



Help is at hand for your emotional well-being

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: jo@samaritans.ie

TAKE A PHOTO



24 Hours A Day7 Days A Week

Emergency Services
Ambulance / Fire / Gardaí
Letterkenny University Hospital E.D.
NowDoc - GP Out of Hours Services
Pieta
Samaritans
Text 50808

Emergency Support
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Urgent out of hours GP Care. 6pm-8am, Mon-Fri and 24hrs at weekends
24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm
Emotional Support Service
Free 24/7 anonymous messaging service for people in crisis

Call: 112 or 999
Call: (074) 912 3537
Call: 0818 400 911
Call Free: 1800 247 247 / Text HELP to 51444 www.pieta.ie
Freephone: 116 123 or email: jo@samaritans.ie
Text YMH to 50808, anytime day or night / www.text50808.ie

Mobile AppsThese Mobile Apps Can Help You Manage Anxiety

Clear Fear	ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions
Headspace	Headspace teaches meditation and easy to use mindfulness skills
Mindshift	MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play
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Supports For Young People

BeLonG To Youth Services	Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland
Childline	Confidential phone and text support for children and young people up to 18yrs
Jigsaw Donegal	Free youth mental health support service 12-25yrs
Spunout	Youth information website created by young people, for young people aged 16-25 years
Teenline	National active listening service for children and young people up to 18 years

Call: 01 670 6223 / email: info@belongto.org
Call Free: 1800 666 666 (24/7) Free text 50101 or chat online at childline.ie
Call: (074) 9726920 / email: donegal@jigsaw.ie / www.jigsaw.ie
www.spunout.ie
Call Free: 1800 833 634 Free (24/7) / www.teenline.ie

Counselling And Other Supports

ALONE	Dedicated support line for older people
Aware Helpline	Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends
Bereavement	Information and support
Grow	Mental Health Recovery and Peer support
HSE - Drug & Alcohol line	Drug and Alcohol information and support
INSIGHT Inishowen	Counselling, Listening Ear, Signposting
LGBT Ireland	National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends
MABS	Money Advice and Budgeting Service
Men's Aid	For men experiencing domestic abuse and violence
Mental Health Ireland	Information and support for people who experience mental health difficulties
Online Counselling	Peer support and counselling
Pieta (Donegal)	Free therapeutic support for those in suicidal distress or those who engage in self harm
Seniorline	Confidential listening service for older people
Sexual Violence Helpline	For men and women – experiencing sexual violence
Shine	Supporting people affected by mental ill-health
Suicide Bereavement Liasion Officer	Practical help, advice and support to persons bereaved by suicide
Suicide or Survive	Mental Health and wellness programmes and online resources
Women's Aid	Support for women and children experiencing domestic abuse and violence
Your Mental Health	Information on supports and services



Call: 0818 222 024 (8am to 8pm Monday to Friday) www.alone.ie
Call Free: 1800 804 848 (10am-10pm) www.aware.ie
Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm) www.bereaved.ie / www.childhoodbereavement.ie
Call Free: 0818 474 474
Call Free: 1800 459 459 (9.30am – 5.30pm)
Call: (087) 170 8743 / insightinishowen@gmail.com
Call Free: 1800 929 539 / email:info@lgbt.ie
Call: 0818 07 2650 (National Helpline 0818 07 2000) / www.mabs.ie
Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: hello@mensaid.ie
Male Advice Line: Freephone number: 1800 816 588
Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / mentalhealthireland.ie
www.turn2me.org / www.mymind.org
Call: (074) 9126594 / 0818 111126 www.pieta.ie
Call Free: 1800 804 591 (10am to 10pm daily)
Call Free: 1800 778 888
Call: (01) 541 3715
Call: (087) 911 5498
Call: 01 272 2158 / email: info@suicideorsurvive.ie
Call Free: 1800 341 900 (24/7) / www.womensaid.ie
Callsave: 1800 111 888 / www.yourmentalhealth.ie

HUGG Suicide Bereavement Support is a peer support group organisation for those bereaved by suicide. HUGG provide face to face Support Groups facilitated by people who have been bereaved by suicide. HUGG also provide online Support Groups for both Adults and Young People (18 and 25 years)

For more information on all HUGG Support Groups - Call 01 513 4048 / email support@hugg.ie www.HUGG.ie

Guidelines for Referrals to Child & Youth Mental Health Service for GPs | Health Practitioners | Teachers | Youth Workers

