

WEXFORD COUNSELLING AND SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE*			
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS	
<p>TYPES OF DIFFICULTIES ADDRESSED BY THESE SERVICES</p> <p>A safe space to explore issues and provide support with:</p> <ul style="list-style-type: none"> • Difficult feelings and emotions • Anxiety • Depression • Education and expectations • Relationships 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 <p>Child and adolescent counselling services may also be able to offer support to parents and carers</p>	<p>BARNARDOS for children and families Barnardos Family Support Service seeks to enhance family wellbeing and strengthen parenting capacity to reduce problems in a child's life. Project workers respond to the individual needs of each child and family and tailor a package of supports and interventions. Barnardos Teen Parent Support Programme works with young people aged 19 years and under who have become parents. The service is available to young mums and dads to promote their educational, social and emotional wellbeing as well as offering parenting support.</p> <p>Wexford Parents' Hub is a one stop shop for parents seeking support; the Hub provides easily accessible information on upcoming talks, events and programmes for parents in Co. Wexford.</p>	<p>Barnardos, Castle Hill, Enniscorthy, Co. Wexford Y21 PX67 Tel: 053 923 6342 Email: info@wexford.barnardos.ie www.barnardos.ie</p>	
	<p>FAMILY LIFE SERVICE (FLS) for those aged 18 years and over FLS provides a short to medium term counselling and support service. This service offers counselling sessions with a qualified and accredited Counsellor/Therapist. The service is suitable for people who are experiencing certain difficulties such as depression, anxiety, stress, panic attacks, relationship problems (including couples), loss through bereavement and other loss issues. FLS accepts referrals for those aged 18 years and over, self-referrals and referrals from other agencies are accepted.</p>	<p>FLS St. Brigid's Centre, 12 Roche's Road, Wexford Y35 Y4EP Tel: 053 912 3086 Email: info@familylifeservice.ie www.familylifeservice.ie</p>	<p>www.facebook.com/wexfordparentshub</p>
	<p>FAMILY RESOURCE CENTRES (FRCs) for children, young people and families Family Resource Centres operate from a community based model of family support, this includes the provision of counselling and support relating to a broad range of issues for children, young people and their families. Each FRC operates autonomously working inclusively with individuals, families and communities. The FRCs in Wexford provide a range of targeted services that may vary from centre to centre. Each FRC may have different acceptance criteria for their counselling/support services. They generally operate on a no cost/low cost basis. Referrals to FRC services are accepted from families, agencies and self-referral by phone, email or by visiting the centre.</p>	<p>www.familyresource.ie</p>	
	<p>GOREY FRC operates a low cost adult counselling service for those aged 21 years and over, self-referrals are welcomed.</p>	<p>GOREY FRC 4 Charlotte Row, Upper Main Street, Gorey, Co. Wexford Y25 CV91 Tel: 053 948 9017 Email: goreyfrfc@gmail.com www.goreyfrfc.org</p>	
	<p>RAHEEN FRC offers free counselling for children and adults, referrals are accepted for children aged 7 years and over. The FRC also has a play therapy service for children aged 4 to 12 years.</p>	<p>RAHEEN FRC Raheen, Clonroche, Co. Wexford Y21 T183 Tel: 051 442888 Email: info@raheenfrfc.ie www.raheenfamilyresourcecentre.ie</p>	
	<p>SOUTHWEST WEXFORD FRC offers a low cost counselling service to young people aged 10 years and above, adults and families.</p>	<p>SOUTHWEST WEXFORD FRC Ramsgrange, Co. Wexford Y34 H283 Tel: 051 389418 Email: reception@swwfrfc.ie www.swwfrfc.ie</p>	
	<p>TAGHMON FRC accepts referrals for counselling for adults and children from the age of 8 years.</p>	<p>TAGHMON FRC Joseph Street, Taghmon, Co. Wexford Y35 WTP3 Tel: 053 913 4465 Email: info@taghmonfrfc.ie www.taghmonfrfc.ie</p>	
	<p>FERNS DIOCESAN YOUTH SERVICE (FDYS) for young people aged 12 to 25 years FDYS offers a youth counselling service for young people aged 12 to 25 years, referrals to the service are accepted from other agencies, schools and GPs. Self-referrals are also accepted, these can be made by contacting the main FDYS office and leaving contact details. The service is donation based.</p>	<p>FDYS Francis Street, Wexford Y35 P9CF Tel: 053 912 3262 or 087 9351725 www.fdyss.ie</p>	
	<p>HSE COUNSELLING IN PRIMARY CARE (CIPC) for those aged 18 years and over 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. 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 Wexford.</p>	<p>CIPC Lismore Park Primary Care Centre, 223 Lismore Park, Waterford X91 VCP5 Tel: 051 359088</p>	

