



Oifig an Ceannaire Seirbhíse
Seirbhísí Meabhairshláinte an Mheán Iarthair
Cúram Sláinte Phobail FSS an Mheán Iarthair
Elmhurst
Ospidéal Naomh Iosaef
Sráid Mulgrave
Luimneach
V94 C8DV
Teil: 061 461435/061 461313

Office of Head of Service
HSE Mid-West Community Healthcare
Mid-West Mental Health Services
Elmhurst
St. Joseph's Hospital
Mulgrave Street
Limerick
V94 C8DV
Tel: 061 461435/061 461313

Violet Anne Wynne
Leinster House
Kildare Street
Dublin 2

16 May 2024

PQ ref 21459/24: To ask the Minister for Health if he will consider placing a youth mental health service for young people in Clare; and if he will make a statement on the matter.

Dear Ms Wynne,

The Health Service Executive has been requested to reply directly to you in the context of the above representation, which you submitted to the Minister for Health for response.

Youth Mental Health services operating for Children in Clare

Child and Adolescent Mental Health Services (CAMHS)

Clare West Community Mental Health Team Unit 6 Quin Road Business Park, Quin Road, Ennis
Phone: 065 6706601

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Child and Adolescent Mental Health Service is part of a specialist multidisciplinary team led by a Consultant Psychiatrist to provide a service for young person with moderate to severe mental health issues, predominantly anxiety, depression and psychosis. While a broad range of services support the mental health of children and adolescents, the term 'CAMHS' is usually applied very specifically to services that provide specialist mental health treatment and care to young people up to their 18th birthday through a multidisciplinary team. Please Note: Access to a CAMHS service is through professional referral e.g. through a GP, social worker or psychologist.

Pieta

<https://www.pieta.ie/>

Freephone 1800 247247 Text help to 51444

Pieta is a suicide prevention service. They offer counselling in centres around Ireland and have a 24/7 crisis helpline for those who are feeling suicidal or are self-harming. The service is open to people of all ages. The organisation also provides support and advice to those who are seeking to support someone who is self-harming or suicidal.

Samaritans

Email: jo@samaritans.ie

<http://www.samaritans.ie>

Freephone 116 123 every day 24 hours a day

Samaritans is a registered charity established to provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. They provide a 24 hour phone service and an email address you can contact for support.

Text 50808 Text HELLO to 50808

50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained volunteer. It is for anyone who needs to talk, both young people and adults.

They are here to listen to you about any issue you want to talk about. Some of the most common reasons people reach out include anxiety, abuse, alcohol misuse, bullying, depression, drug misuse, grief, loneliness, panic attacks, relationship problems, sadness, self-harm, stress, suicidal thoughts. This service is funded by the HSE.

Childline

Free Phone: 1800 66 66 66 Free Text: 50101

Childline is the national 24-hour active listening service for children and young people up to, and including, 18 years of age. It is run by the ISPCC. Children and young people can contact the service at any time, to talk about any issue on their mind. These issues can include sadness or other feelings, friends, home, family, sexuality, relationships, bullying, abuse, education, work and online safety.

Teenline

<https://www.ispcc.ie/teenline/>

Phone: 1800 833 634

The ISPCC also operates Teenline, a national active listening service for children and young people up to the age of 18. The service is free to contact and is confidential, non-directive and non-judgmental. Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

Jigsaw – National Services

<https://jigsaw.ie/>

Phone: 01 4727010

Jigsaw aims to ensure that every young person's mental health is valued and supported. Both online, and through their services around the country, advice and support is made available to young people aged 12–25. They provide families, educators, and those who support young people's mental health, with advice on coping and the skills to be there for young people. Jigsaw is not a crisis service. It is an early intervention, primary care service for young people's mental health.

Jigsaw Live Chat Get support

<https://jigsaw.ie/talk-online/live-chat/>

If you're aged between 12-25 years old from trained staff online through 1:1 webchats. Jigsaw Live Chat is open: Monday – Friday 1-5pm

Live Group Chats

<https://jigsaw.ie/talk-online/group-chats/>

Jigsaw live group chats are for young people between 12 and 25, living anywhere in Ireland. These are live discussions online on mental health themes, moderated by a Jigsaw clinician. Each week has a different theme.

Local Supports

Let's Get Talking Shannon Family Resource Centre, Community Centre, Rinneanna View, Shannon

Email: midwest@letsgettalking.ie

<https://letsgettalking.ie/>

Phone: 0818 714001

Let's Get Talking is a non-profit counselling and psychotherapy service providing accessible, professional, non-set fee therapy nationwide. Let's Get Talking's aim is to reduce the barriers to accessing counselling and psychotherapy ensuring no one is excluded from accessing mental health support due to their financial circumstances. A team of specialist adolescent counsellors provide therapy to young people aged 11 to 18 for difficulties including low mood, anxiety, bullying and changes in family circumstances.