If you are concerned about the behaviour of someone or their mental health you should speak to your GP or **phone 999** for emergency help

NAME OF THE SERVICE	WHAT THE SERVICE PROVIDES	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) 0-18yrs Cost: Free GP Referral & other Clinicians 	Moderate to severe mental health problems including: Assessment and intervention for children & young people aged up to 18 years who have moderate to severe mental health difficulties. Types of difficulties include complex or severe Anxiety, Mood disorders e.g. Depression, Bipolar Affective Disorder, Psychosis/early onset schizophrenia. Attention deficit hyperactivity disorder (ADHD), Eating disorders. Deliberate self-harm and/or suicidal behaviour with a basis in mental health problems.	Referrals are accepted from medical professionals including GPs, Psychiatrists, Medical Consultants, Jigsaw, NEPS, Tusla & Primary Care Clinicians (e.g., Psychologists, Speech & Language Therapists, in collaboration with the GP.)	The service is based in: Donegal Town Primary Care Centre, Donegal Town, Tel: 074 98 98100 Buncrana Primary Care Centre, Buncrana, Tel: 074 98 98720 Rossan College Complex, Letterkenny, Tel: 074 91 20340
HSE ADULT COMMUNITY MENTAL HEALTH SERVICE 18 Yrs.+ Cost: Free 	Types of problems referred to the service: <ul style="list-style-type: none"> • Depression/mood disorders • Anxiety • Psychotic illness • Suicide and deliberate self-harm • Personality disorders • Eating disorders • Adjustment disorders 	Referrals to the Adult community mental health team are made by a GP. Once a referral is accepted a member of the team will contact you to arrange an appointment for assessment and to plan any identified treatment. The team is available Mon - Fri 9am-5.30pm. Outside of these hours contact your GP, Dr on Call, or you can go to the Emergency Department at Letterkenny University Hospital for a psychiatric assessment which is free with GP referral.	The service is based in: Buncrana Primary Care Centre, Buncrana, Tel: 074 98 98800 Letterkenny Scally place, Letterkenny, Tel: 074 9197150/0749197185 Dungloe Community Hospital, Dungloe, Tel: 074-9521860 Donegal Town Ard Nua Hospital Campus, Donegal Town, Tel: 074 9743051
HSE PRIMARY CARE PSYCHOLOGY 0 to all ages Cost: Free Self Referral	Provides psychological assessment and intervention to children and adults with mild to moderate problems in their social, emotional or behavioural functioning. Types of problems addressed through both individual and group work include anxiety (generalised anxiety, separation anxiety, selective mutism, phobias), emotional regulation, mood difficulties, mild depression, anger, behaviour management, relationships/attachment, complex bereavement and loss, adjustment (e.g., coping with serious illness or life changes), and abuse/trauma.	For Children/Young People and Adults 0-all age groups across the lifespan. Referrals can be made by referring yourself or your child directly or through the; GP, Tusla Child and Family Social Workers, Through HSE services (e.g. Speech & Language therapists, Public Health Nurses, HSE Social Work / other HSE health professionals) Parental consent required if Under 18	The service is based in: Buncrana Primary Care Centre, Buncrana, Tel: 074 9898 665/074 9898 661 Donegal Town Primary Care Centre, Donegal Town, Tel: 074 98 98076/074 98 98065 Community Hospital, Dungloe, Tel: 074-9521044 County Clinic, St Conals Campus, Letterkenny, Tel: 074-9104641
HSE COUNSELLING IN PRIMARY CARE SERVICE (CIPC) Cost: Free for Medical Card holders. 18yrs +	CIPC is the provision of short term counselling in primary care settings. Available to all medical card holders aged 18 years and over by professionally qualified and accredited Counsellor/ Therapists who work under the supervision of the HSE National Counselling Service. <ul style="list-style-type: none"> • Mild to moderate psychological problems • Depression Anxiety states including mild specific phobias and panic attacks • Non-complex loss & bereavement • Coping with injury or illness Adjustment problems and Life cycle issues. • Stress and specific trauma Relationship difficulties 	Young People 18yrs and over Referrals can be made by GPs or other members of the Primary Care Team with the GP's awareness.	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal Tel: 074 9167250 (Donegal Office) Tel: 074 9160595 (Donegal Opt In)