SERVICES AVAILABLE IN EDUCATION SETTINGS		
<p>GUIDANCE COUNSELLING SERVICE IN SCHOOLS School Guidance Counselling can address 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 • LGBTI+ support • Stress management • Exam coping skills</p>	<p>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 also contact the Guidance Counsellor to 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.</p>	<p>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</p>
<p>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</p>	<p>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.</p>	<p>NEPS Government Offices, Newtown Road, Wexford Y35 AP90 Tel: 01 889 2492 Email: neps@education.gov.ie www.education.ie</p>
<p>SCHOOL COMPLETION PROGRAMMES (SCP) There are five School Completion Programmes in Wexford for children and young people who experience educational disadvantage. The SCP identifies and supports young people at risk; it encourages participation and retention initiatives and supports young people transitioning from primary to secondary level.</p>	<p>SCHOOL COMPLETION PROGRAMMES for young people aged 4 to 18 years The five School Completion Programmes in Wexford offer child and adolescent counselling, referrals can be made by the school, by community agencies, by parents or care givers and self-referrals are welcomed. This counselling is only available to students in SCP participating schools.</p>	<p>Bridgetown Tel: 053 913 5053 Bunclogh/Enniscorthy Tel: 086 8278424 Gorey Tel: 053 942 1000 South West Wexford Tel: 051 425580 Wexford Tel: 053 9122753</p>
<p>WEXFORD THIRD LEVEL 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</p>	<p>STUDENT COUNSELLING for young people registered as full time students in the Wexford Campus of Carlow Institute of Technology Students can self-refer by phone, text, email or by calling into the student service office. The counselling service is available from Monday to Friday, 9am to 5pm throughout the academic year. Counselling is available by appointment only and at no cost to students.</p>	<p>CARLOW INSTITUTE OF TECHNOLOGY STUDENT SERVICES OFFICE Summerhill Road, Slippy Green, Wexford Y35 KA07 Tel: 059 9175600 Email: counselling@itcarlow.ie www.itcarlow.ie</p>

BEREAVEMENT SUPPORT SERVICES		
<p>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.</p>	<p>BARNARDOS BEREAVEMENT SERVICE for children 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.</p>	<p>BARNARDOS CHILDREN'S BEREAVEMENT SERVICE Cork/Dublin Bereavement Support Tel: 01 813 4100 Barnardos National Office Tel: 01 473 2110 Email: bereavement@barnardos.ie www.barnardos.ie</p>
<p>HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS This is a bereavement counselling service for people who have been bereaved by any of the following circumstances: • Suicide • Homicide • Road traffic accident • Industrial/agricultural/domestic accident • Drowning</p>	<p>HSE BEREAVEMENT COUNSELLING 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 by referral from the Coordinator by a GP or appropriate health professional. A minimum of 12 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.</p>	<p>BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS The HSE Regional Suicide Resource Office Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25 Tel: 051 874013</p>
<p>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.</p>	<p>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.</p>	<p>RAINBOWS Tel: 01 473 4175 www.rainbows.ie</p>
<p>SUICIDE BEREAVEMENT LIAISON SERVICE This service provides outreach support to individuals and families who have been 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.</p>	<p>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.</p>	<p>SUICIDE BEREAVEMENT LIAISON SERVICE Tel: 053 912 2787 or 085 807 3040 www.pieta.ie</p>



GUIDELINES FOR REFERRALS TO CHILD AND YOUTH MENTAL HEALTH SERVICES IN WEXFORD
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 CAREDOC on 1850 334 999 or go to your nearest Emergency Department in Wexford General Hospital or University Hospital Waterford. You can also contact the Emergency Services on 999 or 112.

