



HSE: Health Service Executive  
 KACS: Kerry Adolescent Counselling Service  
 NEPS: National Educational Psychological Service  
 SWCC: South West Counselling Centre  
 CAMHS: Child & Adolescent Mental Health Service  
 GP: General Practitioner (Doctor)



# Guidelines For Referral to Child & Youth Mental Health Services for Parents

If you are concerned about your child or young person's behaviour or mental health you should speak to your GP

SERVICE	HOW TO ACCESS SERVICE	CONTACT DETAILS
<p><b>CHILD &amp; ADOLESCENT COUNSELLING SERVICES Who?</b>  <b>Kerry Adolescent Counselling Service (KACS)</b> for children &amp; young people 12-18 years in Kerry  <b>South West Counselling Centre (SWCC)</b> for children &amp; young people 5-18+ years in Kerry  <b>Cuan Counselling</b> for children &amp; young people 12-25 years in West Kerry</p> <p><b>What? Counselling services providing a safe space to explore issues and provide support with:</b></p> <ul style="list-style-type: none"> <li>• Feelings and Emotions,</li> <li>• Education and Expectations,</li> <li>• Relationships and Sexuality,</li> <li>• Moods,</li> <li>• Bereavement and Loss - Family or Peer, Family Separation or Divorce,</li> <li>• Worries and Concerns,</li> <li>• Substance Abuse,</li> <li>• Eating Distress and Body Issues,</li> <li>• Self Harm/ Suicidal Ideation following consultation with GP.</li> </ul>	<p><b>Referral:</b> A young person and/or their parent/guardian can contact the services directly in person or by phone.</p> <p>Agencies such as HSE, CAMHS, schools, NEPS, juvenile liaison officers (JLOs), youth services or GPs can also make a referral to the service.</p> <p>Parental permission required - Yes where a child or young person is less than 18 years old.</p> <p><b>Cost:</b>  <b>KERRY ADOLESCENT COUNSELLING SERVICE</b> – Donations Accepted</p> <p><b>SOUTHWEST COUNSELLING CENTRE -</b>      Low Cost Counselling. Free counselling is available to those experiencing suicidal ideation/intention and anyone bereaved by suicide. Free crisis pregnancy counselling.</p> <p><b>CUAN COUNSELLING</b> - Donations Accepted</p>	<p><b>KERRY ADOLESCENT COUNSELLING SERVICE (KACS)</b>      Balloonagh, Tralee, County Kerry      Tel: (066) 718 1333  <a href="http://www.kerryadolescentcounselling.ie">www.kerryadolescentcounselling.ie</a></p> <p><b>SOUTH WEST COUNSELLING CENTRE (SWCC)</b>      Lewis Road, Killarney, County Kerry      Tel: (064) 663 6416  <a href="mailto:info@southwestcounselling.ie">info@southwestcounselling.ie</a>  <a href="http://www.southwestcounselling.ie">www.southwestcounselling.ie</a></p> <p><b>CUAN COUNSELLING</b>      Dingle, County Kerry      Tel: 085 749 5054      Email: <a href="mailto:cuancounselling@hotmail.com">cuancounselling@hotmail.com</a>      website: <a href="http://www.dinglecounselling.com">www.dinglecounselling.com</a></p>
<p><b>HSE COUNSELLING IN PRIMARY CARE Who? Counselling In Primary Care (CIPC)</b> is for adults (18+) with a Medical Card referred by their GP</p> <p><b>What?</b> Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.</p>	<p><b>Referral:</b> The service is free to adults with a full medical card and you access the service through your GP who can refer you.</p> <p><b>Cost: Free to Medical Card Holders Referred by Their GP</b></p>	<p><b>COUNSELLING IN PRIMARY CARE</b>      Unit 61, Penrose Wharf,      Penrose Quay, Cork      Tel: (021) 4681006</p>
<p><b>JIGSAW KERRY Who? Jigsaw Kerry</b> is for young people aged 12-25 years and provides brief, solution focused intervention lasting up to 6 sessions.</p> <p><b>What? Jigsaw Kerry</b> is a mental health support service for 12-25 year olds living in, or with a connection to Tralee, West Kerry, North Kerry or Castleisland areas of Kerry*      Jigsaw works with young people who have mild to moderate mental health concerns for a period of up to 6 sessions.</p> <p><b>*Please note that there are plans to expand Jigsaw across Co. Kerry in 2016/17.</b></p>	<p><b>Referral:</b>      A young person can directly self refer.      A parent/guardian or concerned person can contact the service directly.      Health agencies and professionals/schools/youth organisations/sporting/voluntary bodies can directly refer.</p> <p><b>Cost: Free</b></p>	<p><b>JIGSAW KERRY</b>      Unit A1      Edward Court      Edward Street      Tralee      Co. Kerry</p> <p>Tel: (066) 7186785      Email: <a href="mailto:Kerry@jigsaw.ie">Kerry@jigsaw.ie</a>      Website: <a href="https://www.headstrong.ie/kerry">https://www.headstrong.ie/kerry</a></p>

*These Guidelines to Youth Mental Health Services in Kerry have been prepared by the Kerry Children & Young People's Services Committee Child & Youth Mental Health Working Group. For further information please contact the service listed or Claire O'Toole, Coordinator, Kerry Children's Services Committee (066) 7199764.*

## SERVICE

### NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)

**Who?** The service is for children and adolescents aged 5-18 years.

**What?** Types of referrals to the service: Developmental, learning, social, emotional and behavioural difficulties which impact a pupil's learning and socialisation in schools.