THE HSE NATIONAL COUNSELLING SERVICE (NCS) 18+ Self-referral 18yrs + Cost: Free	The HSE National Counselling Service is a free service is for adults with a history of Childhood abuse. The NSC provides professional counselling and psychotherapy services to help people cope better with their life and relationships.	The service is free and does not require a medical card. Self referral and third part referral facilitated. Referral facilitated to 07491 67250 at 69 Ballyraine rd. Letterkenny	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal Tel: 074 9167250 Freephone: 1800 234 119 ReferNCS_Northwest@hse.ie
JIGSAW DONEGAL 12- 25 yrs 18+ Self-referral. Under 18yrs requires parental permission. Cost: Free	Jigsaw is a free primary care youth mental health service for young people aged 12 to 25 years. Jigsaw provides a brief therapeutic service which typically consists of initial screening and assessment followed by a number of sessions of therapeutic support. Jigsaw offers a support service to young people presenting with anything from common concern's (e.g. dealing with break-up, exam stress) to emerging mental health difficulties such as mild depression or anxiety.	Referral Self-Referral by Young people, parents / guardians, GPs & other professionals can refer to Jigsaw (with consent)	The service is based in: Pearse Rd, Letterkenny, Co Donegal F92FH36 Tel: 074 97 26920 Email: donegal@jigsaw.ie You can also visit jigsaw.ie now for practical advice and support on mental health
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) 4-18yrs Cost: Free Parental consent required Request involvement through school Principal	Requests for involvement to the service: NEPS involvement may relate to wellbeing, academic, social and emotional development, and seeks to provide a more in-depth understanding of the student's strengths and needs, to inform intervention. Involvement in casework arises through a planning process with a school principal and /or key school personnel, and follows from work undertaken within School's Continuum of Support process.	For children 4-18 years NEPS psychologists work with primary and post-primary schools, across mainstream and special settings, to provide a consultation-based service. Case work can be direct (face to face work with the student or observation of the students), while working with the student's teachers/parents/others or indirect (working solely with a student's teachers or teachers/parents). NEPS psychologists also engage in 'Support and Development' work, which involves helping to build school capacity to intervene early and work preventatively.	National Education Psychological Service (NEPS)/ Department of Education and Skills, 2nd Floor, McKendrick House, McKendrick Place, Pearse Road, Letterkenny, Co. Donegal, F92 XAX9 Tel: 01 8650878 E:neps@education.gov.ie W: www.education.ie
PIETA HOUSE 6+ yrs 18+ Self-referral Under 18yrs requires parental permission Cost: Free	What Pieta House do: Pieta provides free therapy to those engaging in self-harm, with suicidal ideation or those bereaved by suicide	For children 6years + For children 6years + young people and adults Pieta provide free counselling for those engaging in self-harm and for those at risk of suicide. For under 18's parental/caregiver consent is required.	Clients can get in touch with us by calling: Tel: 0818 111 126 We also have a 24 helpline 1800247247 and a text line text 'Help' to 51444. For more information, visit pieta.ie
HSE DONEGAL BEREAVEMENT SERVICE 8+ Self-referral Cost: Free	What HSE Donegal Bereavement Service do: Provides professional one-to-one therapeutic service to people who have suffered a traumatic bereavement.	Self-referral Self-referral and third party referral facilitated, contact 07491 67250 at 69 Ballyrane Rd Letterkenny.	The service is based in: 69 Ballyraine Road Letterkenny Co Donegal Tel: 074 9167250
COUNSELLING SERVICES IN FAMILY RESOURCE CENTRES (FRC'S IN DONEGAL) Low Cost, self-referral consent of parent if under 18 yrs	Counselling provides a safe space to explore issues and provides support with: <ul style="list-style-type: none"> • Feelings & Emotions; Education & Expectations; • Relationships & Sexuality; • Moods - Anxiety, Anger or Depression; • Bereavement & Loss - family or peer, family separation or divorce; Worries & Concerns; Substance • Abuse - Self or Parental; 	For Children, Young people and adults Low Cost, self-referral consent of parent if under 18 To book an appointment contact your local FRC.	Clients can get in touch with us by calling: Donegal FRC: Tel: 074-9725337 Downstrands FRC Tel: 0873652577 The Forge FRC: Tel: 071-9861924 Moville FRC: Tel: 0870569124 Raphoe FRC: Tel: 074-9145796 St Johnston & Carrigans FRC: Tel: 074-9148551 Pastoral Centre: is available in Finn Valley FRC and Dunfanaghy FRC Tel: 074 - 9121853