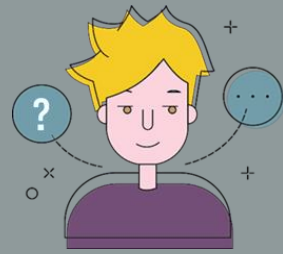




Information Booklet

JIGSAW
NORTH FINGAL
Young people's
health in mind

Content and Purpose of the booklet.



Content:

- Information for parents and adults to help them support the mental health of young people.
- Contact details for local youth counselling services.
- Contacts for some local specialist youth services.
- Contacts for mainstream youth services.
- Contacts for family services.
- Useful helplines.

Purpose:

There is an enormous amount of information available online about mental health services for young people. It is not always clear or easy to know what service is the most suitable to meet the needs of a young person.

The purpose for creating a local directory is to take away the guesswork in identifying which service to contact. The booklet also gives information about how to refer to those services.



Who are we?

The Delvin Valley Mental Health Group is made up of representatives of the sporting, youth and community groups in the Naul, Ballyboughal, Garristown area.

The core purpose of the group is to ensure that the best support and most up to date information about youth mental services is available to young people, parents, sports coaches and youth leaders in the area.

This is our first information booklet and we are making it available in the community.

We are a working group of Jigsaw North Fingal and support the work of Jigsaw.



WE ARE JIGSAW...

In Jigsaw, we understand that everyday experiences can affect mental health and wellbeing.

A young person's relationship with their friends and family, how they're getting on in school or at work, the sense they have of themselves worries or anxieties can all affect their mental health. Understanding all of this can help inform us how best to meet a young person's mental health needs.

We understand the important role that parents, family members, teachers and other adults play. It takes a village to rear a young person. This is never more true than when it comes to a young person's mental health and wellbeing.

Therefore, we work with communities offering information, training and support. This helps build confidence in supporting and promoting young people's mental health.

One goal of Jigsaw is to make reliable and helpful mental health support information available and make it easier to get the right support at the right time.

<https://jigsaw.ie/>

Here are a few self help tips
to support your mental
health whatever your age



Be Active: Go for a walk, or run.
Step outside, get some fresh air.
Exercise makes you feel good.



Take Notice: Look up! Be aware of
the world around you and of what
and how you are feeling right now.

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#FIVEADAY



Connect: Spend time with friends
or family. Pick up the phone. Talk.
Relationships matter.



Keep Learning: Try something new!
Join a group, learn to dance, take up
an instrument, use your voice.



Give: Do something nice for a friend,
or for a stranger. Thank someone,
give them a smile. Be kind.

Introduce these five simple actions
into your day and feel the benefits.

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WAYS TO SUPPORT YOUNG PEOPLES MENTAL HEALTH



R. A. L. L. Y.

If a young person comes to you with how they are feeling, it's good to know how to respond. We use this system called mnemonic for an easy way to remember what to say or do.

▶ **R**ecognise

Recognise how they are feeling and how it is affecting them.

▶ **A**cknowledge how they are feeling

Acknowledge they are going through a hard time and their feelings are normal.

▶ **L**isten

Listen to everything they have to say and talk less.

▶ **L**et someone know

Know the limits on what you can do to help, if the problem sounds serious seek help from a professional

▶ **Y**our response matters

How you respond has a big affect on whoever is talking to you. Don't dismiss their feelings and try be understanding, it can make it a lot easier for the person to seek help again.

**REACH
OUT.COM**

An online youth mental health service providing support, information and real life stories.

**Drugs, Alcohol and HIV
Helpline 1800459459**

**Blanchardstown
Travellers Development
Group
01 802 7812**

SPUNOUT.ie

Ireland's youth information website, created by young people for young people.

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

belong¹⁰

BeLonG To Youth Services
Support for lesbian, gay, bisexual and transgender (LGBT). Young people aged between 14 & 23.
Email: info@belongto.org
016706223
www.belongto.org

Cairde
Challenging ethnic minority health inequalities

Cairde is an organisation working to tackle health inequalities among ethnic minority communities.

Email: balbriggan@cairde.ie
Phone: 018020785

Pieta House

Provides one to one therapeutic services for young people at risk of self-harm or suicide
mary@pieta.ie
www.pieta.ie
Unit 22, Santry Way,
D9
018831000

1800 833 634
TeenLine
IRELAND

Specifically for teenagers and young adults to connect, talk and get help.
1800833634
Free Text Service: Text 'TEEN' to 50015
Open from 8-11pm everyday
Email: info@teenline.ie

**Gay Switchboard
Ireland
018721055
ask@gayswitchboard.ie**

crosscare

Swords Baldoyle Youth Service
17 Main Street Rear, Swords.
018405100, info@crosscare.ie
Swords Youth Cafe

