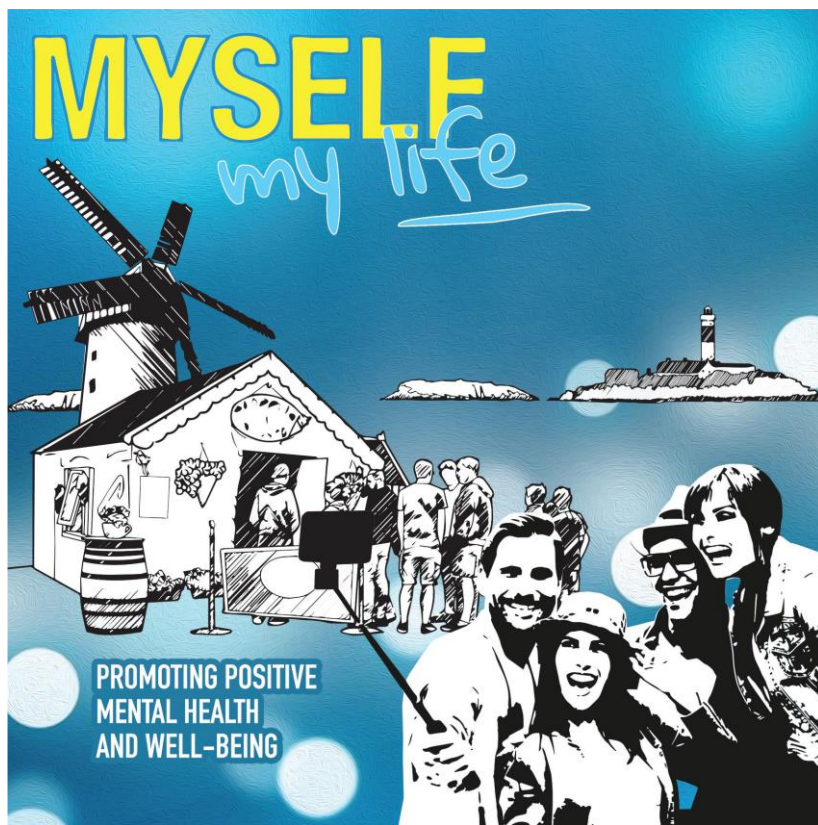


Organisation – Who we are

- ❖ Established in 2016
- ❖ Community based organisation – Run by the Community for the Community
- ❖ Currently 14 Committee Members – all volunteers
- ❖ Charitable Status obtained in 2020



Information Booklet



- First edition launched in 2016
- Given to all students of local secondary schools (Skerries, Donabate, Balbriggan etc.)
- Delivered to majority of houses in Skerries
- Available in local shops, train station, community centre, doctors etc.
- Currently on fourth edition – approx. 6,000 in circulation



Information Sessions

- Several information talks held in collaboration with other service providers – North Dublin Regional Drug and Alcohol Task Force, Jigsaw etc.
- Aimed at both parents and young people
- Examples: *“Talking to a Young Person about Alcohol and other Drugs”* & *“Parenting – the Rewards and challenges”* with John Lonergan
- Working in conjunction with local community groups – scouts, schools, sports clubs



Youth Counselling Service



S Y S S



Any young person aged between 12-24 who is experiencing challenges to their mental health can avail of free counselling at Skerries Youth Support Services, there is no referral needed. Please call [089 616 7222](tel:0896167222) to arrange an appointment.





Youth Counselling Service

- 2017 – One day a week service funded by the North Dublin Regional Drug and Alcohol Task Force (NDRDATF)
- 2018 – SYSS and the NDRDATF become partners in funding one day a week each
- 2020 – SYSS fund a third day
- 2021 – SYSS fund a fourth day
- 2022 – SYSS fund a fifth day to alleviate waiting list
- Flexibility to increase / decrease the provision of the service based on demand



Youth Counselling Service

- Early intervention counselling.
- Professional (fully insured and accredited) youth counsellors to provide the service.
- Fully funded – no cost to the service user.
- 6-8 sessions per service user.
- Presenting issues: anxiety, depression, stress, body image etc.
- Appointments available five days per week (including weekends)



Youth Counselling Service

- Service available to young people aged between 12 and 24 either living in, going to school or working in Skerries and the surrounding areas.
- Multiple referral sources – self, parent / family, school, GP etc.
- Up to 25 young people seen every week.
- Over 185 young people supported over the last 12 months.



Funding

- SYSS services are provided through fundraising
- One day per week funded by the North Dublin Regional Drug and Alcohol Task Force and one day per week by Hamilton Park Care Facility
- No State funding is received



SWIM FOR SYSS!



DETAILS COMING SOON...



CHARITY HEAD SHAVE
WITH *Niamh Weldon*
Saturday Sept 24TH Floraville Park, Skerries
@2:00PM

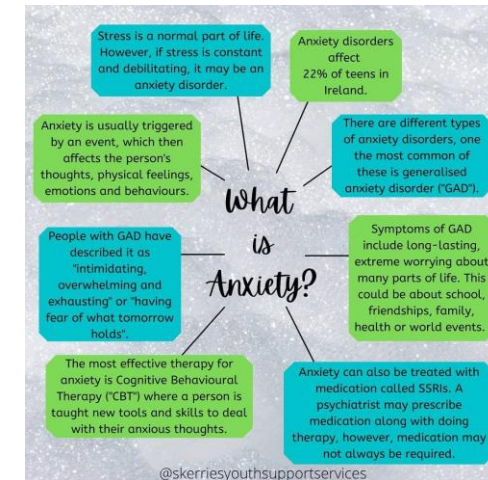
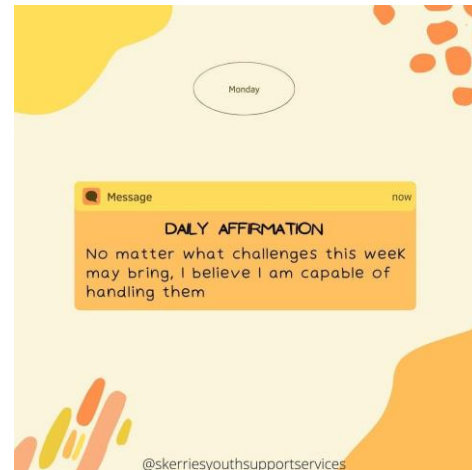
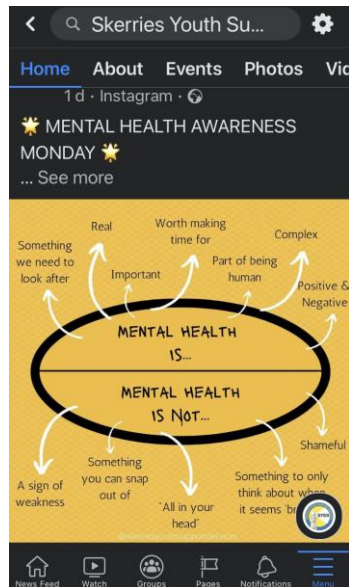
Donate here

"COULD I BE ANY BALDER?"

IN AID OF SKERRIES YOUTH SUPPORT SERVICES & WITH SUPPORT OF COLIN RIDGEWAY BARBERS



Social Media



SYSS Instagram and Facebook accounts help raise awareness about the service, promote positive mental health and keep the community informed of fundraisers and events.



Thank You!



- To make an appointment –
089 616 7222
- To contact the Committee (email) –
info@syss.ie
- Facebook – Skerries Youth Support Services
- Instagram – skerriesyouthsupportservices
- Website – www.syss.ie