



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 Shannondoc on 1850 212 999. You can also go to the Emergency Department in University Hospital Limerick or you can contact the Emergency Services by calling 999 or 112.



SUBSTANCE MISUSE SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
COMMUNITY SUBSTANCE MISUSE TEAM Community Substance Misuse Team (CSMT) is a multi-disciplinary team responding to young people and families impacted by substance misuse in the Mid West.	COMMUNITY SUBSTANCE MISUSE TEAM for those aged 12 to 18 years Young people can self-refer or they can be referred by family, carers or other agencies and professionals. Professionals can request a referral form via phone call/email.	COMMUNITY SUBSTANCE MISUSE TEAM 2nd Floor Arthur's Quay House Arthurs Quay Limerick Tel: 061 318904 Email: admin@csmt.ie www.csmt.ie
HSE SUBSTANCE MISUSE SERVICE The 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: • Screening, assessment and care planning • Detoxification support • Opiate substitute treatment • Counselling • Group support • Needle exchange • Onward referral to residential treatment • Connection to community support services • Links with education, training and employment initiatives	HSE SUBSTANCE MISUSE for young people, adults and families Community based supports for young people and adults are available throughout the county. Young people can self-refer, consent will be required from a parent/guardian to treat under 18's, or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral. Substance misuse services are free of charge. Screening drop-in for all services including methadone programme takes place every Monday from 2.00pm to 4.00pm, no appointment or referral needed.	HSE MID WEST DRUG AND ALCOHOL SERVICE North Tipperary Drug and Alcohol Service Kenyon Street Nenagh Co. Tipperary E45 YR76 Tel: 067 46512 HSE DRUG AND ALCOHOL HELPLINE Tel: 1800 459 459 Email: helpline@hse.ie www.hse.ie/drugshivhelpline www.drugs.ie

OTHER SPECIALIST SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
MID WEST RAPE CRISIS CENTRE The service provides information and support to survivors of all forms of rape and sexual assault. The services provided include: • Forensic medical examination • Garda and court accompaniment • Crisis and long term counselling	RAPE CRISIS AND COUNSELLING CENTRE for those aged 14 years and over Young people can self-refer or they can be referred by family, carers or other agencies and professionals, please seek the young person's consent for the referral, there is no cost to the client.	RAPE CRISIS MID WEST Phoenix House Punch's Close Rosbrien Road Limerick Tel: 061 311511 Email: info@rapecrisis.ie www.rapecrisis.ie
GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) Gender Orientation Sexual Health, HIV Support, counselling and training provided throughout Limerick, Clare and North Tipperary.	GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) for all ages This is a free service that accepts referrals from professionals and self referrals by phone or by drop in.	GENDER, ORIENTATION, SEXUAL HEALTH, HIV (GOSHH) 18 Davis Street Limerick V94 K377 Tel: 061 314354 Email: info@goshh.ie www.goshh.ie
HSE NATIONAL COUNSELLING SERVICE (COMHAR) This counselling service is for people who have experienced trauma and/or abuse including emotional, physical or sexual abuse or neglect in childhood.	HSE NATIONAL COUNSELLING SERVICE for those aged 18 years and over 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. CONNECT free telephone counselling and support service is also available to those who experienced abuse, trauma or neglect in childhood and may not wish to avail of face to face support, Wednesday to Sunday, 6.00pm to 10.00pm.	HSE NATIONAL COUNSELLING SERVICE MID WEST Re Nua 6 Mount Vincent Terrace O'Connell Avenue Limerick V94 W640 Tel: 1800 234115 or 061 411900 Freephone: 1800 234 118 Email: comhar@hse.ie CONNECT COUNSELLING HELPLINE Tel: 1800 477 477 www.connectcounselling.ie