Skerries Youth Support Service



A Beacon of Light There is Support in Sight
For Counselling Service ring

086 7815072

Blanchardstown Local Drugs & Alcohol Task Force

be a link in the chain

0876779086
jim@bldtf.ie



yourmentalhealth.ie
#littlthings

**ISPC Support line 9am – 1pm daily
01 5224235**

JIGSAW

Young people's
health in mind

Free 1-1 support service for
12-25 year olds with concerns
of mental health issues

northfingal@jigsaw.ie

019603020

dublin15@jigsaw.ie

018905810

TALK TO US

If things are getting to you

116 123 ^{FREE}
This number is FREE to call round the clock
jo@samaritans.org
samaritans.org

SAMARITANS

Garda Confidential Line

1800 666 111



TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Helping children, 0 –
18 years and their
families

Phone - 018708000

cross care teen counselling

Free, private and
confidential support for
teens and their parents

015574705

Mon-Fri 9am – 5pm



sexualwellbeing.ie

BODYWHYS

The Eating Disorders Association of Ireland

LoCall Helpline
1890 200 444

Support Email
alex@bodywhys.ie

www.bodywhys.ie

empowering youth
enriching communities
foróige

Foróige youth service has a
range of clubs, groups & cafes for
all young people from 10 -18 +.
All young people from Fingal are
always welcome to attend:
Blanchardstown - 018212012 /
018212077, Balbriggan -
0867710790



NORTH DUBLIN
Regional Drug & Alcohol Task Force

North Dublin Regional Drug
and Alcohol Task Force
68 Applewood Main Street,
Swords – 01 2233493

Childline
Call . Chat . Text
1800 66 66 66

Daughters of Charity, Balbriggan
Family Centre

Unit 7, Level 1, Millfield Shopping Centre,
Balbriggan

Phone: 018414122

Counselling Services for Young People

➤ **Jigsaw North Fingal**

01 9603020

Free service Supporting young people between 12 and 25 years. Self referral or referral by parent / guardian, school or healthcare professional.

➤ **Skerries Youth Support Service**

086 7815072

A free service for young people. Self referral or referral by parent / guardian.

➤ **Crosscare Teen Counselling**

01-5574705

Free confidential support for teens and parents, Crosscare Teen Counselling provides a professional counselling service to young people 12-18 year olds. Referral can be made by parents/guardians.

➤ **Pieta Santry:**

01 8831000

➤ **Helpline**

1800-247247

Provides a 1 on 1 therapeutic service for young people at risk of self harm or suicide. Self referral or referral by parent/ guardian.

➤ **Fingal Counselling Service:**

01 8902596

Low cost counselling service based in Swords for over 16s and adults. Self referral or referral by parent/ guardian.



Specialist Service

- <https://www.belongto.org/>

Support for young LGBTI community working to make a world where LGBTI+ young people are equal, safe, and valued in the diversity of their identities and experiences.

- **Belong to Youth**

01-6706223

- <https://spunout.ie/>

A Youth information website for youths by youths

- **Reachout.com** Online Youth Mental Health Service

ReachOut is a free online mental health organisation for young people and their parents. The practical support tools and tips help young people get through anything from everyday issues to tough times – and the information offered to parents makes it easier for them to help their teenagers.

Main Stream Youth Service

- **Forogie Balbriggain:** 086-7710790; **Eamon** 086 7802362

Eamon.mullen@foroige.ie (national website) info@foroige.ie

Youth service group with various branches around Fingal. Foróige is the leading youth organisation in Ireland and has been working with young people to enable them to involve themselves consciously and actively in their development and in the development of society.

- **Swords Baldoyle Youth Service (Crosscare)** **01-8405100**

info@crosscare.ie

Offering a wide range of services from general youth work to specialised services and youth counselling.



Helplines

If you need support in a time of crisis or feeling low and want to talk, there are helplines ready to take your call.

➤ Samaritans

116 123

24hr(free)

➤ Childline

1800 666 666

24hr(free)

➤ Drug, Alcohol and HIV

1800 459 459

➤ HSE

50808

➤ Myoptions.ie

1800 828 2010

(free) (9am-8pm)

free unplanned pregnancy support service

➤ Gay switchboard Ireland

01 8721055

➤ TeenLine

1800 833 634

(10am-4pm)



Family Support Services

- **Tusla helping children and families** 01-8708000

The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children.

- **HSE Primary Care Advise Clinics**

Balbriggan Primary Care Centre 01 9213204

Coolock Primary Care Centre 01 9214334

Clinics available second and forth Tuesdays of the month. Ring for an appointment on those mornings. This is an advise clinic so does not offer therapy or assessment.

- **Daughters of Charity
Child and Family Service**

01-8414122

Provides a range of therapeutic supportive services for children and their families.





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