### HSE PRIMARY CARE: CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE

**Who?** The service is for children and adolescents (0-18 years) and their families. **What?** The service provides psychological assessment and intervention for children who present with moderate to severe social, emotional and behavioural difficulties which significantly impact on everyday functioning and impair the child and family's wellbeing.

### CONSOLE SUICIDE BEREAVEMENT COUNSELLING SERVICE

**Who?** Console provides support services, information and counselling for children, young people, parents and families, bereaved by suicide. **What?** Suicide bereavement counselling and supports for children and adolescents, who have experienced the loss of a family member or friend, by suicide. Parental & family support on how to talk to children about suicide. Suicide prevention service, supports and resources.

### PIETA HOUSE

**Who?** Pieta House is for children & young people under 18 and adults - all age groups. **What?** Pieta House provides free, therapeutic supports to people who have suicidal ideation, who have attempted suicide and those who engage in self-harm

### HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

**Who?** For Children 0-18 years with mental health disorders. **What?** CAMHS is a specialist tertiary mental health service for children with the most severe disabling mental health disorders such as ADHD, eating disorders, depressive disorders and psychotic disorders.

### HSE ADULT MENTAL HEALTH SERVICES

**Who?** For young people and adults aged 17+ years with mental health disorders. **What?** A mental health care service for young people (17+) and adults with mental health disorders. Disorders include: eating disorders, depressive disorders and psychotic disorders.

## HOW TO ACCESS SERVICE

**FOR CHILDREN 5-18 YEARS:** NEPS does not operate a referral system. Each school has an assigned NEPS psychologist and a dedicated allocation of service time. The school Principal may request the involvement of the psychologist in supporting teachers and parents in assessment of and developing interventions to meet a pupil's needs. Where the psychologist is involved directly with or on behalf of a pupil, parental permission is sought. (NEPS psychologist work at both individual and systemic levels in schools). **Cost: Free**

**Referral:** Any individual who is concerned about a child's emotional, behavioural, social and psychological well-being can make a referral to the service. Parental permission required - Yes

**Cost: Free of Charge**

### FOR CHILDREN 6+ AND THOSE BEREAVED BY SUICIDE

Console services can be accessed by Self referral or family member referral. Referrals are also accepted from Agencies and G.P.s Individuals or concerned persons must complete a Referral Form which can be downloaded from the website, collected from the centre in person, or by calling the centre or helpline. Agencies referring a child or young person under 18 years old will have to obtain parental/ guardian consent

**Cost: Donations Accepted**

**Referral:** Referrals are accepted from young adults, parents and concerned adults. Referrals are also accepted from agencies such as CAMHS, HSE and School. Parental permission required - Yes where a child or young person is less than 18 years old.

**Cost: Free of Charge**

**Referral** must be by a health professional. Parents or teachers cannot refer children directly to CAMHS. Referrals are accepted from the following professionals: GPs, area medical officers and paediatrician, NEPS, HSE senior health professionals including social workers, psychologists, speech & language therapists, occupational therapists and public health nurses. Parental permission required - Yes

**Cost: Free of Charge**

**Referral:** Any individual who notes concern in relation to a young person (17+) or adult in crisis can make a referral to the service. If possible, referral to the service is made via a GP / South Doc out of hours or the A&E Department of Kerry General Hospital.

**Cost: Free of Charge**

## CONTACT DETAILS

### NEPS

Clounalour  
Oakpark  
Tralee  
Co Kerry  
Tel: (066) 710 2690  
Email: neps@education.gov.ie  
Website: www.education.ie

### HSE PRIMARY CARE CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE

HSE Kerry Community Services  
Rathass  
Tralee  
Co. Kerry  
Tel: (066) 7199708

### CONSOLE SUICIDE BEREAVEMENT COUNSELLING SERVICE

Console House,  
Balloonagh,  
Tralee  
Co Kerry  
Tel: 066 712 9700 / 1890 247 247  
Email: amber.kavanagh@console.ie  
Website: www.console.ie

 24 hour support and information available on our free phone helpline **1800 247 247**

### PIETA HOUSE

28 Moyderwell, Tralee, Co Kerry  
Tel: (066) 7163660 Email: mary@pieta.ie  
Website: www.pieta.ie

 CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS

### KERRY CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Duchas House, Edward St  
Tralee, Co Kerry.  
Tel: (066) 7144081 Fax: (066) 7144080

 REFERRALS ARE PRIORITISED BASED ON CLINICAL NEED; CLIENTS IN CRISIS ARE SEEN PROMPTLY

### KERRY MENTAL HEALTH SERVICES

Kerry General Hospital, Tralee, Co Kerry  
Tel: (066) 712 6222  
Fax: (066) 718 4142

 CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS