

GUIDELINES FOR REFERRALS TO CHILD AND YOUTH MENTAL HEALTH SERVICES IN KILKENNY

If you, a member of your family or someone you know is in distress or needs someone to talk to; help, support and advice is available. In the first instance contact your GP, if it is late in the evening or at the weekend call CAREDOC on 0818 300 365. You can also go to the Emergency Department in St Luke's Hospital Kilkenny or you can contact the Emergency Services by calling 999 or 112

KILKENNY COUNSELLING AND SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE*		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>TYPES OF ISSUES REFERRED TO THE SERVICE</p> <p>Counselling provides a safe space to explore issues and provide support with:</p> <ul style="list-style-type: none"> Difficult feelings and emotions Education and expectations Relationships and sexuality Anxiety Anger Depression Bereavement and loss, family or peer Family separation or divorce Substance abuse, self or parental; LGBTI+ support Eating disorders Body issues <p>Child and adolescent services may also offer support to parents and carers</p>	<p>HSE COUNSELLING IN PRIMARY CARE (CIPC) for those aged 18 years and over</p> <p>This service is suitable for people aged 18 years and over who are experiencing mild to moderate psychological difficulties. CIPC is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.</p> <p>The service is only available to people who hold a medical card. Referrals to the service are accepted from GPs, Primary Care Team members or other health care professionals. The service is available throughout Kilkenny.</p> <p>FAMILY RESOURCE CENTRES (FRCs) for children, young people and families</p> <p>Family Resource Centres operate from a community based model of family support, this includes the provision of counselling and support relating to a broad range of issues for children, young people and their families. Each FRC operates autonomously working inclusively with individuals, families and communities. The FRCs in Kilkenny provide a range of targeted services that may vary from centre to centre. Each FRC may have different acceptance criteria for their counselling/support services. They generally operate on a no cost/low cost basis. Referrals to FRC services are accepted from families, agencies and self-referral by phone, email or by visiting the centre.</p> <p>Droichead Family Resource Centre offers play therapy for children aged 5 years and over and affordable counselling to people aged 16 years and above. Referrals are accepted from professionals or self-referral by phone. The service operates on a low cost basis.</p> <p>Father McGrath Family Resource Centre offers a low cost counselling service in the community to people aged 16 years and over. Referrals are accepted from professionals or self-referral by phone.</p> <p>The Mill Family Resource Centre offers low cost counselling in the community to those aged 16 years and over. Referrals are accepted from professionals or self-referral by phone.</p> <p>Newpark Close Family Resource Centre provides low cost counselling and confidential support to individuals aged 16 years and over and affordable play therapy for children. Referrals are accepted from professionals or self-referral by phone.</p> <p>FORÓIGE for young people aged 12 to 24 years</p> <p>One to one support and counselling service available to young people engaged with programmes based in the Drum Youth Centre. Referrals are accepted from Foróige Youth Workers or self-referral by phone and the service is free.</p> <p>OSSORY YOUTH for children and young people aged between 12 and 18 years</p> <p>One to one support and signposting service for parents and young people regarding issues relating to anxiety and other mental health and wellbeing needs. This service is free and a referral can be made by phone to meet with a worker.