

# Guidelines for Mental Health Support Services in County Roscommon

Name of Service	How to Access the Service	Contact Details	Name of Service	How to Access the Service	Contact Details
<b>HSE CHILD &amp; ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)</b>  <b>SERVICES PROVIDED:</b> A specialist mental health service to those aged up to 18 years who have moderate to severe mental health disorders that require the input of a specialist multi-disciplinary mental health team.	For children & young people Aged 0-18 years  Referrals to the service are accepted from: <ul style="list-style-type: none"> <li>• Doctors</li> <li>• Jigsaw</li> <li>• Senior Community Based Clinicians such as Tusla staff</li> </ul> Other agencies can refer in collaboration with the child's GP  The multi-disciplinary team works collaboratively with schools and other agencies	HSE Child Adolescent Mental Health Service, Castlecourt House, Castle Street, Roscommon  Tel: 090-6630350.  Outreach appointments are available in Ballinasloe, Boyle and Castlereagh.	<b>HSE ADDICTION SERVICES</b>  <b>SERVICES PROVIDED:</b> Free, confidential direct access service to those who have drug problems and to families affected by drug use.  This service offers; <ul style="list-style-type: none"> <li>• support</li> <li>• one – to – one counselling</li> <li>• Information</li> <li>• Referral</li> <li>• training</li> </ul> Also offers education work to schools & community groups.	For young people and adults  Access to this service is made by contacting the addiction counsellors directly	Mary Mc Cartney (087) 2220380  Karen Gavin (087) 6538201  Olive Brannigan, (Addiction Counsellor for U18's) Tel: 087 3395522  Primary Care Centre, Golf Links Road, Roscommon  Tel: 090 - 6665048
<b>HSE ADULT MENTAL HEALTH SERVICE</b>  <b>SERVICES PROVIDED:</b> Supports for moderate to Severe Mental Health Problems such as: <ul style="list-style-type: none"> <li>• Severe depression and anxiety</li> <li>• Obsessive Compulsive Disorder</li> <li>• Psychotic Disorders</li> <li>• Delusional Disorders</li> <li>• Eating disorders</li> <li>• Severe personality disorder</li> </ul> <b>HSE Psychiatry of Later Life</b> Provides support to those aged 65 years and over with psychiatric difficulties including new onset of depression, anxiety, psychosis or phobias.	For Adults over 18 years and up to 65 years  Access to this service is made via: <ul style="list-style-type: none"> <li>• General Practitioner</li> <li>• Acute Psychiatric Unit based in Roscommon University Hospital</li> <li>• Two Community Mental Health Teams provide weekly clinics in:               <ul style="list-style-type: none"> <li>- Ballaghaderreen</li> <li>- Boyle</li> <li>- Castlereagh</li> <li>- Roscommon Town</li> <li>- Strokestown</li> </ul> </li> </ul> Covering County Roscommon and North Galway access to this service is made via a General Practitioner or Geriatrician. A multi-disciplinary team are available to support those referred.	Co-ordinator, Roscommon Mental Health Services, Primary Care Building, Golf Links Road, Roscommon  Tel: 090-6665050  Psychiatry of Later Life, Teach De Hide, Golf Links Rd., Roscommon Tel: 090- 6637533	<b>BOYLE COUNSELLING AND PSYCHOTHERAPY CENTRE AT BOYLE FAMILY RESOURCE CENTRE</b>  <b>SERVICES PROVIDED:</b> Counselling & Psychotherapy for Individuals, couples and families, including <ul style="list-style-type: none"> <li>• Adolescent Therapy</li> <li>• Play Therapy</li> <li>• Child &amp; Family Holistic</li> <li>• Wellness Therapy</li> <li>• Art Therapy</li> <li>• Mindfulness and personal growth.</li> </ul> Emergency Appointments and crisis support is available.	Access to this service is made by: <ul style="list-style-type: none"> <li>• Self-Referral</li> <li>• GP referral</li> <li>• Other Referral</li> </ul>	Boyle Family Resource Centre, Boyle, Co. Roscommon  Tel: (071) 9663000 or (071) 9663841  Email: boylecpc@boylefrc.ie  Website: www.boylefrc.ie
<b>JIGSAW ROSCOMMON</b>  <b>SERVICES PROVIDED:</b> A free, non-judgemental and confidential support service for all young people aged between 12 and 25 years who live, work, attend education or a GP in County Roscommon.  Guidance and support for anyone who is concerned about a young person in their life.  Provide presentations and talks in: <ul style="list-style-type: none"> <li>• schools</li> <li>• work places</li> <li>• community groups</li> </ul>	For children and young people aged between 12 and 25 years  Referrals to the service are accepted from: <ul style="list-style-type: none"> <li>• Self referral</li> <li>• parental referral</li> <li>• professional referrals</li> </ul>	Jigsaw Roscommon, Primary Care Centre, Golf Links Road, Roscommon  Tel: 090-6643010  Email: roscommon@jigsaw.ie	<b>HSE PRIMARY CARE CHILD &amp; FAMILY PSYCHOLOGY SERVICE</b>  <b>SERVICES PROVIDED:</b> Assessment and Intervention for Children & young people (0-18 years) with milder emotional/behaviour problems including: <ul style="list-style-type: none"> <li>• Emotional problems such as anxiety and depression</li> <li>• Early developmental concerns</li> <li>• Behavioural difficulties and parental guidance</li> <li>• Social and interpersonal difficulties</li> <li>• Relationship difficulties within a family such as separation</li> <li>• Low self-esteem and difficulties managing feelings</li> <li>• Adjustment difficulties to stressful life/traumatic events</li> </ul>	For children and young people 0 – 18 years.  