SERVICES AVAILABLE IN EDUCATION SETTINGS		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) 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. - Educational development - Social difficulties - Emotional difficulties - Behavioural difficulties	NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) for children aged 5 to 18 years 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. Following the implementation of the Continuum of Support process by school staff, the school may consult with NEPS about particular pupils who continue to show significant levels of difficulty. This consultation may take the form of a 'Teacher Consultation' or a more formal 'Request for Involvement of Psychologist'. Parents who have school related concerns about their children should discuss these with the School Principal who will contact NEPS if necessary.	NEPS Houston Hall Ballycummin Ave. Raheen Business Park Limerick V94 PKF1 Local Admin: 0761 108561 / 0761 108799 Head Office: 01 889 2700 Email: neps@education.gov.ie www.education.ie
GUIDANCE COUNSELLING SERVICE IN SCHOOLS Issues requiring referral to this service may include social, emotional and educational issues impacting on a young person's experience of school and life in general. Schools often offer additional support groups to address some of the following: - Bereavement - Resilience building - Emotional regulation - Mindfulness - LGBT+ - Stress management - Exam coping skills	SCHOOL GUIDANCE COUNSELLING for all young people attending secondary school 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. There is no cost for this service.	SCHOOL GUIDANCE COUNSELLING Contact the school or school website or for further information about the service contact the Institute of Guidance Counsellors Tel: 01 6761975 Email: office@igc.ie www.igc.ie
THIRD LEVEL STUDENT COUNSELLING SERVICE Limerick Institute of Technology (L.I.T.) and Mary Immaculate College provides a multi-campus student counselling service. Third level student counselling services can address some of the issues listed below: - Depression - Anxiety/panic attacks - Bereavement - Relationship difficulties - Family difficulties - Sexual trauma - Addiction - LGBT+ support	L.I.T. STUDENT COUNSELLING for young people registered as full time students This is a professional student counselling service staffed by Psychologists, Counsellors, and Psychotherapists. Students can self-refer by phone, text, email or calling into the student service office. The counselling service is available during office hours, Monday to Friday throughout the academic year. Counselling is available by appointment only and at no cost to students. MARY IMMACULATE COLLEGE STUDENT COUNSELLING Thurles campus students Mary Immaculate College provides a professional, on-campus counselling service available to all students, free of charge.	STUDENT COUNSELLING SERVICE Limerick Institute of Technology Moylesh Park Limerick V94 ECST Tel: 0504 28152 www.lit.ie/counselling Thurles Campus Nenagh Road Thurles E41 PC92 Tel: 0504 32033 www.lit.ie/counselling

OTHER USEFUL RESOURCES FOR CHILDREN AND YOUNG PEOPLE		
BeLonG To The national organisation supporting LGBT+ young people in Ireland Helpline: 1890 92 95 39 www.belongto.org	ISPCC The Irish Association for the Prevention of Cruelty to Children Childline: 1800 666 666 Teenline: 1800 833 634 www.childline.ie	Turn2me Online mental health support and counselling services www.turn2me.org
Bodywhys The Eating Disorder Association Tel: 1890 200 444 www.bodywhys.ie	Spunout Ireland's youth information website www.spunout.ie	Your Mental Health Infoline: 1800 111 888 www.yourmentalhealth.ie
Samaritans 24 Hour National Listening Service Freephone: 116 123 jo@samaritans.ie www.samaritans.ie	Pieta National 24 Hour Suicide Helpline Helpline: 1800 247 247 Text: HELP to 51444 www.pieta.ie	50808, 24 Hour Crisis Text Service 24 hour crisis text service Text: HELLO to 50808

The information contained in this poster is correct at the time of print, for additional resources visit www.yourmentalhealth.ie or contact the HSE Office for Suicide Prevention on 061 461454