</p>	<p>HSE COUNSELLING IN PRIMARY CARE Lismore Park Primary Care Centre, 223 Lismore Park, Waterford, X91 VCP5 Tel: 051 359088</p> <p>www.familyresource.ie</p> <p>DROICHEAD FAMILY RESOURCE CENTRE Old C.B.S. School, West Street, Callan, Co. Kilkenny, R95 V380 Tel: 056 775 5660 Email: manager@droichead.ie www.droicheadfrc.ie</p> <p>FR MCGRATH FAMILY RESOURCE CENTRE St. Joseph's Road, Kilkenny, R95 PK0K Tel: 056 775 1988 Email: info@frcmcgrathcentre.ie www.frcmcgrathcentre.ie</p> <p>THE MILL FAMILY RESOURCE CENTRE Main Street, Urlingford, Co. Kilkenny, E41 EIW1 Tel: 056 883 8466/086 027 3956 Email: millfrcmc@gmail.com www.millfrcmc.com</p> <p>NEWPARK CLOSE FAMILY RESOURCE CENTRE Newpark Close, Kilkenny, R95 W1E2 Tel: 056 772 3309 Email: newparkclosefrc@eircom.net www.newparkclosefrc.com</p> <p>FORÓIGE The Drum Youth Centre, Goods Shed Square, McDonagh Junction Shopping Centre, Kilkenny, R95 V2DR Tel: 056 778 8134 www.foroige.ie</p> <p>OSSORY YOUTH Desart Hall, Lower New Street, Kilkenny, R95 P5HC Tel: 056 776 1200 www.ossoryyouth.com</p>
BEREAVEMENT SUPPORT SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>BARNARDOS CHILDREN'S BEREAVEMENT SERVICE</p> <p>Barnardos deliver a specialist national bereavement service where children and young people are supported to grieve regardless of the cause of death.</p>	<p>BARNARDOS CHILDREN'S BEREAVEMENT SERVICE for children and young people</p> <p>Referrals are accepted from any source and from anywhere in the country, with consent from parents/carers, by calling the helpline or by contacting the service in Cork or Dublin.</p>	<p>BARNARDOS CHILDREN'S BEREAVEMENT SERVICE</p> <p>Cork/Dublin Bereavement Support Tel: 01 813 4100 Barnardos National Office Tel: 01 473 2110 Email: bereavement@barnardos.ie www.barnardos.ie</p>
<p>HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS</p> <p>This is a bereavement counselling service for people who have been bereaved through any of the following circumstances:</p> <ul style="list-style-type: none"> Suicide Homicide Road Traffic Accident Industrial/Agricultural/Domestic accident Drowning 	<p>HSE BEREAVEMENT COUNSELLING FOR TRAUMATIC DEATHS for individuals aged 16 years and over</p> <p>This service is coordinated by the HSE Regional Suicide Resource Office. Access to the service is through a GP or appropriate health professional via a referral form. Twelve bereavement counselling sessions are offered to clients and there is no cost to the client. Parental consent is required for those aged 16 and 17 years.</p>	<p>HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS</p> <p>Regional Suicide Resource Office, Front Block, St Patrick's Hospital, John's Hill, Waterford, X91 KX25 Tel: 051 874013 Email: bereavement.SRO@hse.ie</p>
<p>KILKENNY BEREAVEMENT SUPPORT</p> <p>Kilkenny Bereavement Support is a voluntary organisation that provides a listening support service to bereaved people in a safe and confidential environment. The service aims to promote the wellbeing of bereaved people and to enable anyone bereaved to understand their grief and cope with their loss.</p> <p>The organisation provides support and offers information, education and training services. It is a free, confidential, one to one, non-denominational service.</p>	<p>KILKENNY BEREAVEMENT SUPPORT for children, young people and adults</p> <p>Access to this service is self-referral by phone. Following the initial phone call a volunteer will follow up with the bereaved person to arrange a meeting. The number of sessions to follow will then be agreed upon between the individual and the volunteer following the first meeting.</p>	<p>KILKENNY BEREAVEMENT SUPPORT</p> <p>Kilkenny Bereavement Support, Villa Maria, Talbots Inch, Fresford Road, Kilkenny, R95 KC9R Tel: 056 775 6538 Email: director@kilkennybereavementsupport.com www.kilkennybereavementsupport.com</p>
<p>RAINBOWS</p> <p>Rainbows is a programme designed to support children and young people affected by loss because of bereavement, separation or divorce. The Rainbows programme can be school based or centre based and runs throughout the country.</p>	<p>RAINBOWS for children and young people</p> <p>Parents/carers can contact the service directly and other agencies can request a referral form via email. To access the Rainbows programme in public centres, contact the nearest centre directly. The Rainbows programme in schools is generally only delivered once in the academic year (Oct/Nov), for more information contact the school directly. Contact information for schools and public centres that deliver the programme is available on the Rainbows website.</p>	<p>RAINBOWS</p> <p>Tel: 01 473 4175 Email: ask@rainbowsireland.ie www.rainbowsireland.ie</p>