Any individual who has concerns about a child's emotional, behavioural, social & psychological well-being can make a referral.  Written Parental permission required.  Referrals accepted from GP's and other health professionals such as Speech and Language Therapists; Occupational Therapists; Paediatricians	Primary Care Child & Family Psychology  Service, Psychology  Department, 2nd Floor, Primary Care Centre,  Golf Links Road,  Roscommon  Tel: 090 - 6665020
<b>National Educational Psychological Service (NEPS)</b>  <b>SERVICES PROVIDED:</b> Consultation, support & advice for teachers, students & parents in relation to educational development, social, & behavioural difficulties which impact a pupil's learning and socialisation process in school.  NEPS also offers training to teachers in schools and Education Centres.	For children and young people in Primary and Post-Primary Schools.  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.  Parents who have school related concerns about their children should discuss these with the school Principal who will contact NEPS if necessary.	National Educational Psychological Service (NEPS) Government Buildings, Convent Rd., Roscommon  Tel: 076 - 1108895  Website: www.education.ie	<b>HSE PRIMARY CARE PSYCHOLOGICAL SERVICES – ADULT (APSI)</b>  <b>SERVICES PROVIDED:</b> Free HSE primary care psychology service for adults aged 18+.  Groups and One to One support offered around mild to moderate emotional difficulties such as: <ul style="list-style-type: none"> <li>• anxiety/stress</li> <li>• low mood</li> <li>• conflict in relationships</li> <li>• concerns around eating/body image</li> <li>• low self-esteem</li> <li>• coping with physical illness</li> <li>• coping with traumatic event or major loss</li> </ul>	For adults aged 18 years +  Self-referrals or Health Professional referrals accepted.  Information on service also available by attending the walk-in at the Psychology Department, 2 <sup>nd</sup> floor, Primary Care Centre (Mon-Fri. 10-12 and 2-4pm)	HSE Psychology Services (APSI), Psychology Department, 2 <sup>nd</sup> Floor, Primary Care Centre Golf Links Road, Roscommon  Tel: 090 - 6665020
<b>RESOURCE OFFICER FOR SUICIDE PREVENTION</b>  <b>SERVICES PROVIDED:</b> Implementation of suicide prevention strategies, supports and training.	For information on suicide prevention training programmes go to bookwhen.com/srotraininggmr	Resource Officer for Suicide Prevention Primary Care Centre, Golf Links Rd., Roscommon  Tel: 090 6665071	<b>VITA HOUSE COUNSELLING SERVICE</b>  <b>SERVICES PROVIDED:</b> Low cost counseling, psychotherapy and family therapy available to individuals, couples, families, children and adolescents.  Much of the work of Vita House is centred around bereavement and trauma.	Vita House accepts referrals from: <ul style="list-style-type: none"> <li>• Medical professionals</li> <li>• Educational professionals</li> <li>• Social work professionals</li> </ul> Self-referrals are also accepted.	Vita House, Abbey St., Roscommon  Tel: (090) 6625898  Website: www.vitahouse.org  Email: info@vitahouse.org
<b>SUICIDE BEREAVEMENT LIAISON SERVICE</b>  <b>SERVICES PROVIDED:</b> Initial support to families bereaved by suicide.  Counselling services which enables clients address difficulties in their lives.  Community training to those in the community that have been bereaved by suicide.	This service can be accessed by: <ul style="list-style-type: none"> <li>• Referral from a GP or healthcare professional</li> <li>• Clients can also self-refer by contacting the service</li> <li>• The Suicide Bereavement Liaison Officer can be contacted directly to organise community training</li> </ul>	Suicide Bereavement Liaison Officer  Tel: 085 7407856  Email: sbis@vitahouse.org	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p><b>Pieta House</b> National Helpline <b>1800 247 247</b> Text HELP to 51444</p> </div> <div style="text-align: center;"> <p><i>Happy Head</i> Wellbeing App</p> </div> <div style="text-align: center;"> <p><b>Crisis text line Ireland</b> <b>text about it</b> <b>50808</b></p> </div> </div>		

Other local supports:			
Family Resource Centres in <ul style="list-style-type: none"> <li>• Boyle (071) 963000</li> <li>• Ballaghaderreen (086) 7807438</li> <li>• Castlereagh (086) 4615537</li> <li>• Roscommon (087) 2126078</li> </ul>	Roscommon Women's Network, Castlereagh (094) 9621690	Jacinta's Smile (090) 6625898	Social Prescribing Service, Roscommon Leader Partnership. (090) 6630252

**NORTH WEST**

**STOP**

Free Phone: 1850 211877

**SAMARITANS**

Call 116 123