SOUTH TIPPERARY COUNSELLING AND SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE*			
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS	
TYPES OF ISSUES REFERRED TO THE SERVICE Counselling provides a safe space to explore issues and provide support with: • Difficult feelings and emotions • Anxiety • Depression • Education and expectations • Relationship difficulties • Anger • Bereavement and loss, family or peer • Family separation or divorce • Substance abuse, self or parental • LGBTI+ support • Eating distress and body issues • Self-harm and suicidal ideation Child and adolescent counselling services may also be able to offer support to parents and carers.	BARNARDOS for children, young people and families Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service. Barnardos offers information, help and support to children, young people and their parents/carers. Their focus is on supporting and promoting children's development, helping parents with their parenting and the development of positive relationships with their children.	BARNARDOS Barnardos Family Support Project 140 Elm Park Clonmel Co. Tipperary E91 YC94 Tel: 052 6170665 Email: info@clonmel.barnardos.ie	
	THE FAMILY WELFARE CONFERENCE SERVICE (FWC) is a special service that is held when a child or young person is experiencing difficulties. The FWC facilitates meetings involving the child, family, some of the people who are important in the child's life and professionals. At these meetings, the family are supported by the other people in attendance to make a plan to meet the needs of the child or young person.	BARNARDOS FAMILY WELFARE CONFERENCE SERVICE 140 Elm Park Clonmel Co. Tipperary E91 YC94 Tel: 052 6170665 Email: info@southtipp.barnardos.ie www.barnardos.ie	
	CLONMEL COMMUNITY RESOURCE CENTRE (CCRC) CCRC is an independent, charitable organisation that serves the community by providing family support projects, a childcare service, infant mental health, parenting programmes and the Rainbows programme for children experiencing bereavement or parental separation.	CLONMEL COMMUNITY RESOURCE CENTRE Kichham Lodge Kichham Street Clonmel Co. Tipperary E91 P2N5 Tel: 052 6129143 Email: admin@clonmelcrr.ie www.clonmelcrr.ie	
	MILLENNIUM FAMILY RESOURCE CENTRE The Millennium FRC offers low cost counselling for young people aged 14 years and over and provides play therapy for children between the ages of 4 and 14 years. Referrals are accepted from parents, schools in consultation with parents, GPs, Tusla or any other individual or organisation working with children.	MILLENNIUM FRC Glengoolie Thurles Co. Tipperary E41 A065 Tel: 052 9157992 Email: admin@mfr.ie www.mfrc.ie	
	NANO NAGLE COMMUNITY RESOURCE CENTRE The Nano Nagle Centre offers counselling for adults and children from the age of 12 years.	NANO NAGLE COMMUNITY RESOURCE CENTRE Clancy House Greenside Carrick on Suir Co. Tipperary E32 P928 Tel: 051 642418 Email: carrickresource@eircom.net www.carrickcommunityrc.com	
	SPAFIELD FAMILY RESOURCE CENTRE Spafield FRC offers low cost counselling services to children and adults and provides family support services with one to one parenting support available.	SPAFIELD FRC Old Road Cashel Co. Tipperary E25 CX31 Tel: 062 63622 Email: reception@spafieldfrc.ie www.spafieldfrc.ie	
	THREE DRIVES FAMILY RESOURCE CENTRE The Three Drives FRC offers low cost counselling services for young people aged 16 years and over as well as art therapy and play therapy for children aged 4 years and over.	THREE DRIVES FRC 22/23 Greanane Drive Tipperary Town Tipperary E34 EE39 Tel: 062 80831 Email: threedrivesfrc@eircom.net	
	HSE COUNSELLING IN PRIMARY CARE (CIPC) 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.	HSE COUNSELLING IN PRIMARY CARE (CIPC) for those aged 18 years and over 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 South Tipperary.	
JIGSAW Jigsaw is a free, non-judgemental and confidential mental health support service for young people aged between 12 and 25 years. The service provides guidance and support for young people who are going through a difficult or distressing time and to those concerned about them.	JIGSAW for young people aged 12 to 25 years Jigsaw provides mental health information for young people, their parents and guardians, and those who work with young people. This service is available in Jigsaw centres and online.	JIGSAW NATIONAL OFFICE 16 Westland Square Pearse Street Dublin D02 Y590 Tel: 01 472 7010 Email: info@jigsaw.ie www.jigsaw.ie	