<p>SUICIDE BEREAVEMENT LIAISON SERVICE</p> <p>This service provides outreach support to individuals and families who have been recently bereaved by suicide. The service aims to provide a prompt and proactive approach to families or individuals who have lost someone to suicide. The Suicide Bereavement Liaison Officer can meet with a bereaved family, at their request, as a group or individually.</p>	<p>SUICIDE BEREAVEMENT LIAISON SERVICE for individuals and families</p> <p>Referral to the service is accepted from all sources including GPs, Gardaí, Funeral Directors and members of the Clergy. People can self-refer by calling the service; there is no cost for this service.</p>	<p>SUICIDE BEREAVEMENT LIAISON SERVICE</p> <p>Tel: 085 8073040 Helpline: 1800 247 247 www.pieta.ie</p>

SUICIDE, SELF-HARM AND MENTAL HEALTH SPECIFIC SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>HSE ADULT MENTAL HEALTH SERVICE</p> <p>The HSE Adult Mental Health Service is available throughout Kilkenny for people who are experiencing moderate to severe mental health difficulties that require a specialist service. The Adult Mental Health Service can address the following issues:</p> <ul style="list-style-type: none"> Depression Mood disorders Anxiety Psychotic illness Suicide and self-harm Personality disorders Eating disorders Adjustment disorders <p>There is a broad range of mental health services available that include inpatient services, crisis services and day facilities. The inpatient facility is based in St Luke's Hospital Kilkenny.</p>	<p>HSE ADULT MENTAL HEALTH SERVICE for those aged 18 years and over</p> <p>Specialist Mental Health Services can be accessed following referral from a GP, CareDoc or the Emergency Department in St Luke's Hospital. An outpatient appointment for the appropriate Mental Health Team is organised and referral to other mental health resources is offered based on individual needs. These include Community Mental Health Nurses, Psychologists, Social Workers and Occupational Therapists.</p>	<p>ADULT MENTAL HEALTH SERVICES</p> <p>To access the HSE Adult Mental Health Services contact the GP or if it is out of hours call CareDoc on 0818 300 365 or present to the Emergency Department in St Luke's Hospital Kilkenny.</p> <p>Department of Psychiatry, St Luke's Hospital, Fresford Road, Frisarsinch, Kilkenny, R95 PY71 Tel: 056 7785109 www.hse.ie</p>
<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</p> <p>CAMHS provides a specialist medical mental health service to those aged up to 18 years who have moderate to severe mental illness that requires the input of a specialist multi-disciplinary mental health team, including:</p> <ul style="list-style-type: none"> Moderate to severe depression Mood disorders Psychosis Anxiety disorders Attention Deficit Hyperactivity Disorder (ADHD/ADD) Moderate/severe eating disorders Suicidal behaviours or ideation suspected to be due to mental illness 	<p>CAMHS for children and young people aged 18 years and under</p> <p>Referrals to the service are accepted from relevant medical professionals including GPs. All referrers must work in collaboration with the young person's GP, this means that the referrer must contact the GP to discuss and agree the potential referral to ensure collaborative working.</p>	<p>KILKENNY CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</p> <p>1st Floor, St Canice's Hospital Complex, Lacken, Dublin Road, Kilkenny, R95 P231 Tel: 056 773 4828 www.hse.ie</p>
