

Accessing Mental Health Support Services in Galway City and County

Name of Service	How to Access the Service	Contact Details	Name of Service	How to Access the Service	Contact Details
<p>HSE ADULT MENTAL HEALTH SERVICE</p> <p>A mental health care service for people aged 18 years or older with mental health disorders.</p> <p>Free of charge.</p>	<p>If possible, referral to the service is made via a GP (or West Doc out of hours).</p> <p>In case of emergency, referrals can be made through a hospital A&E Department.</p> <p>Referrals are accepted by the Adult Mental Health Team at a weekly Multidisciplinary team meeting.</p>	<p>Lá Nua Day Hospital (091) 748400</p> <p>Psychiatry of Later Life Galway West (091) 891095</p> <p>Galway City West / East (091) 512970 / 512971</p> <p>Galway City South / Galway County South (091) 748466</p> <p>Galway City North / Galway County North Connemara South (091) 512969</p> <p>Connemara West (091) 512972</p> <p>Slí Nua Homeless Team (091) 512973</p>	<p>HSE COMMUNITY HEALTHCARE WEST ALCOHOL / DRUGS SERVICES</p> <p>Free and confidential service which provides supports using a harm reduction approach to those who misusing or dependent on alcohol / drugs. The service provides:</p> <p>Provides counselling, care planning, family support and assistance to access residential treatment facilities.</p>	<p>This is a direct access service.</p> <p>Referrals can also be made by GPs through Healthlink.</p>	<p>16 Merchants Road Galway H91 E342</p> <p>(091) 864450</p>
<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)</p> <p>For children and adolescents, aged 0 to 17 years, with moderate to severe mental health disorders.</p> <p>Free of charge.</p>	<p>Must be referred by a GP, Area Medical Officer or through the A&E Department.</p> <p>Other services, for example Tusla, can make referrals in conjunction with a GP.</p> <p>Referrals require involvement and consent of parents / legal guardians.</p>	<p>North Galway (091) 548 922</p> <p>South Galway (091) 52 1755</p> <p>West Galway (091) 580 100</p> <p>Inpatient Unit 24hrs (091 731 401)</p>	<p>GALWAY COMMUNITY CAFÉ</p> <p>Galway Community Café is a free out-of-hours adult mental health service designed and run by people with lived experience of mental health challenges.</p> <p>Open to anyone over the age of 18 years.</p>	<p>Self-referral.</p> <p>Time-slots can be in-person in the café or online via video call.</p>	<p>(087) 1085 134 with any queries.</p> <p>Note: Phone is monitored during opening hours. Outside of opening hours, please leave message.</p>
<p>JIGSAW GALWAY</p> <p>Non-judgemental and confidential support service for young people aged between 12 and 25 years.</p> <p>Guidance and support for anyone who is concerned about a young person in their life.</p>	<p>Referrals to the service are accepted from:</p> <ul style="list-style-type: none"> Drop-in / Self-referral parental referral professional referrals 	<p>Jigsaw Galway Victoria House Eyre Square Galway H91 R9CH</p> <p>(091) 549 252</p>	<p>HSE PRIMARY CARE CHILD & FAMILY PSYCHOLOGY SERVICE</p> <p>For children and adolescents and their families.</p> <p>Service provides psychological assessment and intervention for children who present with moderate and severe social, emotional and behaviour difficulties that impact upon the child's and family's wellbeing and functioning.</p>	<p>Any individual who has concerns about a child's emotional, behavioural, social and psychological well-being can make a referral.</p> <p>Written Parental permission required.</p> <p>Referrals accepted from GPs and other health professionals such as Speech and Language Therapists, Occupational Therapists and Paediatricians.</p>	<p>Primary Care Child and Family Psychology Service contacted through: Galway Local Health Office, 25 Newcastle Road, Galway</p> <p>(091) 523 122</p>