SUICIDE, SELF-HARM AND MENTAL HEALTH SPECIFIC SERVICES			
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS	
HSE ADULT MENTAL HEALTH SERVICE The HSE Adult Mental Health Service is available throughout South Tipperary for people who are experiencing moderate to severe mental health difficulties including but not limited to: • Depression • Mood disorders • Anxiety • Psychotic illness • Suicide and self-harm • Personality disorders • Eating disorders • Adjustment disorders	HSE ADULT MENTAL HEALTH SERVICE for people aged 18 years and over Access to this service is via GP referral, referral from CareDoc out of hours service or from the Emergency Department. An outpatient appointment for the appropriate mental health team is organised and referral to other mental health resources may be offered. There is a broad range of mental health services available throughout the county including community/day facilities and community mental health teams. Inpatient facilities are available in the Department of Psychiatry, St Luke's Hospital, Kilkenny.	ADULT MENTAL HEALTH SERVICES To access the HSE Adult Mental Health Service, contact the GP or if it is out of hours call CareDoc on 0818 300365 or visit the Emergency Department in South Tipperary General Hospital. Department of Psychiatry St Luke's Hospital Freshford Road Friarsinch Kilkenny R95 FY71 Tel: 056 7785109	
HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) This service provides a specialist mental health service to those aged up to 18 years old who have moderate to severe mental health disorders, that require the input of a specialist multi-disciplinary mental health team, including: • 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	CAMHS for children and young people aged up to 18 years A referral to CAMHS must be completed by a GP or another medical professional. Reports from professionals who are involved with the young person are welcomed and encouraged.	SOUTH TIPPERARY CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) SOUTH TIPPERARY CAMHS TEAM 1 Glenconnor Road Clonmel Co. Tipperary E91 X702 Tel: 052 6177436 SOUTH TIPPERARY CAMHS TEAM 2 Coleville House Coleville Road Clonmel Co. Tipperary E91 K7N1 Tel: 052 6189204	
HSE PRIMARY CARE CHILD AND FAMILY PSYCHOLOGY SERVICE This service offers assessment and intervention to children and adolescents in South Tipperary, who present with the following difficulties at the mild to moderate level of concern: • Behavioural problems • Anger problems • Parenting difficulties • Anxiety • Adjustment difficulties • Loss and bereavement • Emotional regulation problems • Low self-esteem • Attachment problems • Interpersonal relationship problems The service aim is to support these children and adolescents to improve their psychological health and wellbeing.	HSE PSYCHOLOGY IN PRIMARY CARE for children, young people and families Referral to the HSE South Tipperary Primary Care Child and Family Psychology 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 healthcare professionals. Parental consent is required for referral. The service provides clinic and home based interventions, education/training and parenting support.	HSE PRIMARY CARE CHILD AND FAMILY PSYCHOLOGY SERVICE South Tipperary Therapy Services Western Road Clonmel Co. Tipperary E91 D667 Tel: 052 6177911 www.hse.ie	
PIETA Pieta provides a counselling service for people who are in suicidal distress and for those who are engaging in self-harm. Pieta uses a therapeutic approach with professional accredited Counsellors/Psychotherapists. Pieta also operates suicide bereavement counselling centres in the South East providing counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.	PIETA for children, young people and families It is not necessary to have a psychiatric referral or letter from a GP to access Pieta services. Referrals are accepted from any source, however if a referral is made on behalf of a person aged 18 years or over, please seek the person's consent for the referral. 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.	PIETA The Glebe Ballyhall Roscrea Co. Tipperary E53 E670 Tel: 0505 22568 Email: info@pieta.ie 24 Hour Helpline: 1800 247 247 Text: HELP to 51444 www.pieta.ie	
SELF-HARM INTERVENTION PROGRAMME (SHIP) 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.	SELF-HARM INTERVENTION PROGRAMME (SHIP) for those aged 16 years and over 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.	SHIP Counselling Coordinator Lismore Park Primary Care Centre 223 Lismore Park Waterford X91 VCP5 Tel: 087 2586028 Tel: 051 359088	