<p>HSE PRIMARY CARE, CHILD AND FAMILY PSYCHOLOGY SERVICE</p> <p>This service is responsible for the provision of services to children and adolescents who present with the following difficulties at the mild to moderate level of concern:</p> <ul style="list-style-type: none"> Behavioural problems Anger problems Parenting difficulties Anxiety Adjustment difficulties Loss and bereavement Emotional regulation problems Low self-esteem Attachment problems Interpersonal relationship problems <p>The service aim is to support these children and adolescents to improve their psychological health and wellbeing. In addition, a variety of psycho-educational workshops on different topics are offered throughout the year.</p>	<p>HSE PSYCHOLOGY IN PRIMARY CARE for children, young people and families</p> <p>Referral to the service can be initiated by GPs, Public Health Nurses, other Psychologists, Schools/National Educational Psychological Service (NEPS), Social Workers, Child Care Workers, Counsellors, Speech and Language Therapists and other health care professionals. Parental consent is required for referral.</p> <p>The service provides clinic and home based interventions, education/training and parenting support.</p>	<p>HSE PRIMARY CARE CHILD AND FAMILY PSYCHOLOGY SERVICE</p> <p>The Bungalow, Community Services, James' Green, Kilkenny, R95 RP26 Tel: 056 7794613 www.hse.ie</p>
<p>PIETA</p> <p>Pieta provides a counselling service for people who are in suicidal distress and for those who are engaging in self-harm. Pieta uses a free therapeutic approach with professional accredited Counsellors or Psychotherapists.</p> <p>Pieta also operates Suicide Bereavement Counselling Centres that provide counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.</p>	<p>PIETA for children, young people and families</p> <p>It is not necessary to have a psychiatric referral or letter from a GP to access Pieta services. Referrals are accepted from any source. If a referral is made on behalf of a person aged 18 years or over, consent for the referral must be given. Agencies referring a child or young person under 18 years will have to obtain prior parental/guardian consent. The service is appointment based and offered free of charge but donations are welcome.</p>	<p>PIETA SOUTH EAST</p> <p>20 Waterside, Waterford, X91 RC53 Tel: 051 858510 Or 14 Francis Street, Wexford, Y35 Y427 Tel: 053 912 2787 24 Hour Helpline: 1800 247 247 Text HELP: to 51444 Email: info@pieta.ie www.pieta.ie</p>
<p>SELF-HARM INTERVENTION PROGRAMME (SHIP)</p> <p>This is a professional counselling service for individuals over 16 years who present with suicidal ideation and/or the impulse to self-harm. It is not a crisis response service so is unsuitable for those at immediate risk.</p>	<p>THE SELF-HARM INTERVENTION PROGRAMME (SHIP) for those aged 16 years and over</p> <p>Referral to the service is by written referral from relevant health professionals. Counselling is provided at various venues in the county and parental consent is required for those under 18 years, there is no cost for this service.</p>	<p>SHIP</p> <p>Counselling Coordinator, Lismore Park Primary Care Centre, 223 Lismore Park, Waterford, X91 VCP5 Tel: 051 359088 or 087 258602</p>
<p>TEAC TOM</p> <p>Teac Tom is a community based suicide intervention, mental health awareness and bereavement support charity. The service offers free and immediate access to support and counselling, in a safe and nurturing environment, for those at risk of suicide or who are bereaved. Other services provided include:</p> <ul style="list-style-type: none"> 24 hour listening service 365 days a year School liaison service Work liaison service 	<p>TEAC TOM for children, adolescents and adults</p> <p>Access to the service is by self-referral, referrals from family and health professionals are accepted via phone, drop-in or through their social media platforms, this service is free.</p>	<p>TEAC TOM</p> <p>15 Ormonde Road, Kilkenny, R95 V667 Tel: 056 7796592 Mobile: 087 6566377 Email: thethomashayestrust@gmail.com www.thethomashayestrust.com</p>

OTHER USEFUL RESOURCES FOR CHILDREN AND YOUNG PEOPLE		
<p>BeLongoTo</p> <p>The national organisation supporting LGBTI+ young people in Ireland</p> <p>Helpline: 1890 92 95 39 www.belongto.org</p>	<p>ISPPC</p> <p>The Irish Society for the Prevention of Cruelty to Children</p> <p>Childline: 1800 666 666 Teenline: 1800 833 634 Text: TALK to 50101 www.childline.ie</p>	<p>Pieta</p> <p>Helpline: 1800 247 247 Text: HELP to 51444 www.pieta.ie</p>