SUICIDE, SELF-HARM AND MENTAL HEALTH SPECIFIC SERVICES		
SERVICE DESCRIPTION	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>HSE ADULT MENTAL HEALTH SERVICE The HSE Adult Mental Health Service is available throughout Wexford for people who are experiencing moderate to severe mental health difficulties including but not limited to: • Depression • Mood disorders • Psychotic illness • Suicide and self-harm • Personality disorders • Eating disorders • Adjustment disorders</p>	<p>HSE ADULT MENTAL HEALTH SERVICE for people aged 18 years and over Access to this service is through a GP referral, referral from the CareDoc out of hours service or from the Emergency Department. There is a broad range of mental health services available throughout the county including community/day facilities, community mental health teams as well as respite and residential units. Inpatient facilities are available in University Hospital Waterford.</p>	<p>HSE ADULT MENTAL HEALTH SERVICE To access the HSE Adult Mental Health Service, contact the GP or if it is out of hours call CareDoc on 1850 334 999 or visit the Emergency Department in Wexford General Hospital or University Hospital Waterford. Wexford Mental Health Services Administrative HQ, Ross Road, Enniscorthy, Co. Wexford Y21 KA40 Tel: 053 9243200</p>
<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) CAMHS 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 to severe eating disorders • Suicidal behaviours • Suicidal ideation where intent is present</p>	<p>HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) for children & young people aged 0 to 18 years Referrals to the service are accepted from relevant medical professionals including GPs. All referrers must work in collaboration with the young person's GP, this means that the referrer must contact the GP to discuss and agree the potential referral to ensure collaborative working.</p>	<p>CAMHS Wexford CAMHS North Team Arnold House, Parnell Road, Enniscorthy, Co. Wexford Y21 A272 Tel: 053 9259860 Wexford CAMHS South Team Slaney House, Newtown Road, Wexford Y35 V803 Tel: 053 9145402</p>
<p>HSE PSYCHOLOGY SERVICE IN PRIMARY CARE This service is responsible for the provision of services to children and adolescents 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</p> <p>In addition, a variety of psycho-educational workshops on different topics are offered throughout the year.</p>	<p>HSE PSYCHOLOGY SERVICE FOR CHILDREN WITH A DISABILITY There is a Psychology Service for young people aged 0 to 13 years with an Intellectual Disability and/or Autism. Only professional referrals are accepted i.e. GP, Paediatrician, Social Worker, Area Medical Officer, Public Health Nurse or the National Educational Psychology Service. Children and/or young people attending this service have moderate or severe intellectual disability and/or a diagnosis of Autism Spectrum Disorder. HSE PSYCHOLOGY SERVICE IN PRIMARY CARE for children, young people and families Referral to the HSE Wexford Primary Care Child Psychology Service can be initiated by GPs, Public Health Nurses, other Psychologists, Schools/NEPS, Social Workers, Child Care Workers, Counsellors, Speech and Language Therapists and other health care professionals. Parental permission is required for referral.</p>	<p>HSE Disability Services St. John's Hospital, Enniscorthy, Co. Wexford X21 Y2V0 Tel: 053 9259800 HSE PSYCHOLOGY SERVICE HSE Primary Care Centre, Grogan's Road, Wexford Y35 DA39 Tel: 053 9123522 Tel: 053 918 5683 www.hse.ie</p>
<p>PIETA HOUSE Pieta House provides a counselling service for people who are in suicidal distress and for those who are engaging in self-harm. Pieta House uses a free therapeutic approach with professional accredited Counsellors/Psychotherapists.</p>	<p>PIETA HOUSE for children, young people and families It is not necessary to have a psychiatric referral or letter from a GP to access Pieta House 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 persons 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.</p>	<p>Pieta House 14 Francis Street, Wexford Y35 Y427 Tel: 053 912 2787 Helpline: 1800 247 247 Text: 51444 Email: info@pieta.ie www.pieta.ie</p>
<p>SUICIDE CRISIS ASSESSMENT NURSE (SCAN) This service provides a speedy response to GPs who request support for clients at risk of suicide; the SCAN Nurse carries out a comprehensive clinical assessment and develops a care plan for the client.</p>	<p>SUICIDE CRISIS ASSESSMENT NURSE (SCAN) for those aged 18 years and over This service is available to those aged 18 years and over who present to their GP and show significant suicidal behaviour/risk/intent.</p>	<p>SCAN The SCAN Service in Wexford can be contacted directly by the GP when required.</p>
<p>SELF HARM INTERVENTION PROGRAMME (SHIP) This is a professional short term counselling service for individuals aged 16 years and over who present with suicidal ideation and the impulse to self-harm. SHIP is not a crisis response service so is unsuitable for those at immediate risk.</p>	<p>THE 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 for those aged under 18 years requires parental consent; there is no cost for this service.</p>	<p>SHIP Counselling Coordinator Lismore Park Primary Care Centre, 223 Lismore Park, Waterford X91 VCP5 Tel: 051 859088 or 087 2586028</p>