BEREAVEMENT SUPPORT SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
BARNARDOS CHILDREN'S BEREAVEMENT SERVICE Barnardos deliver a specialist national bereavement service where children and young people are supported to grieve regardless of the cause of death.	BARNARDOS CHILDREN'S BEREAVEMENT SERVICE for children and young people 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. Barnardos Helpline Service is available from 10am to 12pm Monday to Thursday to members of the public seeking information and support in relation to bereavement. The helpline is operated by fully trained and supported volunteers.	BARNARDOS CHILDREN'S BEREAVEMENT SERVICE Cork/Dublin Bereavement Support Tel: 01 813 4100 Email: bereavement@barnardos.ie www.barnardos.ie
HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS This is a bereavement counselling service for people who have been bereaved through any of the following circumstances: • Suicide • Homicide • Road Traffic Accident • Industrial/Agricultural/Domestic accident • Drowning	HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS for individuals aged 16 years and over This service is coordinated by the HSE Regional Suicide Resource Office. Access to the service is through a GP or appropriate health professional via 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.	BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS HSE Regional Suicide Resource Office Front Block St Patrick's Hospital John's Hill Waterford X91 KX25 Tel: 051 874013 Email: bereavement.sro@hse.ie
RAINBOWS 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.	RAINBOWS for children and young people 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.	RAINBOWS Tel: 01 473 4175 Email: ask@rainbowsireland.ie www.rainbowsireland.ie
SUICIDE BEREAVEMENT LIAISON SERVICE (SBLO) 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.	SUICIDE BEREAVEMENT LIAISON SERVICE for individuals and families 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.	SUICIDE BEREAVEMENT LIAISON SERVICE Pieta 14 Francis Street Wexford Y35 Y427 Tel: 085 8073040 24 Hour Helpline: 1800 247 247 www.pieta.ie

SUBSTANCE MISUSE SERVICES			
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS	
HSE SUBSTANCE MISUSE SERVICE The South Tipperary 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: • Screening, assessment and care planning • Substance misuse counselling for adults and adolescents • Information on treatment • Detoxification support • Opiate substitute treatment • Access to drug information and education • Group support • Needle exchange • Connection to community support services	HSE SUBSTANCE MISUSE for young people, adults and families The service is available throughout the county and accepts self-referrals or referrals from GPs and other agencies. Parental or guardian consent is required for those under 18 years of age. Substance misuse services are free of charge. The following is also provided: • Satellite clinics in Tipperary Town, Cashel, Carrick-on-Suir and Mullinahone • Drop in clinic in Clonmel • Drop in service for Polish and Russian speaking individuals	HSE SUBSTANCE MISUSE SERVICE St Michael's Unit South Tipperary General Hospital Clonmel Co. Tipperary E91 VY40 Tel: 052 6177900 HSE Drug and Alcohol Helpline: 1800 459 459 Email: helpline@hse.ie www.hse.ie/drugshivhelpline www.drugs.ie	
COMMUNITY BASED DRUGS INITIATIVES (CBDI) South Tipperary and Suir Valley Community Based Drugs Initiatives (CBDI) are projects of Waterford and South Tipperary Community Youth Service (WSTCYS). Both 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, psychosocial education, holistic therapies and referrals to relevant services.	COMMUNITY BASED DRUGS INITIATIVES for young people, adults and families 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 may be required for those under 18 years old.	COMMUNITY BASED DRUGS INITIATIVES CLONMEL COMMUNITY BASED DRUGS INITIATIVE Wilderness Youth and Community Centre Wilderness Grove Clonmel Co. Tipperary E91 X6X3 Tel: 086 8557212 Email: ccdbi@wstcys.ie www.wstcys.ie	SUIR VALLEY COMMUNITY BASED DRUGS INITIATIVE 56 New Street Carrick on Suir Co. Tipperary E32 FF64 Tel: 051 645775 Email: suirvalleycbd@wstcys.ie www.wstcys.ie