<p>Bodywhys</p> <p>The Eating Disorder Association</p> <p>1890 200 444 www.bodywhys.ie</p>	<p>Jigsaw National Office</p> <p>01 4727010 info@jigsaw.ie www.jigsawonline.ie</p>	<p>SAMARITANS</p> <p>24 hour National Listening Service</p> <p>Freephone: 116 123 www.samaritans.org</p>
<p>Crisis Text Line Ireland</p> <p>24 hour crisis text service, Text: TALK to 50808</p>	<p>Your Mental Health</p> <p>Infonine: 1800 111 888 www.yourmentalhealth.ie</p>	<p>SPUNOUT</p> <p>Ireland's youth information website www.spunout.ie</p>
<p>Turn2me</p> <p>Online youth mental health support and counselling service www.turn2me.org</p>		<p>The information contained in this poster is correct at the time of print, for additional resources visit www.yourmentalhealth.ie or contact the HSE Regional Suicide Resource Office on 051 874013.</p> <p>*Young people refers to those aged up to 25 years</p>



SUBSTANCE MISUSE SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>AISLINN ADOLESCENT ADDICTION TREATMENT CENTRE</p> <p>Aislinn is a national residential drug treatment centre for male and female adolescents aged 15 to 21 years. The programme consists of six weeks residential treatment followed by two years of aftercare and a family based programme</p>	<p>AISLINN ADOLESCENT CENTRE for young people aged 15 to 21 years</p> <p>Access to the service is by self-referral and referrals from family, Substance Misuse Team, members of the medical profession, Social Work Service, Probation and Welfare Officers, G.P's etc.</p>	<p>AISLINN ADOLESCENT Aislinn Centre, Ballyragee, Kilkenny, R95 R859 Tel: 056 8833777 Email: info@aislinncentre.com www.aislinn.ie</p>
<p>COMMUNITY BASED DRUGS INITIATIVES (CBDI)</p> <p>These projects provide targeted and universal supports to young people and their families in relation to substance misuse. The projects work with individuals, families and communities who are either directly or indirectly affected by drugs and/or alcohol. The service provides one to one support and group support using motivational techniques, psycho-social education, holistic therapies and referrals to relevant services.</p>	<p>COMMUNITY BASED DRUGS INITIATIVES for young people, adults and families</p> <p>Referrals can be made by families, schools, agencies or individuals, self-referrals are also accepted. This is a free, non-judgmental, confidential service. Parental/guardian consent is required for those under 16 years old.</p>	<p>COMMUNITY BASED DRUGS INITIATIVES Kilkenny Community Based Drugs Initiatives, Ossory Youth, Desart Hall, New Street, Kilkenny, R95 P5H Tel: 056 7781200 (City CBDI Worker) Tel: 056 7723860 (Rural CBDI Worker) www.ossoryyouth.com</p>
<p>HSE SUBSTANCE MISUSE SERVICE</p> <p>The Kilkenny Substance Misuse Service works with adults and young people who want help to deal with drug and/or alcohol problems and want to build a healthier, happier life for themselves. Support is also offered to friends, families and carers. Services offered include:</p> <ul style="list-style-type: none"> Screening, assessment and care planning Substance misuse counselling for adults and adolescents Drug information and education Detoxification support Opiate substitute treatment Group support Needle exchange Connection to community support services 	<p>HSE SUBSTANCE MISUSE SERVICE for young people, adults and families</p> <p>The service is available throughout the county and accepts self-referrals or referrals from GPs and other agencies. Parental/guardian consent is required for those under 18 years of age. Substance misuse services are free of charge.</p> <p>A weekly open access service is delivered at Ardu, Kickham Street, Kilkenny where individuals will receive a brief intervention to assess their treatment needs.</p>	<p>HSE ARDU SUBSTANCE MISUSE SERVICE</p> <p>Ardu, Kickham Street, Kilkenny, R95 Y86Y Local: 1890 464600 Email: ardu.carlow@kilkenny.hse.ie HSE Drug and Alcohol Helpline Tel: 1800 459 459 Email: helpline@hse.ie www.drugs.ie</p>