SUBSTANCE MISUSE SERVICES		
<p>CORNMARKET PROJECT The Cornmarket Project provides community based treatment and rehabilitation to people involved in substance misuse and offending behaviour. The service is based in Wexford town with outreach services in Enniscorthy, Gorey and New Ross.</p>	<p>CORNMARKET for young people and adults Referrals to the service are accepted from the Gardaí, the Probation and Welfare Service and other state and community agencies. Self-referrals are also accepted. One to one work and counselling is offered to those under 18 years with parental consent.</p>	<p>CORNMARKET PROJECT Wexford Local Development, Block A, County Hall, Spawell Road, Wexford Y35 E2FK Tel: 053 9155817 or 087 6254022 (Wexford) Tel: 087 787 2883 (Gorey) Tel: 087 617 5317 (Enniscorthy) Tel: 087 770 1934 (New Ross)</p>
<p>HSE SUBSTANCE MISUSE SERVICE The Co. Wexford 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 • Care planning • Detoxification support • Opiate substitute treatment • Counselling • Group support • Needle exchange • Onward referral to residential treatment • Connection to community support services • Homeless support • Links with education, training and employment initiatives</p>	<p>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.</p>	<p>HSE SUBSTANCE MISUSE SERVICE Substance Misuse Service St. John's Hospital, Enniscorthy, Co. Wexford Y21 X2V0 Tel: 053 9259825 Helpline: 1800 459 459 Email: helpline@hse.ie www.hse.ie/drugshihelpline www.drugs.ie</p>
<p>WEXFORD COMMUNITY BASED DRUG INITIATIVE (CBDI) Wexford Community Based Drugs Initiative is a project of Ferns Diocesan Youth Service (FDYS) that provides targeted and universal supports to young people and their families in relation to substance misuse. The project works with individuals, families and communities who are either directly or indirectly affected by drugs and/or alcohol.</p>	<p>WEXFORD COMMUNITY BASED DRUG INITIATIVE (CBDI) Referrals can be made by families, schools, agencies or individuals, self-referrals are also accepted. Services can be accessed in FDYS locations throughout Co. Wexford including Enniscorthy, New Ross, Gorey and Wexford Town.</p>	<p>CBDI Wexford CBDI Project FDYS, Francis Street, Wexford Y35 P9CF Tel: 053 9123262 www.fdyss.ie</p>

OTHER SPECIALIST SERVICES		
<p>WEXFORD RAPE CRISIS Wexford Rape Crisis is a client centred service for those who have been affected by domestic abuse, sexual abuse (verbal or physical) and gender based violence. The service includes: • Court and Garda accompaniment • Sexual violence prevention programme delivery • Information and advocacy • Support and counselling for individuals and their family/friends.</p>	<p>WEXFORD RAPE CRISIS for young people and adults Wexford Rape Crisis offers services to women, men, young people and all persons of different sexual or gender identities. The service is available in Wexford Town, Enniscorthy, Gorey and New Ross. Adolescent counselling for those aged 12 years and over is available in Wexford Town. Anyone can refer to the service and there is no cost to attend.</p>	<p>WEXFORD RAPE CRISIS Clifford Street, Wexford Y35 TX21 Tel: 1800 33 00 33 Email: support@wexfordrapecrisis.com www.wexfordrapecrisis.com</p>
<p>HSE NATIONAL COUNSELLING SERVICE (COMHAR) Counselling service for people who have experienced trauma and abuse including emotional, physical or sexual abuse or neglect in childhood.</p>	<p>HSE NATIONAL COUNSELLING SERVICE for those aged 18 and over Health professionals can make written referrals on behalf of a person over 18 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.</p>	<p>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</p>

OTHER USEFUL RESOURCES FOR CHILDREN AND YOUNG PEOPLE		
<p>Belongto The national organisation supporting LGBTI+ young people in Ireland Helpline: 1890 92 95 39 www.belongto.org</p>	<p>ISPCC The Irish Association for the Prevention of Cruelty to Children Childline: 1800 666 666 Teenline: 1800 833 634 www.childline.ie</p>	<p>Turn2me Online mental health support and counselling services www.turn2me.org</p>
<p>Bodywhys The Eating Disorder Association Tel: 1890 200 444 www.bodywhys.ie</p>	<p>Spunout Ireland's youth information website www.spunout.ie</p>	<p>Your Mental Health Info line: 1800 742 444 www.yourmentalhealth.ie</p>

The information contained in this poster is correct at the time of print, for additional resources visit www.wexfordcypsc.ie or www.yourmentalhealth.ie or contact the HSE Regional Suicide Resource Office on 051 874013

*Young people refers to those aged up to 25 years