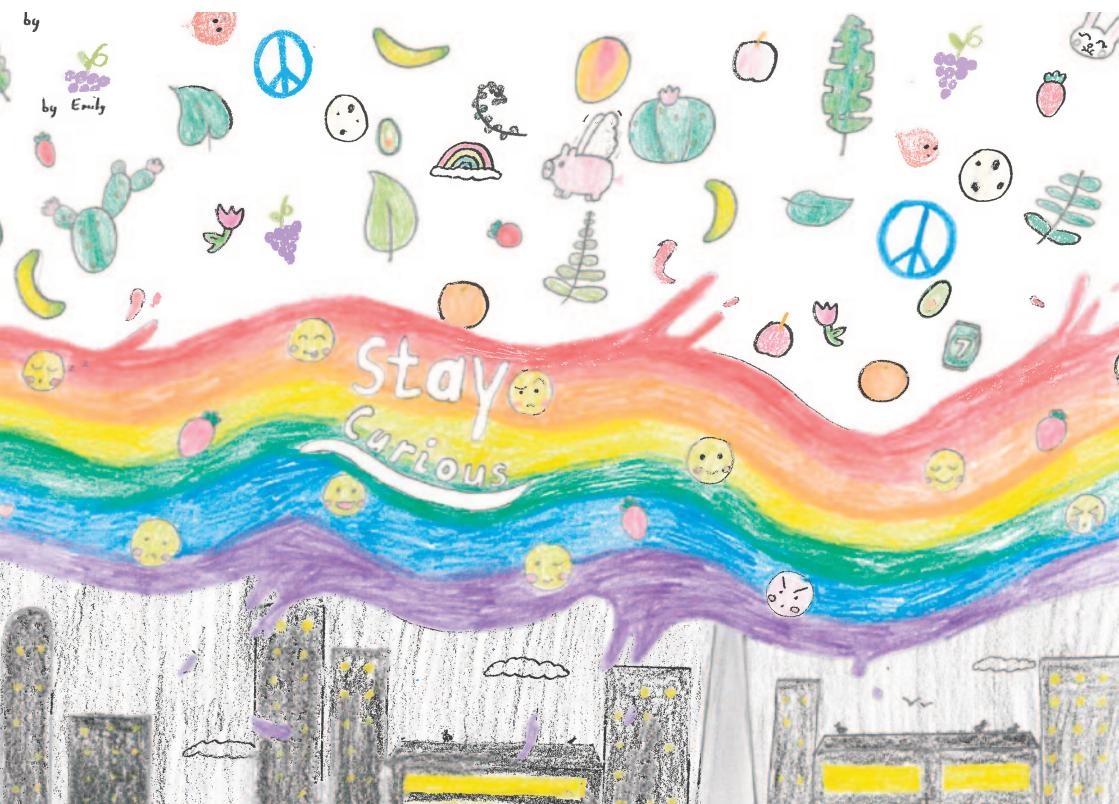


A DIRECTORY OF
**MENTAL HEALTH AND
WELL-BEING SUPPORT SERVICES**
IN NORTH WEST INNER CITY DUBLIN

A DIRECTORY OF MENTAL HEALTH AND WELL-BEING SUPPORT SERVICES IN NORTH WEST INNER CITY DUBLIN



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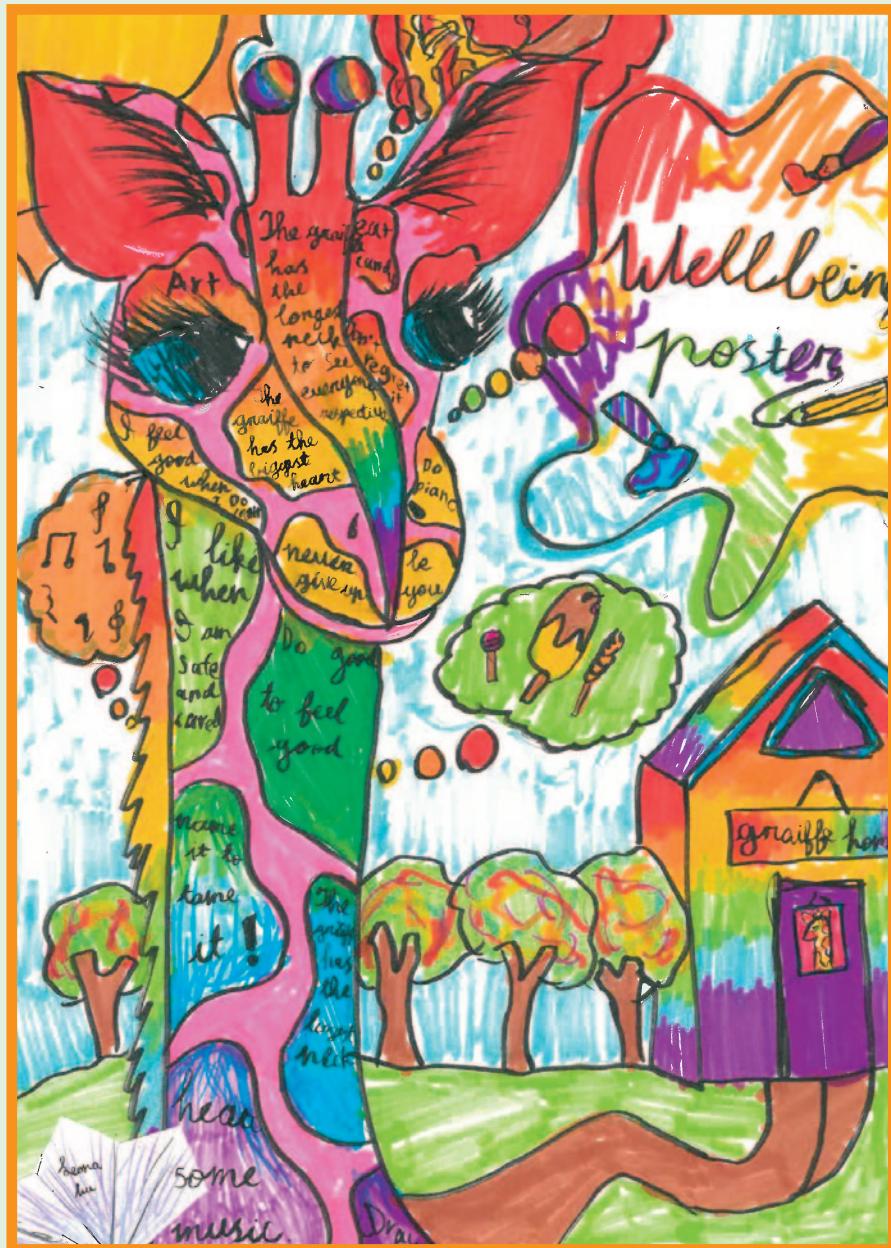
The Children & Youth Action Group (CYAG), which is the recognised Child & Family Support Network (CFSN) is a network of community, voluntary and statutory agencies working with children, young people and families in the North West Inner City. The group works from the premise that the emotional wellbeing and mental health of all children and young people in the North West Inner City is a priority issue and is essential for children and young people reaching their full potential.

Most children and young people in the NWIC do well most of the time. For some, however, the level of need can range from universal support services to specialist therapeutic interventions, emergency assessment, intensive treatment and relevant supports. In order to respond to those needs, a co-ordinated and integrated approach is required that is child centred and guarantees that whatever their level of need, children and young people will get the best possible care, support and treatment when they need it and which they have a right to.

The CYAG believe that children and young people's mental health and wellbeing is everyone's business and not just the responsibility of a few agencies. From our work on the ground, we know that quick and easy access to support and specialist services can prevent the escalation of risk and have a significant positive impact on the mental health and wellbeing of children, young people and their families.

This Directory gives basic information about the range of services that are available to support the mental health and wellbeing of children, young people and their families. We hope that it will play an important role in helping people identify and access the services that they need, particularly those who are most vulnerable and who need these services most.

Fidelma Bonass
Child & Family Support Network Co-ordinator
North West Inner City
March 2023



Supports & Services:	AOSOG CHILD & FAMILY PROJECT
Available in relation to Mental Health and well-being	Aosog is a community based child and family project for children aged 7-12 years. Aosog offers a variety of supports including one to one support, group programmes, parent's groups and family visits. All programmes aim to support children and parents' mental well-being, focusing on self-esteem, resilience, and positive behaviour management. Programmes include "Getting to Know you", Healthy Living, Circle Time. Physical programmes such as swimming, sensory gym / play. Guided meditations / breathing techniques are also used to promote feeling good.
Contact person	Ger Nugent, Project Leader
Address	Stanley Court, 62-63 Prussia Street, Dublin 7
Phone number	089 423 2452
Email address	geraosog@gmail.com
Website	www-aosog.ie

Supports & Services:	STEP BY STEP CHILD & FAMILY PROJECT
Available in relation to Mental Health and well-being	Step by Step is A Child and Family Project, that is made up of a Multidisciplinary team. The project is for children between the ages of 5-12 years. The project offers a range of different supports including support with social and emotional development, key working, Therapeutic interventions such as play and art therapies and Family Support.
Contact person	Paul Ring, Project Leader
Address	C/o. Mt. Carmel Secondary School, Dublin 1
Phone number	089 253 7937
Email address	Stepbystep7@gmail.com

Supports & Services:	JUST ASK YOUTH PROJECT
Available in relation to Mental Health and well-being	Just Ask (After School Klub) is an After School Support project that provides designated programmes as well as personal and family support
Contact person	Declan Keenan
Address	Dominick Street, Dublin 1
Phone number	086 193 4137
Email address	decjoke@gmail.com
Website	www.just-ask.ie

Supports & Services:	AN SIOL COMMUNITY DEVELOPMENT PROJECT
Available in relation to Mental Health and well-being	<p>An Siol Education programme provides:</p> <ul style="list-style-type: none"> ■ After school club's referral for children with additional needs ■ one to one tuition for junior and leaving certificate student living or studying in the area. ■ Youth development work covering the 7 development milestones.
Contact person	Olubukola Idowu
Address	19 Manor Street, Dublin 7
Phone number	01 677 5741
Email address	oidowu@ansiol.ie
Website	www.ansiol.ie

notes

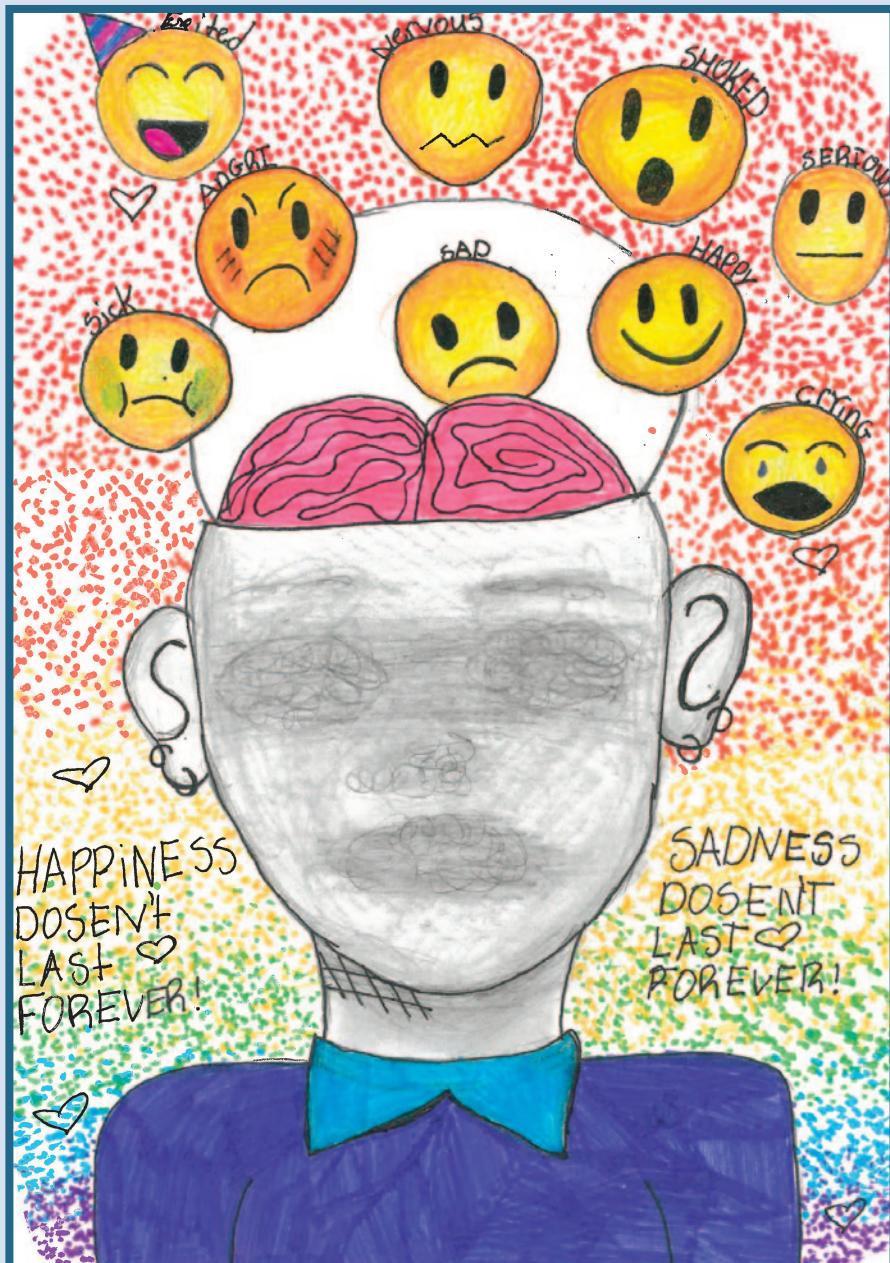


Supports & Services:	BRADÓG YOUTH SERVICE
Available in relation to Mental Health and well-being	<p>A community based youth project for young people aged 10-25 yrs. The project provides a range of programmes for personal and social development through non-formal education including. In relation to mental health and wellbeing the project provides:-</p> <ul style="list-style-type: none"> ■ The V.I.B.E.S. group – promoting the 5 a day of positive well-being ■ Peer Educators promoting mental health and wellbeing ■ Feel the Love Café – a social space for young people to come together to discuss their challenges and practice mindfulness using tools such as meditation, music therapy and arts
Contact person	Maria O'Donohue
Address	34 Dominick Place, Dublin 1
Phone number	087 936 8435 or 01 878 8375
Email address	maria.odonoghue@bradog.com
Website	www.bradog.com
Supports & Services:	BRADÓG YOUTH DIVERSION PROJECT
Available in relation to Mental Health and well-being	<p>The Project aims to divert young people 12-17 years from anti-social behaviours and criminality. They provide:</p> <ul style="list-style-type: none"> ■ One to one support, ■ Education support Pro social activities ■ Developmental work ■ Court support Family support ■ Referrals to relevant services if required ■ Early Intervention work with 8-11 years old at risk ■ Roma specific work with young people
Contact person	Daniel Rawat, Project Leader
Address	34 Dominick Place, Dublin 1
Phone number	087 666 3712
Email address	daniel.rawat@bradog.com
Website	www.bradog.com

Supports & Services:	STONEYBATTER YOUTH SERVICE
Available in relation to Mental Health and well-being	<p>Stoneybatter Youth Service provides a service for young people aged 10-24 years. The Youth Work team provide the following supports:</p> <ul style="list-style-type: none"> ■ One-to-one support ■ Structured small and large groups ■ Outreach ■ Advocacy work ■ Unscheduled interventions ■ Referral to other agencies/support when needed
Contact person	Billy McCrea, Youth Worker
Address	St. Paul's Community Centre, Blackhall Parade, Dublin 7
Phone number	086 606 6174
Email address	Billy.mccrea@cdysb.cdetsb.ie
Website	www.cdysb.ie

Supports & Services:	YPAR—YOUNG PEOPLE AT RISK
Available in relation to Mental Health and well-being	<p>Psychotherapy/trauma counselling for children and young people up to 25 years.</p> <p>Teacher, youth worker or any worker connected with child /young person can contact YPAR to set up counselling</p>
Contact person	Frank Mulville
Address	Ballybough Community Centre, 49 Ballybough Rd, Dublin 3
Phone number	01 819 4779 / 086 843 1421
Email address	yparprotocol@gmail.com
Website	www.ypar.ie

Supports & Services:	CRINAN YOUTH PROJECT
Available in relation to Mental Health and well-being	<p>A Community based multi disciplinary treatment programme that offers a quality service to young people aged 14-21 years and their families. Includes:</p> <ul style="list-style-type: none"> ■ Care Planning ■ Counselling ■ Methadone stabilisation/detoxification, ■ Holistic therapies ■ Full and part-time programmes ■ Group work, ■ Group activities – art, yoga, family support, family therapy and aftercare
Contact person	Jemma Collins
Address	72 Seán McDermott Street, Dublin 1
Phone number	01 855 8792 Evening service: 085 735 8581 and 085 208 8368
Email address	info@crinanyp.org
Website	www.crinanyp.ie



Supports & Services:	ONE FAMILY
Available in relation to Mental Health and well-being	<p>One Family is a national organisation for one-parent families. They provide a range of services and supports including:</p> <ul style="list-style-type: none"> ■ Listening support & information for people parenting alone, sharing parenting and those separating ■ Support to parents with everyday parenting challenges ■ Free, confidential, non-judgemental and HSE approved information, support and counselling on all options during and unplanned pregnancy and post-abortion ■ A range of courses and workshops ■ Counselling service for adults and young people
Contact person	Geraldine Kelly
Address	Coke Lane, Smithfield, Dublin 7
Phone number	01 662 9219
Email address	info@onefamily.ie
Website	www.onefamily.ie

Supports & Services:	DAUGHTERS OF CHARITY
Available in relation to Mental Health and well-being	A range of therapeutic supportive interventions for children up to 18 years and their parents and carers.
Contact person	Avryll DeBurca
Address	Asteoir Beo, 1st Floor, Commercial House, West End Village, Blanchardstown, Dublin 15, D15 XYOF
Phone number	086 035 3827
Email address	asteoirbeo@docharity.ie connst@docharity.ie
Website	www.docchildandfamily.ie

Supports & Services:	DAUGHTERS OF CHARITY COMMUNITY SERVICES—Henrietta St.
Available in relation to Mental Health and well-being	The services a range of programmes to support vulnerable children, young people and families
Contact person	Eimear Griffin – St. Mary's Nursery Fiona Daly – Family Support Worker Sarah Kearney – Parent Child Plus Programme Chris Kane – Community Development Outreach Worker
Address	Henrietta Street, Dublin 1
Phone number	Phone-01 8874100
Email address	info@doccs.ie
Website	www.doccs.ie

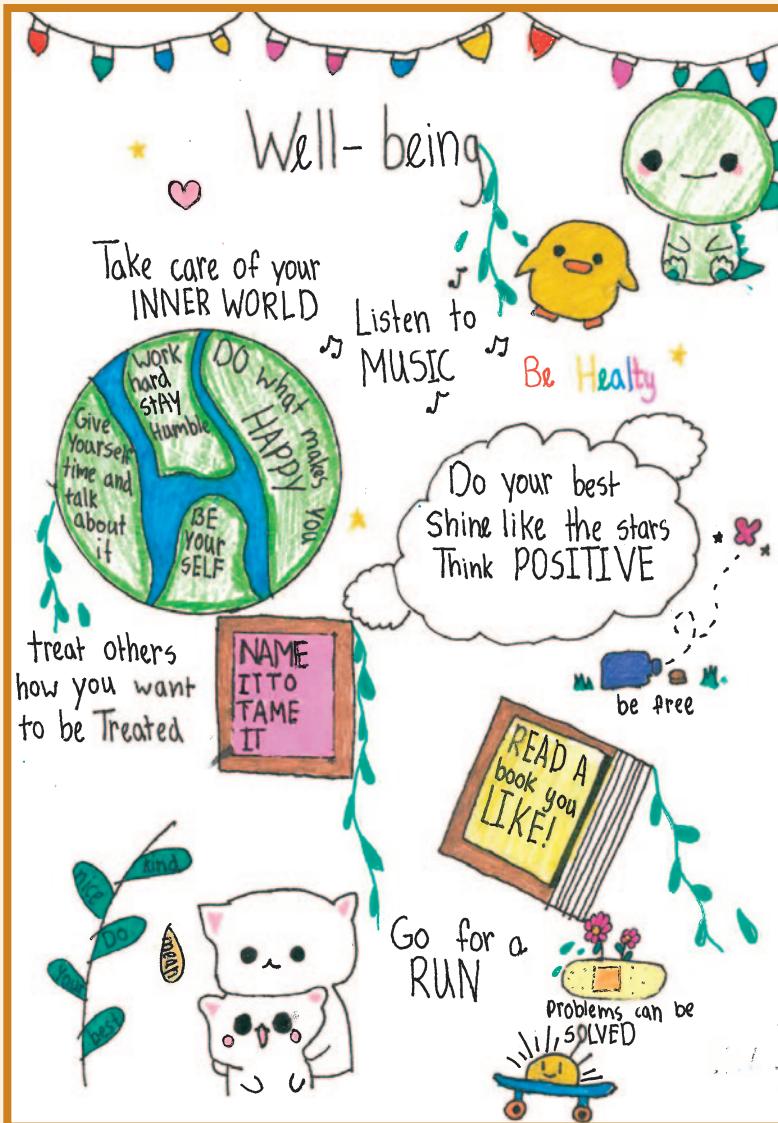
Supports & Services:	OZANAM HOUSE
Available in relation to Mental Health and well-being	Ozanam House Resource Centre provides a range of community activities and programmes including: <ul style="list-style-type: none"> ■ Child Care Centre ■ Youth Programmes ■ Summer Projects ■ Adult Education ■ Community Programmes ■ Parenting and Family Support
Contact person	Geraldine O'Driscoll
Address	53 Mountjoy Square West, Dublin 1
Phone number	01 874 2804
Email address	manager@ozanamhouse.ie
Website	www.ozanamhouse.ie

Supports & Services:	THE MIND IT PROJECT, CABRA YOUTH SERVICE
Available in relation to Mental Health and well-being	Youth counselling (12-21 years) to improve wellbeing. Face to face, phone and video options available.
Address	C/o Cabra For Youth, Parkside Community Centre, Rathoath Road, Dublin 7
Phone number	1800 303 638
Email address	info@cabraforyouth.ie
Website	www.cabraforyouth.ie

Supports & Services:	CROSSCARE TEEN COUNSELLING
Available in relation to Mental Health and well-being	Crosscare teen counselling is an adolescent friendly professional counselling service for young people and their parents or carers. The service offers face to face, online and telephone counselling.
Address	20 Arran Quay, Dublin 7
Phone number	01 557 4705
Email address	teencounselling@crosscare.ie
Website	www.teencounselling.ie

EARLY YEARS SERVICES NORTH WEST INNER CITY

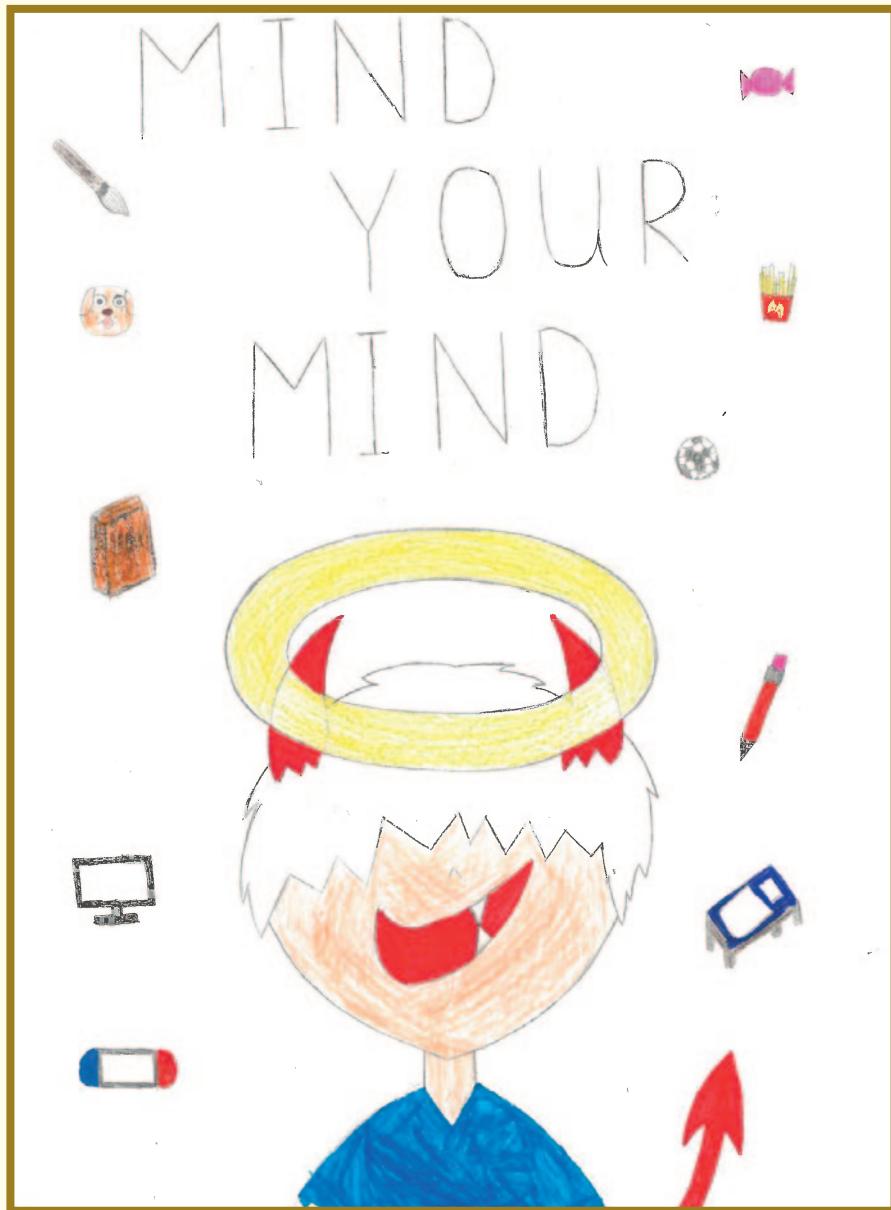
Name of Service	ADDRESS	Contact person	CONTACT Number. & Email
Dunard Playgroup	Dublin 7	Imelda Doyle	085 146 5901 dunardplaygroup@gmail.com
George's Hill Playgroup	George's Hill Primary School, Dublin 7	Georgina Murphy	083 856 4486 rainbowplaygroup28@gmail.com
Little Stars Creche	116 North King St Dublin 7	Denise Cunningham	01 679 6299 creche1162005@gmail.com
Pitter Patter Creche	MACRO Community Resource Centre, Green St., D7	Anela Bogut	01 873 7013 pitterpattercreche@gmail.com
Seven Dwarfs Playgroup	Prussia Street Parish Centre Dublin 7	Jessie Hall	085 146 5901 sevendwarfscommunityplaygroup@gmail.com
Stoneybatter Playgroup	Stoneybatter, Dublin 7	Annemarie Byrne	083 856 0886 rainbowplaygroup28@gmail.com
St Mary's Nursery	Daughters of Charity Henrietta St. Dublin 7	Eimear Griffin	01 887 4100 egriffin@doccs.ie
Tiny Toes Creche	42 Manor Street, Dublin 7	Carmel Brien	01 868 9315 manager@tinytoescreche.ie



Supports & Services:	THE SNUG COUNSELLING SERVICE
Available in relation to Mental Health and well-being	<p>The Snug Counselling service provides counselling and support to people and their families regarding substance misuse. These services include:</p> <ul style="list-style-type: none"> ■ One to one counselling ■ Support, information, advocacy and advice ■ Brief interventions and crisis therapy ■ Women's support group ■ Men's support group
Contact person	Sile Leech
Address	MACRO Community Centre, 1 Green St, Dublin 7
Phone number	01 878 6231 / 087 273 5358
Email address	info@snugcounselling
Website	www.snugcounselling.ie
Supports & Services:	CHRYsalis COMMUNITY DRUG PROJECT
Available in relation to Mental Health and well-being	<p>Chrysalis Community Drug Project provides services for people directly or indirectly affected by substance misuse over the age of 18 years. The services include:</p> <ul style="list-style-type: none"> ■ Assessment and intervention ■ Case Management ■ Community detox support ■ Addiction and generic counselling ■ Recovery coaching ■ Peer led initiatives
Contact person	Passerose Mantoy
Address	33 Manor Street, Dublin 7, D07 WA46
Phone number	01 882 3362
Email address	passerose@chrysalisdrugproject.org
Website	www.chrysalisproject.org

Supports & Services:	S.A.S.S.Y (Substance Abuse Service Specific to Youth)
Available in relation to Mental Health and well-being	<p>S.A.S.S.Y. is a HSE community service providing support to young people under 18 years of age, resident in Dublin North City and County for whom drug use or alcohol use is having a significant negative impact on their daily lives. The service provides:</p> <ul style="list-style-type: none"> ■ Comprehensive assessment and individual care plan ■ Individual counselling and cognitive therapy ■ Health education and advice ■ Support and education for families ■ Psychiatric assessment
Contact person	The Manager
Address	Lisburn Street, Dublin 7 D07 E891
Phone number	01 778 5980
Email address	sassy@hse.ie
Website	www.hse.ie

Supports & Services:	THE TALBOT CENTRE
Available in relation to Mental Health and well-being	<p>The Talbot Centre work with children and young people up to the age of 20yrs and their families, whose lives have been affected by drug and/or alcohol use. The Centre provide:</p> <ul style="list-style-type: none"> ■ Support/advocacy ■ Information ■ Brief counselling, ■ Family therapy ■ Preventative children's programme ■ Prison visits to young people ■ Educational support ■ Health education ■ Home visits ■ Recreational activities
Contact person	Mary Cotter
Address	29 Upper Buckingham Street, Dublin 1
Phone number	01 826 3434 or 01 836 6746
Email address	Projectleaders.talbotcentre@hse.ie



TUSLA Child & Family Agency

The Child and Family Agency has a primary responsibility to promote the safety and well-being of children. A range of services are offered by TUSLA including the following:

Supports & Services:	TUSLA CHILD & FAMILY SUPPORT NETWORK (CFSN)
Available in relation to Mental Health and well-being	Co-ordination of Meitheal – an Early Intervention practice model that aims to ensure children and families get help and support in response to identified need. It is a voluntary process that is child-centred, and parent led.
	Co-ordination of CFSN (Children & Youth Action Group) which includes services who play a role in the lives of children and families. The CFSN organise a range of community activities including Training, Community Conferences, Community Events, publications
Contact person	Fidelma Bonass, CFSN Co-ordinator
Address	69 Amiens Street, Dublin 1
Phone number	086 821 7266
Email address	fidelma.bonass@tusla.ie
Website	www.tusla.ie

Supports & Services:	TUSLA FAMILY SUPPORT SERVICE
Available in relation to Mental Health and well-being	<p>The Family Support Team offer:</p> <ul style="list-style-type: none"> ■ support and encouragement to families during difficult times ■ help to improve routines in the home, school attendance and budgeting ■ link families with other local supports ■ encourage and support good relationships within families ■ encourage family activities and further education
Contact person	Catherine O’Kane
Address	St. Helena’s Family Resource Centre, Finglas, Dublin 11
Phone number	086 047 7604
Email address	catherine.okane@tusla.ie
Website	www.tusla.ie

Supports & Services:	TUSLA SOCIAL WORK SERVICE
Available in relation to Mental Health and well-being	<p>The Duty Social Work team, assess and intervene where a child may have been, is being or is at risk of being abused or neglected. The team also give advice and guidance on queries relating to child protection and welfare.</p>
Contact person	Duty Social Worker or Duty Team Leader
Address/Telephone	Wellmount Health Centre, Finglas West. 01 856 7704
Address/Telephone	Parkview, 492 North Circular Road. 01 856 6856
Website	www.tusla.ie

Supports & Services:	TESS – TUSLA EDUCATION SUPPORT SERVICE
Available in relation to Mental Health and well-being	<p>TESS has three strands namely:</p> <ul style="list-style-type: none"> ■ Education Welfare Service (EWS) ■ Home School Community Liaison Scheme (HSCL) ■ School Completion Programme (SCP) <p>The three TESS strands work together collaboratively with schools, families and other relevant services to achieve the best educational outcomes for children and young people.</p>
Contact person	Mary Hayes, Education Welfare Officer,
Address	TUSLA, Heuston South Quarter, St. John's Road W, 2 – 5 Kilmainham, Dublin 8
Phone number	0876603008
Email	Mary.Hayes2@tusla.ie
Website	www.tusla.ie

Supports & Services:	DUBLIN 1&7 SCHOOL COMPLETION PROGRAMME
Available in relation to Mental Health and well-being	<p>The School Completion Programme works with young people in primary and secondary schools who are at risk of early school leaving. They offer various programmes:</p> <p><i>Primary Schools:</i></p> <ul style="list-style-type: none"> ■ Life Skills Support Service ■ Key Work (Project Workers) ■ Botvin Life Skills Programme ■ Roots of Empathy Programme ■ Transition Programme ■ Doodle Den Afterschool Literacy Programme <p><i>Secondary Schools</i></p> <ul style="list-style-type: none"> ■ Working Things Out Programme Transitions ■ Life Skills Support Service ■ Transitions Programme ■ Key working
Contact person	Conor Casby, Project Leader
Address	C/o Stanhope Street Primary School, Dublin 7
Phone number	086 387 0201
Email address	conor.casby@scp.ie
Website	www.scpdublin1and7.ie

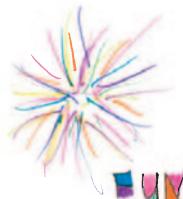
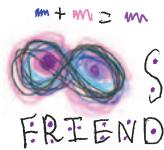
Mental Health



Some times we fell sad and that's ok.

When you feel sad remember these

Things



WHAT YOU
CAN DO
WHEN YOU
SAD

RELAX

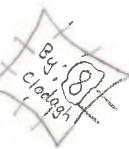
CALM DOWN

DO SOMETHING FUN

TELL SOMEONE

JUST BE HAPPY

!!!!!!



HSE PRIMARY CARE PSYCHOLOGY SERVICE	
Supports & Services:	HSE PRIMARY CARE PSYCHOLOGY SERVICE
Supports/services available in relation to Mental Health and wellbeing	Referrals can be made for children and/or adults with mild/moderate mental health difficulties, non-complex disabilities, or adjustment to health conditions. The team provide psychological assessments and therapy/intervention services.
Contact person	Juliana Azevedo
Address	Grangegorman Primary Care Centre, Dublin 7
Phone number	01 867 6200
Email address	Juliana.azavedo@hse.ie
Website	www.hse.ie
HSE PSYCHOLOGY ADVICE CLINIC	
Supports & Services:	HSE PSYCHOLOGY ADVICE CLINIC
Supports/services available in relation to Mental Health and wellbeing	Psychology Advice Clinic is provided every 2nd and 4th Tuesday of each month. A parent who is concerned about themselves or their child can contact the clinic for advice.
Contact person	Contact Reception by phone for appointment between 9.00am – 9.30am on the morning of the clinic only to register for a 30 minute telephone or video appointment with a Psychologist.
Address	Any of the following clinics can be contacted for advice: Blanchardstown Primary Care Centre (01) 8297233 Ballymun Civic Centre (01) 8467109 Corduff Primary Care Centre (01) 7956700 Grangegorman Primary Care Centre (01) 8676200 Summerhill Primary Care Centre (01) 9211501 Wellmount Health Centre, Finglas (01) 8567700 Vernon Avenue Health Centre (01) 8539500 Balbriggan Primary Care Centre * (01) 9213204 Coolock Primary Care Centre * (01) 9214334 *child only services
Website	www.hse.ie

Supports & Services:	HSE ASSESSMENT OF NEED
Available in relation to Mental Health and well-being	<p>If a child has a disability or may have a disability a parent/guardian can apply for an Assessment of Need (AON). The assessment will identify the child's health needs and what services are required to meet the child's needs. An AON is a short screening assessment. It is not a diagnostic assessment. An assessment report is provided that will give information on the health needs of the child and a list of the services that the child needs.</p>
Contact person	Assessment of Need Officer
Address	
Phone number	01 795 7953
Website	www.hse.ie

Supports & Services:	CHILDREN'S DISABILITY NETWORK TEAM (CDNT)
Available in relation to Mental Health and well-being	<p>The Children's Disability Network Team (CDNT) provide specialist therapeutic assessments and interventions to children and young people with complex disabilities and / or developmental delays. The team offer a wide range of interventions including:</p> <ul style="list-style-type: none"> ■ Physiotherapy ■ Psychology ■ Occupational therapy ■ Speech & language therapy ■ Social work ■ Early Intervention Specialist ■ Community Nursing
Contact person	Vivienne Finn
Address	Central Referrals Office, Avista Services, St. Vincent's Centre, Navan Rd, Dublin 7 D07 VW14
Phone number	01 824 5400
Email address	cdntcabra@docservcie.ie
Website	www.avista.ie

Supports & Services:	ST. JOSEPH'S ADOLESCENT AND FAMILY SERVICE
Available in relation to Mental Health and well-being	<p>St. Joseph's is a tertiary service and accepts young people with significant mental health needs who require a level of therapeutic intervention that cannot be provided by community mental health services (child or adult). The catchment area covers North City and County Dublin, Areas 6, 7, and 8.</p>
	<p>St. Joseph's provides specialised interventions delivered by multidisciplinary staff to young people with complex problems. Referrals are accepted from secondary services such as Child or Adult Mental Health Services. The referral criteria for access to our service includes the need for higher levels of care management and staff expertise as well as more detailed specialised assessment and treatment.</p>
	<p>The multidisciplinary team consists of Psychiatry, Psychology, Nursing, Speech & Language and Education personnel. Continuation of a young person's education is considered paramount to their ongoing development, and this is facilitated by an onsite school, offering educational programmes which run concurrent to the therapeutic programmes offered to the young person.</p>
Address	St. Joseph's Day Hospital, St. Vincent's Hospital, Richmond Road, Fairview, Dublin 3
Phone number	01 884 3400
Email address	stjosephs@svhf.ie

Supports & Services:	CAMHS – CHILD & ADOLESCENT MENTAL HEALTH SERVICE
Available in relation to Mental Health and well-being	<p>A specialist mental health service providing multidisciplinary assessment and treatment for children and young people up to 18yrs who are experiencing mental health issues</p>
Contact person	Consultant Child & Adolescent Psychiatrist
Address	Grangegorman Primary Care Centre, Upper Grangegorman Road, Dublin 7
Phone number	01 867 6315 / 01 867 3616 Referral must be made by a GP
Email address	camhs@northinnercity.ie
Website	www.hse.ie

Supports & Services:	AN GARDAI SIOCHANA – JUVENILE LIAISON OFFICER
Available in relation to Mental Health and well-being	<p>Engage and support young people aged 12 – 18yrs who have committed crime:</p> <ul style="list-style-type: none"> ■ Restorative justice ■ Advice to parents ■ Referrals to other agencies ■ Educational presentations ■ Teenagers and Gardai (TAG) programme ■ Engage and support young people aged 12-18 years who have committed crime or are at risk of become involved in criminality.
Contact person	Garda Shane Kelly – Juvenile Liaison Officer
Address	Bridewell Garda Station, Chancery Street, Dublin 7
Phone number	087 060 1818
Email address	Shane.T.Kelly@garda.ie
Website	www.garda.ie

notes



Supports & Services:**ST. GABRIELS NATIONAL SCHOOL****Available in relation to Mental Health and well-being**

- SPHE Curriculum
- Incredible Years Programme
- Classroom Dina Programme
- Restorative practices
- Life Skills Programme with SCP
- Key working with students
- Referrals to other agencies

Contact person

Mike Donnelly, Home School Community Liaison

Address

Cowper Street, Dublin 7

Phone number

085 187 1173

Email address

hsclstgabriels@gmail.com

Website

www.stgabrielsns.ie

Supports & Services:**STANHOPE STREET PRIMARY SCHOOL****Available in relation to Mental Health and well-being**

- Classroom Dina
- Restorative Practice
- Life Skills Programme with SCP
- Play/Art therapy
- Amber Flag for wellbeing
- HSCL/Care Teams

Contact person

Marie McFadden, Home School Community Liaison

Address

Stanhope Street, Dublin 7

Phone number

086 466 3504

Email address

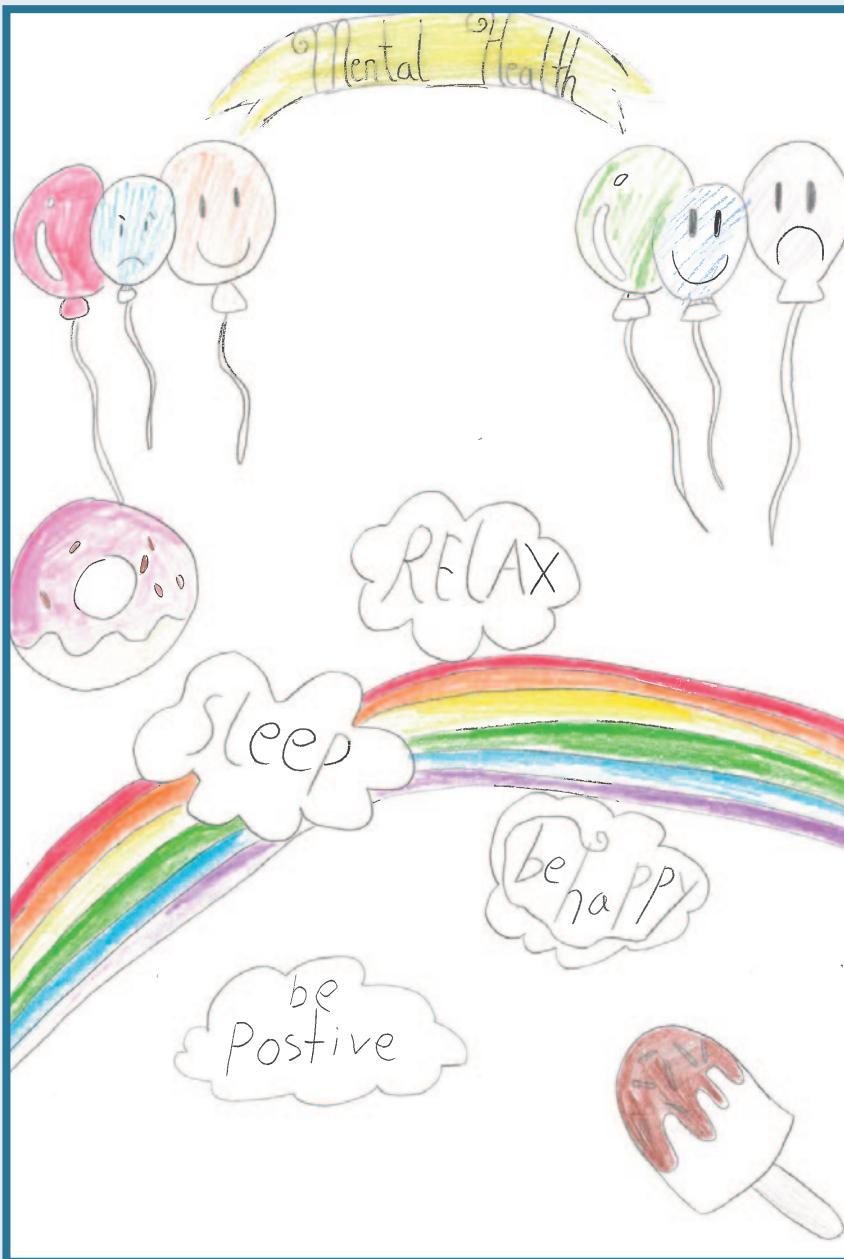
hscl@stanhopestreetprimary.ie

Website

www.stanhopestreetprimary.ie

Supports & Services:	ST PAUL'S PRIMARY SCHOOL
Available in relation to Mental Health and well-being	<ul style="list-style-type: none"> ■ Weaving for wellbeing programme ■ Nurture Room ■ Multi-sensory room ■ ASD Room ■ Restorative practices ■ Daily interventions ■ Life Skills programme with SCP
Contact person	Philip Howard, Home School Community Liaison
Address	North Brunswick Street, Dublin 7
Phone number	087 387 4725
Email address	phoward@brunnerprimary.ie
Website	www.brunnerprimary.ie
Supports & Services:	PRESENTATION PRIMARY SCHOOL GEORGES HILL
Available in relation to Mental Health and well-being	<ul style="list-style-type: none"> ■ Nurture Room ■ Restorative Practice ■ Sensory rooms ■ Meditation and mindfulness ■ Yoga and active breaks ■ Amber flag ■ Art therapy ■ Creative schools project
Contact person	Philip Howard, Home School Community Liaison
Address	George's Hill, Dublin 7
Phone number	087 387 4725
Email address	phoward@brunnerprimary.ie
Website	www.georgeshillschool.ie

Supports & Services:	ST MARY'S PRIMARY SCHOOL
Available in relation to Mental Health and well-being	<ul style="list-style-type: none"> ■ Restorative practice ■ Art & play therapy ■ Life skills ■ We are a trauma informed school ■ Weaving wellbeing programme with SET ■ Berry Street programme ■ Sensory room ■ Sensory circuits ■ Care team meetings
Contact person	Kate McCaughey, Home School Liaison Officer
Address	Upper Dorset Street, Dublin 7
Phone number	085 103 5456
Email address	kate.mccaughey@stmarysprimaryschool.ie
Website	https://www.stmarysprimaryschool.ie/

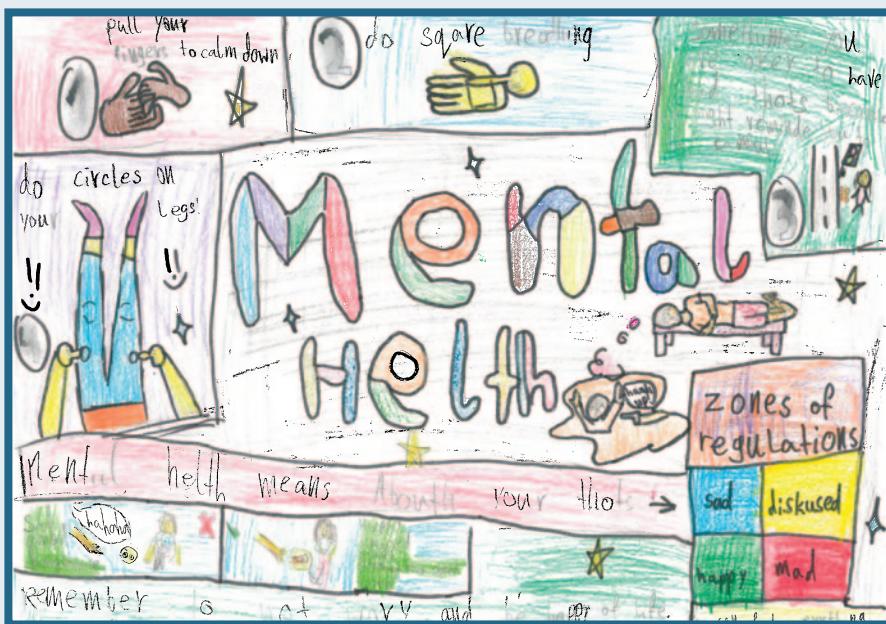


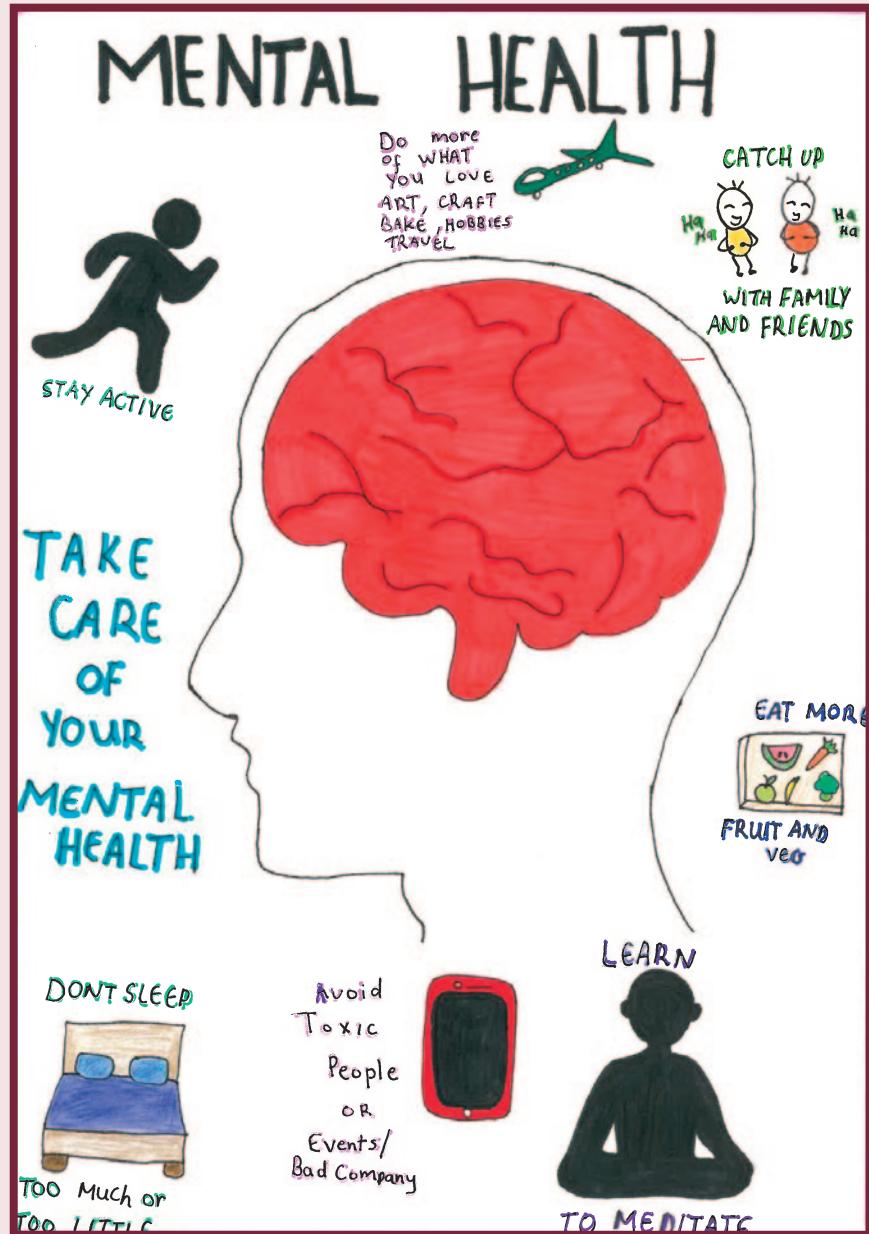
Supports & Services:	ST. JOSEPH'S GIRLS SECONDARY SCHOOL
Available in relation to Mental Health and well-being	<ul style="list-style-type: none"> ■ The School provides an on-site therapist ■ Guidance Counsellor ■ Care Team meetings
Contact person	Aishling Fleming, Home School Community Liaison
Address	Stanhope Street, Dublin 7
Phone number	086 369 2572
Email address	hscl@stanhopesecondary.ie
Website	www.stanhopesecondary.ie
Supports & Services:	MOUNT CARMEL GIRLS SECONDARY SCHOOL
Available in relation to Mental Health and well-being	<p>Mount Carmel provide a range of programmes to support student mental health & wellbeing:</p> <ul style="list-style-type: none"> ■ A Wellbeing & Mental Health Co-ordinator ■ A Wellbeing Team ■ Student Wellbeing Team ■ The Critical Incident Team ■ Life Skills Programme with SCP ■ Career Guidance teacher ■ Guidance Team ■ Junior Cycle Schools Programme ■ Student Support meetings ■ Care Team meetings ■ Happiness week prior to Christmas ■ Jigsaw 'One Good School' - Flag Achieved ■ Daily Tutor – full Wellbeing Programme ■ Career mentor programme 6th year students ■ Attendance Mentor Team
Contact person	Katie Collins, Home School Community Liaison
Address	King's Inn Street, Dublin 1
Phone number	086 020 0299
Email address	hscl@mountcarmel.ie
Website	www.mountcarmelsecondaryschool.ie

Supports & Services:	ST. PAUL'S BOYS SECONDARY SCHOOL
Available in relation to Mental Health and well-being	<ul style="list-style-type: none"> ■ A wellbeing committee and co-ordinator ■ A student well-being committee ■ Jigsaw one good school ■ Pieta House Amber flag initiative ■ Career guidance teacher ■ Behaviour for learning ■ SEN & Resource Team ■ Junior Cycle Schools Programme ■ Student support meetings ■ Care team meetings ■ LGBTQ & celebration week ■ Mental health/wellbeing week ■ Edmund Rice school day ■ Christmas celebration week
Contact person	Ciaran Geraghty, Home School Community Liaison
Address	North Brunswick Street, Dublin 7
Phone number	01 872 0781
Email address	cgeraghty@thebrunner.ie
Website	www.thebrunner.ie

Supports & Services:	HENRIETTA STREET SECONDARY SCHOOL
Available in relation to Mental Health and well-being	<p>Henrietta Street School is a community-based high-support school for children considered 'at risk'. The school operates a student-teacher ratio of 5:1. The school also offer individualised learning programmes for students, with a strong emphasis on literacy and social mathematics. A key aspect of the school is the social development of students, achieved through the creation of a school community based on the values of respect, individual and family participation and social inclusion.</p>
Contact person	Fergus Carpenter (Principal)
Address	8 Henrietta Street, Dublin 7
Phone number	01 887 4127
Email address	school@henriettass.com
Website	www.henriettass.com

Supports & Services:	NATIONAL EDUCATION PSYCHOLOGICAL SERVICE (NEPS)
Available in relation to Mental Health and well-being	<p>NEPS psychologists work with both primary and post-primary schools and are concerned with learning, behaviour, social and emotional development. Each psychologist is assigned to a group of schools.</p> <p>NEPS psychologists work in partnership with teachers, parents and children in identifying educational needs. They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research.</p> <p>Discuss with class teacher or school principal. If your school does not have a NEPS psychologist, enquire with school about local arrangements.</p>
Address	NEPS Office, 24 – 27 North Frederick Street, Dublin 1
Phone number	01 889 2700
Website	www.gov.ie





Supports & Services:**JIGSAW DUBLIN CITY****Available in relation to Mental Health and well-being**

Jigsaw is a free and confidential service supporting the mental health and wellbeing of young people. Jigsaw offers up to 8 sessions of brief intervention therapeutic support to young people 12-25 years who are experiencing mild to moderate MH difficulties, Face to face, online and phone support options.

Contact person**Address** 41-45 Mountjoy Square South, Dublin 1**Phone number** 01 474 0579**Email address** dublincity@jigsaw.ie**Website** www.jigsaw.ie**Supports & Services:****PIETA HOUSE (DUBLIN NORTH)****Available in relation to Mental Health and well-being**

Provides a free therapeutic approach to people who are in suicidal distress and those who engage in self harm.

Contact person**Address** Piety House, 22 Santry Avenue, Santry, Dublin 9**Phone number** 018831000 or Freephone: 1800 247 247
Text HELP to 51444**Email address** mary@pieta.ie**Website** www.pieta.ie

Supports & Services:	Belong To
Available in relation to Mental Health and well-being	An organisation that provides support, information, advice and advocacy for lesbian, gay, bisexual and transgendered (LGBT) young people between 14-23 years.
Contact person	Project Leader BeLonG to Dublin Service
Address	11 Parliament Street, Temple Bar, Dublin 2
Phone number	01 670 6223
Email address	info@belongto.org
Website	www.belongto.org

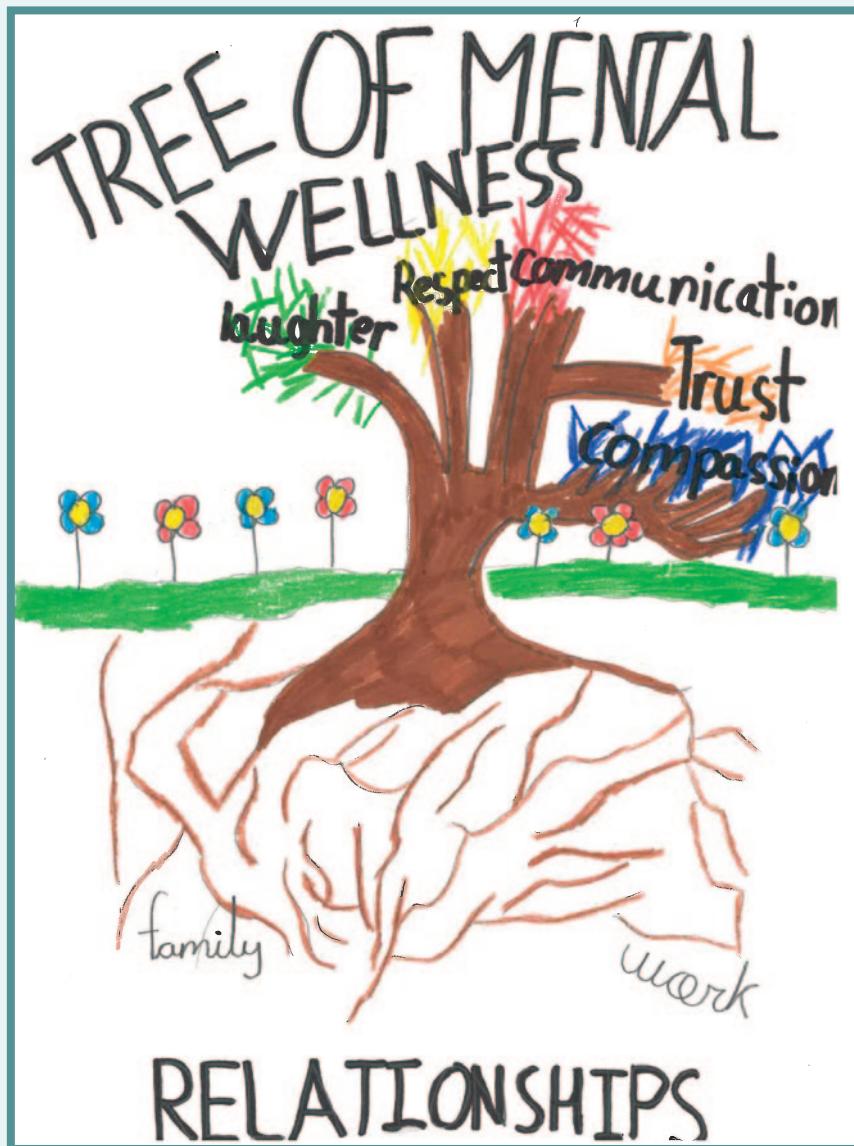
Supports & Services:	CHILDLINE
Available in relation to Mental Health and well-being	Childline, who are part of ISPCC, provides phone, text and online live chat for children & young people up to 18 years. They also provide: <ul style="list-style-type: none"> ■ Support to schools and clubs ■ Support to adults concerned about children
Phone number	Freephone: 1800 66 66 66 – 24hr service or text 50101
Email address	www.childline.ie (for chatting online)
Website	www.childline.ie