<p>SOUTH EAST REGION FAMILY SUPPORT NETWORK (SERFSN)</p> <p>The SERFSN supports recovery for families affected by problem substance misuse. A trained facilitator will listen with empathy and understanding, provide support and introduce the family member to a peer family support group.</p>	<p>SOUTH EAST REGION FAMILY SUPPORT NETWORK (SERFSN) for families affected by problems substance misuse</p> <p>Access to the service is by self-referral by phone, the network can put you in touch with your local peer support group.</p>	<p>KILKENNY CITY AND COUNTY FAMILY SUPPORT GROUPS</p> <p>SER Family Support Network, Edmund Rice Youth and Community Centre, Manor St., Waterford, X91 FN5V Tel: 086 604 5805/051 357 767 Email: info@serfsn.org www.serfamilysupportnetwork.org</p>
OTHER SPECIALIST SERVICES		
<p>AMBER KILKENNY WOMEN'S REFUGE</p> <p>This service supports women and children affected by domestic violence and abusive relationships by providing the following services:</p> <ul style="list-style-type: none"> 24-hour short term emergency refuge accommodation Support and information (drop-in or appointment based) Childcare programme for children affected by domestic violence Court accompaniment and outreach service Aftercare Crisis counselling service Play/Art therapy 	<p>AMBER KILKENNY WOMEN'S REFUGE</p> <p>This service works together with women to assess their needs and then set a plan or goal to address them. A childcare worker can support children who have been affected by domestic violence in the refuge and can take referrals from outside the centre. Counselling is provided by appointment where domestic abuse is the presenting issue.</p>	<p>AMBER KILKENNY WOMEN'S REFUGE</p> <p>Lacken, Dublin Road, Kilkenny, R95 NY04 Local Admin: 056 777 1404 24/7 Helpline: 1850 42 42 44 Email: info@amberwomensrefuge.ie www.kilkennywomensrefuge.ie/</p>
<p>HSE NATIONAL COUNSELLING SERVICE (COMHAR)</p> <p>This counselling service is for people who have experienced trauma and/or abuse including emotional, physical or sexual abuse or neglect in childhood.</p>	<p>HSE NATIONAL COUNSELLING SERVICE for those aged 18 years and over</p> <p>Health Professionals can make written referrals on behalf of those who are aged 18 years and over with their consent or self-referrals are accepted by phone.</p>	<p>HSE NATIONAL COUNSELLING SERVICE Lismore Park Primary Care Centre, 223 Lismore Park, Waterford, X91 VCP5 Tel: 051 359017 Freephone: 1800 234 118 Email: Comhar@hse.ie</p>
<p>KILKENNY RAPE AND SEXUAL ABUSE COUNSELLING CENTRE (KASA)</p> <p>KASA is a safe, non-judgmental space for women and men who have been sexually abused, sexually assaulted, raped or sexually harassed, at any time in their lives. The centre offers a free, professional and confidential counselling. The service includes:</p> <ul style="list-style-type: none"> Telephone support/helpline service Gardaí, legal, court accompaniment service Services for those supporting survivors of sexual abuse Child/young person specific services such as counselling 	<p>KILKENNY RAPE AND SEXUAL ABUSE COUNSELLING CENTRE (KASA) for people aged 14 years and older</p> <p>The counselling provided can be long term or short term and is offered to women and men over the age of 14. Access to the service is by self-referral, referrals from professional third parties including Doctors, Social Workers, the Gardaí and from a number of community, voluntary and statutory groups in the Kilkenny area. Phone contact with Counsellors can be made via the Helpline 1800 478 478. For support outside of office hours, contact The Rape Crisis 24 Hour National Helpline on 1800 778 888.</p>	<p>KILKENNY RAPE AND SEXUAL ABUSE COUNSELLING CENTRE (KASA)</p> <p>1 Golf View Terrace, Granges Road, Kilkenny, R95 X259 Tel: 056 775 1555 Helpline: 1800 478 478 Email: info@kasa.ie www.kasa.ie</p>