OTHER SPECIALIST SERVICES			
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS	
SOUTH TIPPERARY RAPE CRISIS AND COUNSELLING CENTRE The centre provides a confidential counselling and support service sensitive to the needs of all survivors of sexual violence, rape, childhood sexual abuse and sexual harassment. The following services are available at the South Tipperary Rape Crisis Centre: • Confidential, face to face counselling and support services five days per week • Telephone support/helpline service • Accompaniment service to the Gardaí, legal appointments or Court • Support and counselling for family, friends, partners or others who are in a supporting role	RAPE CRISIS AND COUNSELLING CENTRE for young people aged 14 years and over This service supports women, men and young people over the age of 14 years. Young people can self-refer or they can be referred by family, carers or other agencies and professionals, the young person's consent is required for the referral, there is no cost to the client.	TIPPERARY RAPE CRISIS AND COUNSELLING CENTRE 20 Mary Street Old Bridge Clonmel Dublin D02 Y302 Tel: 052 6127676 FreePhone: 1800 340 340 Email: trcc@eircom.net	
HSE NATIONAL COUNSELLING SERVICE (COMHAR) Counselling service for people who have experienced trauma and/or abuse including emotional, physical or sexual abuse or neglect in childhood.	HSE NATIONAL COUNSELLING SERVICE for those aged 18 years and over 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. CONNECT free telephone counselling and support service is also available to those who experienced abuse, trauma or neglect in childhood and may not wish to avail of face to face support.	HSE NATIONAL COUNSELLING SERVICE, SOUTH EAST Lismore Park Primary Care Centre 223 Lismore Park Waterford X91 VCP5 Tel: 051 359017 FreePhone: 1800 234 118 Email: comhar@hse.ie	CONNECT COUNSELLING HELPLINE Tel: 1800 477 477 www.connectcounselling.ie

SERVICES AVAILABLE IN EDUCATION SETTINGS		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
GUIDANCE COUNSELLING SERVICE IN SCHOOLS Issues requiring referral to this service may include 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: • Bereavement • Resilience building • Emotional regulation • Mindfulness • LGBTI+ support • Stress management • Exam coping skills	SCHOOL GUIDANCE COUNSELLING for all young people attending secondary school 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. There is no cost for this service. Every second level school has a qualified Guidance Counsellor.	SCHOOL GUIDANCE COUNSELLING Contact the local school or school website or for further information about the service, contact the Institute of Guidance Counsellors. Tel: 01 676 1975 Email: office@igc.ie www.igc.ie
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) 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: • Educational development • Social difficulties • Emotional difficulties • Behavioural difficulties	NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) for children aged 5 to 18 years 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.	NEPS Model School Western Road Clonmel Co. Tipperary E91 HK58 Tel: 0761 108799 Head Office: 01 889 2700 Email: nep@education.gov.ie www.education.ie
THIRD LEVEL STUDENT COUNSELLING SERVICE Limerick Institute of Technology (LIT) provides a multi-campus student counselling service. Third level student counselling services can address some of the issues listed below: • Depression • Anxiety • Panic attacks • Bereavement • Relationship difficulties • Family difficulties • Sexual trauma • Addiction • LGBTI+ support	STUDENT COUNSELLING for young people registered as full time students in the Thurles and Clonmel campuses of LIT This is a student counselling service staffed by Psychologists, Counsellors and Psychotherapists. Students can self-refer by phone, text, email or by calling into the student service office. The counselling service is available during office hours, Monday to Friday throughout the academic year. Counselling is available by appointment only and at no cost to students.	STUDENT COUNSELLING SERVICE Limerick Institute of Technology Reception of Student Counselling Service Moyleish Park Limerick V94 EC5T Tel: 0504 28152

OTHER USEFUL RESOURCES FOR CHILDREN AND YOUNG PEOPLE		
BeLonG To The national organisation supporting LGBTI+ young people in Ireland Helpline: 1890 92 95 39 www.belongto.org	ISPCC The Irish Association for the Prevention of Cruelty to Children Childline: 1800 666 666 Teenline: 1800 833 634 www.childline.ie	Turn2me Online mental health support and counselling service www.turn2me.org
Bodywhys The Eating Disorder Association Tel: 1890 200 444 www.bodywhys.ie	Spunout Ireland's youth information website www.spunout.ie	Your Mental Health Infoline: 1800 111 888 www.yourmentalhealth.ie
Samaritans 24 Hour National Listening Service FreePhone: 116 123 jo@samaritans.ie www.samaritans.ie	Pieta 24 Hour National Suicide Helpline Helpline: 1800 247 247 Text: HELP to 51444 www.pieta.ie	50808, 24 Hour Crisis Text Service 24 hour crisis text service Text: HELLO to 50808