Supports & Services:	SHINE
Available in relation to Mental Health and well-being	A national organisation providing information and support for people affected by mental health difficulties. Provides support for individuals and family members through: <ul style="list-style-type: none"> ■ Individual and group work ■ Training and education led by professionals and peers – with lived experience of mental health difficulties or who have supported a family member or relative
Address	Block B, Maynooth Business Campus, Co. Kildare
Phone number	01 541 3715
Email address	info@shine.ie
Website	www.shine.ie

Supports & Services:	SAMARITANS
Available in relation to Mental Health and well-being	The Samaritan volunteers provide freephone helpline, email and face-to-face support to callers. They also provide outreach in communities, schools, and festivals.
Address	4-5 Ushers Court, Ushers Quay, Dublin 8
Phone number	Freephone 116123 – 24hours a day, seven days a week 1850 60 90 90
Email address	jo@samaritans.ie or adminireland@samaritans.org
Website	www.dublinsamaritans.org

Supports & Services:	AWARE
Available in relation to Mental Health and well-being	Aware provides free support, information and education services to people impacted by mental health issues. Aware help young people learn new ways to deal with challenges in life.
Address	9 Upper Leeson Street, Dublin 4
Phone number	Freephone 1800 80 48 48 or 01 661 7211
Email address	supportmail@aware.ie
Website	www.aware.ie

Supports & Services:	MENTAL HEALTH IRELAND
Available in relation to Mental Health and well-being	The aim of Mental Health Ireland is to promote, support and enhance the mental health and wellbeing of all individuals and communities and to create a culture where people with mental health challenges are respected and support on their journey of recovery.
Address	Second Floor, Marina House, 11 – 13 Clarence Street, Dun Laoghaire, Co. Dublin
Phone number	01 284 1166
Email address	info@mentalhealthireland.ie
Website	www.mentalhealthireland.ie



Supports & Services:	TEENLINE
For young children and teenagers	An active listening service for children and young people up to 18yrs
Phone number	1890 0833 63424/7 363 days a year
Email address	info@teenline.ie
Website	https://www.ispcc.ie/teenline
Supports & Services:	A LUST FOR LIFE
For young children and teenagers	<ul style="list-style-type: none"> ■ Supports young people to build resilience and increase wellbeing ■ Provides school programmes ■ Provides support to parents
Phone number	1890 0833 63424/7 363 days a year
Email address	info@lustforlife.com
Website	www.alustforlife.com
Supports & Services:	DON'T BE MEAN BEHIND YOUR SCREEN
For young people and parents	Provides supports to young people and parents re Cyberbullying/Internet Safety
Website	Google "Don't be mean behind your screen"
Supports & Services:	GROW
For people with mental health issues	Provides free, friendly community based peer support groups for anyone experiencing/who has experienced a mental health issue
Phone number	1890 474 474
Website	www.grow.ie

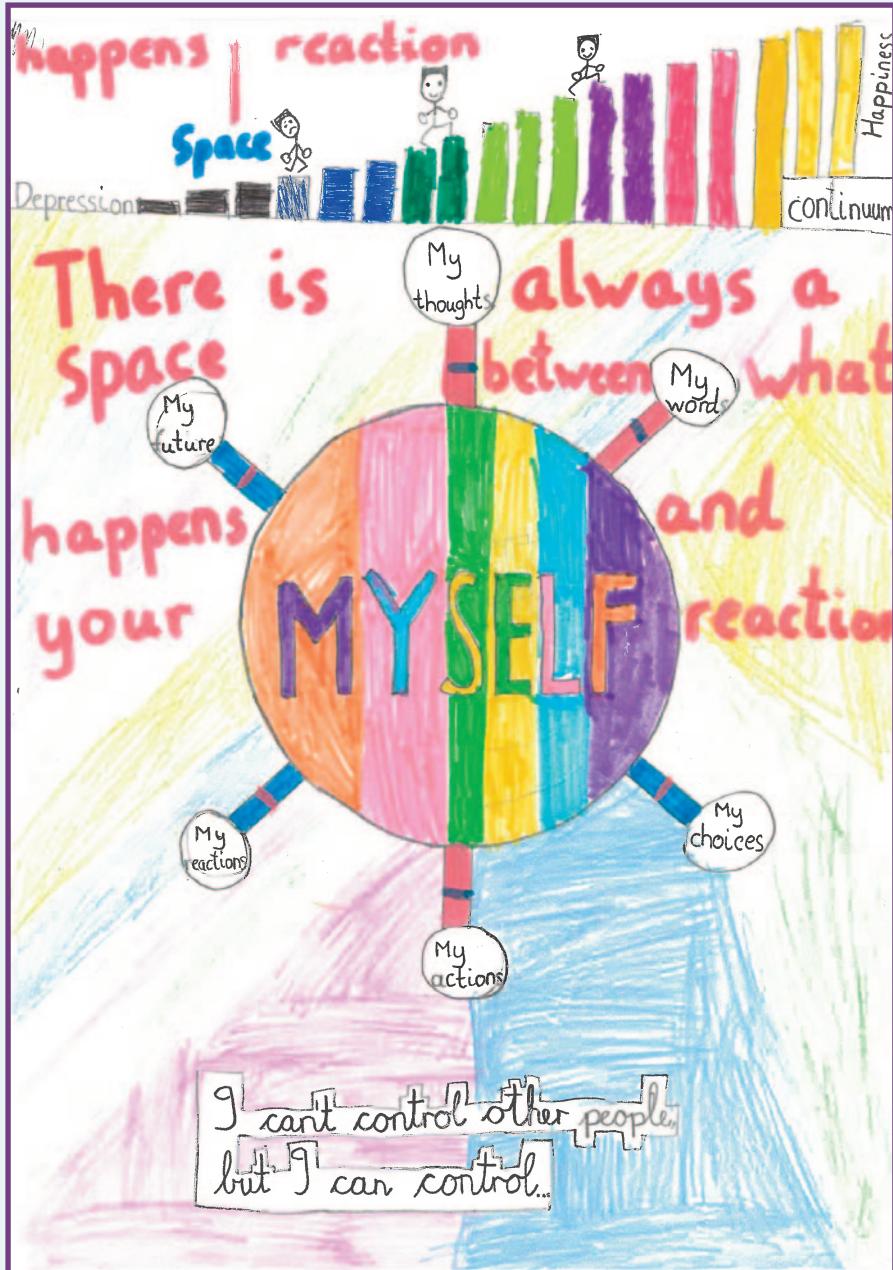
Supports & Services:	BODYWHYS
For people with eating disorders	An active listening service for children and young people up to 18 years. <ul style="list-style-type: none">■ Helpline■ Support groups■ Talks to schools■ Family support
Phone number	01 210 7906
Email address	alex@bodywhys.ie
Website	www.bodywhys.ie

Supports & Services:	TEXT 50808
Available in relation to Mental Health and well-being	50808 provides a safe space where you are listed to by a trained Crisis Volunteer – only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through our feelings until you both feel you are now in a calm, safe place.
Phone number	TEXT 50808 – available 24/7

Supports & Services:	HEADSUP.IE
Available in relation to Mental Health and well-being	HeadsUp is a mental health promotion project which aims to contribute to suicide prevention. It provides a wide range of initiatives aimed primarily at 15-24 year olds. They also work with community groups, fathers and workplaces.
Address	Roslyn Park, Beach Road, Sandymount, Dublin 4
Phone number	01 2057326
Email address	info@headsup.ie
Website	www.headsup.ie

Supports & Services:	SpunOut
Available in relation to Mental Health and well-being	SpunOut is a youth information website created by young people, for young people. It aims to educate and inform young people about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally.
Email address	teencounselling@crosscare.ie
Website	www.teencounselling.ie





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