

# GETTING INFORMATION AND SUPPORT FOR EMOTIONAL & MENTAL HEALTH DIFFICULTIES IN CHILDREN AND ADOLESCENTS

## JIGSAW

Youth mental health support service offering support to young people online, by text, by phone or face-to-face (face-to-face only available in certain locations). Website also provides information about youth mental health.

Age range: 12-25  
Cost: Free

[www.jigsaw.ie](http://www.jigsaw.ie)

## SPUNOUT

Web-based service with information about about health, mental health and many other issues affecting young people. Also offer 24 hour text support to young people struggling with their mental health.

Age range: 16-25  
Cost: Free

[www.spunout.ie](http://www.spunout.ie)

## PIETA HOUSE

Counselling service for people struggling with self-harm and/or suicidal thoughts and those bereaved by suicide. Offer face-to-face counselling in locations around Ireland.

Age range: all ages  
Cost: Free up to 12 sessions

[www.pieta.ie](http://www.pieta.ie)

## BODYWHYS

Information and support for people who have an eating disorder. Not offering face-to-face support during Covid-19 but providing email support and online support groups for different age ranges. They also have a helpline.

Age range: 13+  
Cost: Free

[www.bodywhys.ie](http://www.bodywhys.ie)

## MYMIND

Counselling and therapy services with centres in Dublin & Limerick. Offer face-to-face and online counselling and therapy for all ages. There is usually a cost for counselling but they do offer low-cost options for people on low incomes. Some people affected by Covid-19 may be entitled to a limited number of free counselling sessions.

Age range: all ages  
Cost: Varies

[www.mymind.org](http://www.mymind.org)

## COUNSELLING IN PRIMARY CARE

A free HSE counselling service for people aged 18 and older who have a medical card. People can get up to 8 sessions in their local health centre. Most GPs are aware of the service and can make a referral.

Age range: 18+  
Cost: Free (limited to 8 sessions)

[www.hse.ie](http://www.hse.ie)

## TEXT 50808

Text 50808 is Ireland's first free text support service for people with emotional and mental health difficulties. Trained volunteers are available 24/7 to provide support for all kinds of issues, up to and including a personal crisis.

Age range: all ages  
Cost: N/A

[www.text50808.ie](http://www.text50808.ie)

## CHILD & ADOLESCENT MENTAL HEALTH SERVICES

Child and Adolescent Mental Health Services (CAMHS) offer assessment and support for young people with more serious mental health difficulties. They can only be accessed through a GP referral. There are services in all locations around the country.

Age range: up to age 18  
Cost: Free

[www.hse.ie](http://www.hse.ie)

## IRISH COUNCIL FOR PSYCHOTHERAPY

This is an umbrella organisation that has a register of accredited counsellors and psychotherapists in Ireland. You can search for a counsellor or therapist in your area on the website.

Age range: all ages  
Cost: Depends on the counsellor or therapist

[www.psychotherapycouncil.ie](http://www.psychotherapycouncil.ie)

## IRISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY

This is another organisation with a register of accredited counsellors and psychotherapists in Ireland. You can search for a counsellor or therapist in your area on the website.

Age range: all ages  
Cost: Depends on the counsellor or therapist

[www.iacp.ie](http://www.iacp.ie)

## IRISH ASSOCIATION FOR CREATIVE ARTS THERAPISTS

This is the umbrella organisation for creative arts therapists. These include art therapists, music therapists, dance therapists and drama therapists. These forms of therapy offer a creative way to explore emotional and mental health issues.

Age range: all ages  
Cost: Depends on the counsellor or therapist

[www.iacat.ie](http://www.iacat.ie)

## PSYCHOLOGICAL SOCIETY OF IRELAND

This is the professional organisation for registered psychologists in Ireland. You can search for a qualified and registered psychologist in your area on this website.

Age range: all ages  
Cost: Depends on the counsellor or therapist

[www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)

**IMPORTANT INFORMATION:** This list is not exhaustive. Please consult relevant websites for up-to-date information about services provided. When seeking support, ensure any counsellor or therapist you attend is registered with an accrediting body.