<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</p> <p>For children aged 5 – 18 years.</p> <p>Consultation, support and advice for teachers, students and parents in relation to educational development, social, and behavioural difficulties in school.</p> <p>Delivers training and resources for teachers / schools.</p>	<p>All requests for involvement of NEPS psychologists are made through the School Principal.</p> <p>Each school has an assigned NEPS Psychologist and a dedicated allocation of service time.</p> <p>Parents who have school related concerns about their children should discuss these with the school Principal who will contact NEPS if necessary.</p>	<p>National Educational Psychological Service (NEPS) Victoria Place, Eyre Square, Galway, County Galway</p> <p>(091) 864 518</p>	<p>Galway Rape Crisis Centre</p> <p>Support service for people aged 14 and up who are victims of sexual abuse and sexual violence.</p> <p>Professional, caring and Confidential counselling service as well as psychological Support at the SATU Unit. Relevant legal, advocacy, court-related supports.</p> <p>Free of Charge.</p>	<p>Referrals accepted from professionals or parents.</p> <p>Self-referral through free and confidential helpline</p> <p>1800 355 355</p>	<p>The Lodge Forster Court Galway H91 EA03</p> <p>For General Queries: (091) 564 800</p> <p>Helpline: 1800 355 355</p>
<p>RESOURCE OFFICER FOR SUICIDE PREVENTION</p> <p>Implementation of suicide prevention strategies, supports and training.</p>	<p>Enquiries relating to suicide prevention training programmes can be sent to: srotraining.gmr@hse.ie.</p>	<p>Community Healthcare West 16 Merchant's Road Galway H91 E342</p> <p>(091) 864 473</p>	<p>YOUTH WORK IRELAND, GALWAY: YOUTH COUNSELLING SERVICE</p> <p>Counselling service operating in Galway City, Tuam, Ballinasloe and Loughrea.</p> <p>For young people aged 12 – 21 years.</p> <p>shOUT! LGBT GALWAY LGBT or questioning young people aged 14-17 and 18-21 years in the Galway region.</p>	<p>Referrals accepted from any professional.</p> <p>Written parental permission required.</p>	<p>Youth Counselling Service, Youth Work Ireland, Galway 41 – 43 Prospect Hill Galway</p> <p>(087) 1209 425</p> <p>shOUT! (087) 7738 529</p>
<p>FAMILY CARERS IRELAND</p> <p>Family Carers Ireland provides supports and services to family carers. In person, telephone and online counselling. Dedicated young carer supports.</p>	<p>Please email any enquiries, in confidence, to: Youngcarers@familycarers.ie</p>	<p>Family Carers Ireland The Glebe Tuam Co. Galway H54 HP08</p> <p>1800 240 724 (free careline)</p>	<p>CANCER CARE WEST</p> <p>Psychological and counselling supports for adults, families and children affected by cancer. Therapeutic play therapy for children.</p>	<p>Drop in for a chat and a cuppa.</p>	<p>72 Seamus Quirke Road Galway H91 C9W0</p> <p>(091) 540 040</p>
<p>HSE COUNSELLING IN PRIMARY CARE (CIPC)</p> <p>Short term counselling service for adults aged 18 years and over.</p> <p>Provides up to 8 counselling sessions with a professionally and accredited counsellor/therapist.</p>	<p>Must be referred by a GP.</p> <p>Must have a Medical Card.</p>	<p>CIPC Counselling Coordinator 58 Upper Newcastle Road, Newcastle, Galway</p> <p>(091) 583 682</p>	<p>FAMILY RESOURCE CENTRES</p> <p>The Family Resource Centres are located within a community-based model of family support. As part of a broader set of services, FRCs provide counselling services.</p>	<p>Please contact FRC closest to you to explore services available and referral routes, if any.</p>	<p>ARD FRC in Doughiska (091) 768 852</p> <p>Gort FRC (091) 630 902</p> <p>Solas FRC in Headford (093) 36 446</p> <p>Loughrea FRC (091) 871 149</p> <p>Clann FRC in Oughterard (091) 557 6334</p>