<p>TRAVELLER HEALTH PROJECT</p> <p>The Project promotes positive mental health and wellbeing, providing information and support on a one to one basis and in groups. The Traveller Health Project also offers signposting to services such as the Traveller Mental Health Liaison Service.</p>	<p>TRAVELLER HEALTH PROJECT for Travellers over 18 years</p> <p>Travellers over 18 years can contact the Traveller Health Project Coordinator to access the service and support. A referral to meet with the Traveller Mental Health Liaison Nurse who will offer advice and support on mental health issues and concerns can be arranged.</p>	<p>TRAVELLER HEALTH PROJECT</p> <p>Traveller Health Project Coordinator, O'Loughlin Court, Hebron, Kilkenny, R95 NW28 Tel: 087 1252510 Email: info@cklp.ie www.cklp.ie</p>
SERVICES AVAILABLE IN EDUCATION SETTINGS		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>CARLOW THIRD LEVEL STUDENT COUNSELLING SERVICE</p> <p>The Institute of Technology Carlow has a professional, confidential counselling service available to all students free of charge.</p>	<p>STUDENT COUNSELLING for young people registered as a student</p> <p>Appointments are made by contacting student services by phone or email. In order to access the service you will be required to provide your student details.</p>	<p>CARLOW INSTITUTE OF TECHNOLOGY Student Services, Kilkenny Road, Carlow, R93 V960 Tel: 1800 201 346 Email: counselling@itcarlow.ie</p>
<p>CARLOW COLLEGE, ST PATRICK'S, STUDENT COUNSELLING SERVICE</p> <p>Carlow College, has a professional and confidential service that is available to all registered undergraduate and postgraduate students free of charge</p>	<p>CARLOW COLLEGE, ST. PATRICK'S, STUDENT COUNSELLING SERVICE</p> <p>Appointments are made by calling into the office or by phone or email. Self-referrals are welcomed and encouraged.</p>	<p>CARLOW COLLEGE, COUNSELLING SERVICE Student Services, Carlow College, College Street, Carlow, R93 A003 Tel: 059 9153225/085 7564441 (9am-5pm) Email: counsellor@carlowcollege.ie</p>
<p>GUIDANCE COUNSELLING SERVICE IN SCHOOLS</p> <p>School Guidance Counselling can address social, emotional and educational issues impacting on a young person's experience of school and life in general. Schools often offer additional support to address some of the following:</p> <ul style="list-style-type: none"> Bereavement Resilience building Emotional regulation Mindfulness LGBTI+ support Stress management Exam coping skills 	<p>SCHOOL GUIDANCE COUNSELLING, for all young people attending secondary school</p> <p>Referral to the service can be made by contacting the school or by self-referral. Parents can contact the Guidance Counsellor and explore their concerns. Students are assessed and waiting lists may apply. Every second level school has a qualified Guidance Counsellor. There is no cost for this service.</p>	<p>SCHOOL GUIDANCE COUNSELLING Contact the local school or school website or for further information about the service, contact the Institute of Guidance Counsellors.</p> <p>Tel: 01 6761975 Email: office@igc.ie www.igc.ie</p>
<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)</p> <p>NEPS offers consultation, support and advice for teachers, students, parents and carers in relation to issues that impact a pupil's learning and socialisation process in school. Issues addressed include:</p> <ul style="list-style-type: none"> Educational development Social difficulties Emotional difficulties Behavioural difficulties 	<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) for children aged 5 to 18 years</p> <p>All requests for involvement of NEPS Psychologists are made through the School Principal. Each school has an assigned NEPS Psychologist and a dedicated allocation of service time. The school may consult with NEPS about particular pupils who are having difficulties in school. This consultation may take the form of a Teacher consultation or a more formal request for the involvement of a Psychologist. Parents who have school related concerns about their children should discuss these with the School Principal who will contact NEPS if necessary.</p>	<p>NEPS C/o Kilkenny Education Centre, Callan Road, Kilkenny, R95 RH07 Local Admin: 051 310 028 Head Office (Dublin): 01 889 2700 Email: neps@education.gov.ie Website: www.education.ie</p>