West Clare Family Resource Centre – Counselling Service Community Centre, O’Gorman St, Kilrush, Co. Clare

Email: info@westclarefrc.ie

Phone: 065 9052173

West Clare Family Resource Centre offers free counselling to those aged 12–18 including one-to-one and group supports. Other services include personal development courses/groups, volunteering opportunities and education supports. Young people can find support with a range of challenges including anxiety, depression, bullying, relationships etc.

East Clare Community Co-op – Counselling Service Main Street, Scariff, Co. Clare.V94 HPX9

Email: ecfamservices@gmail.com

<https://www.eastclarecoop.com/>

Phone: 061 921536

The Family Support Service at the East Clare Community Co-op provides accessible resources to families and individuals, including young people, in order to meet their social, emotional, physical and mental health needs in an inclusive, confidential, welcoming environment. The service offers one-to-one, phone and online support. Reduced rate/subsidised sessions are available.

Elevate Foundation

Email: elevatefoundation.info@gmail.com

<http://www.elevatefoundation.ie/>

Phone: 065 7079000

Elevate is a dedicated philanthropic fund which funds the very best mental health and wellbeing professionals in their field to connect with young people in Co. Clare through schools and youth organisations. It fully funds mindfulness programmes, resilience workshops, powerful inspirational talks, emotional well-being workshops, youth community events, campaigns, youth counselling, the annual YouthFest well-being events, and other initiatives as they arise. Elevate's vision is to empower young people to develop the skills, awareness, confidence and opportunities they need to realise their greatest potential and to create a sustainable improvement in the lives and well-being of young people in Clare.

HeadsUP Clare

<https://headsupclare.ie/>

The HeadsUP Clare website provides facts about the mental health services in the Clare area as well as other youth services and provides opportunities to hear about other young people's mental health experiences. It hosts a range of mental health and wellbeing resources for young people and those that support them. It was created by the Clare Children and Young People's Services Committees (CYPSC).

Clare Youth Service Carmody St, Ennis

Email: info@clareyouthservice.org

www.clareyouthservice.org

<https://www.facebook.com/ClareYouthService>

Phone: 065 6845350

Clare Youth Service is affiliated to Youth Work Ireland and operates sixty-four clubs, information points and projects in twenty-seven locations around County Clare. The Service is committed to the development and delivery of quality youth work. Supports and programmes for young people are offered in the areas of Advocacy, Alcohol & Drugs Education/Prevention, Education and Training, Information Provision, Targeted Interventions and Youth Justice Work.

GOSHH – Support for LGBTI+ Young People Redwood Place, 18 Davis Street, Limerick, V94 K377

Email: info@goshh.ie

<https://goshh.ie/>

Phone: 061 314354

GOSHH works with young people who often identify as LGBTI+ in Limerick, Clare and North Tipperary. They provide one to one support for young people as well as facilitate support groups in relation to their Gender and Orientation. They also offer supports for people of all sexual orientations if they have questions around sexual health. The aim of their work is to help improve mental and social well-being. One-to-one, group, online and phone support are all available.

Ennis Voices for Autism

Email: ennisvoicesforautism@gmail.com

<https://www.facebook.com/eva.clare.5/>

Phone: 086 8120055

Ennis Voices for Autism (EVA) is a voluntary group for families of children with Autism. They organise events and a range of activities.

Clare Immigrant Support Centre (CISC) Unit 6, Clonroad Business Park, Clonroad, Ennis

Email ciscennis@gmail.com

<http://www.clareimmigrantsupportcentre.com/>

Phone: 065 6822026

CISC aims to ensure access to appropriate state and community services and the upholding of all the rights and entitlements of all in the immigrant community. Clare Immigrant Support Centre also aims to support better outcomes for individuals and families in their engagement with and access to state agencies and authorities by providing translation, information, accompanied visits and advocating where necessary.

Rainbows Ireland North West Clare FRC CLG Aronaculla, Ennistymon, Co. Clare

Phone: 065 7071144

Shannon FRC Respond Community Building, Rineanna View, Shannon, Co. Clare

<https://www.rainbowsireland.ie/>

Phone: 061 707600

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement, parental separation or divorce.

Connecting for Life –Mid West

Connecting for Life is Ireland's national strategy to reduce suicide. It sets out a vision of an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing. A Local Action Plan has been developed for counties Limerick, Clare and North Tipperary

Yours Sincerely,



Nuala Kelly
Head of Service - Mental Health Service,
Mid-West Community Healthcare

