SERVICE

PIETA HOUSE

Who? **Pieta House** is for children & young people under 18 and adults - all age groups.

What? Pieta House provides free, therapeutic supports to people who have suicidal ideation, who have attempted suicide and those who engage in self-harm

HOW TO ACCESS SERVICE

Referral: Referrals are accepted from young adults, parents and concerned adults. Referrals are also accepted from agencies such as CAMHS, HSE and School. Parental permission required - Yes where a child or young person is less than 18 years old. **Cost:** **Free of Charge**

CONTACT DETAILS

PIETA HOUSE

28 Moyderwell, Tralee, Co Kerry

Tel: (066) 7163660 Email: mary@pieta.ie Website: www.pieta.ie

CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS

SERVICE

HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Who? For Children 0-18 years with mental health disorders.

What? CAMHS is a specialist tertiary mental health service for children with the most severe disabling mental health disorders such as ADHD, eating disorders, depressive disorders and psychotic disorders.

HOW TO ACCESS SERVICE

Referral must be by a health professional. Parents or teachers cannot refer children directly to CAMHS. Referrals are accepted from the following professionals: GPs, area medical officers and pediatrician, NEPS, HSE senior health professionals including social workers, psychologists, speech & language therapists, occupational therapists and public health nurses. Parental permission required - Yes

Cost: **Free of Charge**

CONTACT DETAILS

KERRY CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Duchas House, Edward St., Tralee, Co Kerry.

Tel: (066) 7144081 Fax: (066) 7144080

REFERRALS ARE PRIORITISED BASED ON CLINICAL NEED;
CLIENTS IN CRISIS ARE SEEN PROMPTLY

SERVICE

HSE ADULT MENTAL HEALTH SERVICES

Who? For young people and adults aged 17+ years with mental health disorders.

What? A mental health care service for young people (17+) and adults with mental health disorders. Disorders include: eating disorders, depressive disorders and psychotic disorders.

HSE PRIMARY CARE LIAISON NURSE SERVICE

The Liaison Nurse Service is a free Service for adults (18+) experiencing difficulties with issues such as depression, anxiety and panic reactions, stress, grief and loss, relationship problems and information, support and assistance with referral to other services if necessary. It is an 8 session recovery oriented Psychological Intervention service based on Holistic Assessment with a collaborative Care Plan providing tailored goals and treatment plans. Referral is through your GP /Primary Care Team in Dingle /West Kerry; Listowel /North Kerry & Castleisland.

HOW TO ACCESS SERVICE

Referral: Referral to Kerry Adult Mental Health Services can be initiated by any individual who notes concern in relation any person aged over 17. If possible, referral to this service is made via a General Practitioner / South Doc out of hours, or the Emergency Department of Kerry General Hospital.

Cost: **Free of Charge**

CONTACT DETAILS

KERRY MENTAL HEALTH SERVICES

Kerry General Hospital, Tralee, Co Kerry

Tel: (066) 712 6222

Fax: (066) 718 4142

CLIENTS IN CRISIS WILL BE SEEN WITHIN 48 HOURS

These Guidelines to Youth Mental Health Services in Kerry have been prepared by the Kerry Children & Young People's Services Committee Child & Youth Mental Health Working Group.

For further information please contact the service listed or Claire O'Toole, Coordinator, Kerry Children's Services Committee (066) 7199764.

CYPSC

CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Guidelines For Referral to Child & Youth Mental Health Services for Parents

IF YOU ARE CONCERNED ABOUT YOUR CHILD OR YOUNG PERSON'S BEHAVIOUR OR MENTAL HEALTH YOU SHOULD SPEAK TO YOUR GP

HSE: Health Service Executive
KACS: Kerry Adolescent Counselling Service
NEPS: National Educational Psychological Service
SWCC: South West Counselling Centre
CAMHS: Child & Adolescent Mental Health Service
GP: General Practitioner (Doctor)

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SERVICE	HOW TO ACCESS SERVICE	CONTACT DETAILS
CHILD & ADOLESCENT COUNSELLING SERVICES **Who?** **Kerry Adolescent Counselling Service (KACS)** for children & young people 3-18 years in Kerry **South West Counselling Centre (SWCC)** for children & young people 4-18+ years plus adults in Kerry **What? Counselling services providing a safe space to explore issues and provide support with:** Feelings and Emotions, Education and Expectations, Relationships and Sexuality, Moods, Bereavement and Loss - Family or Peer, Family Separation or Divorce, Worries and Concerns, Substance Abuse,Eating Distress and Body Issues, Self Harm/ Suicidal Ideation following consultation with GP.	**Referral:** A young person and/or their parent/guardian can contact the services directly in person or by phone. Agencies such as HSE, CAMHS, schools, NEPS, juvenile liaison officers (JLOs), youth services or GPs can also make a referral to the service.Parental permission required - Yes where a child or young person is less than 18 years old. **Cost:** **KERRY ADOLESCENT COUNSELLING SERVICE** – Donations Accepted **SOUTHWEST COUNSELLING CENTRE** - Affordable one to one counselling for adolescents and adults, Play Therapy for children, Couples Counselling, Parenting support. Free Crisis pregnancy counselling and free monthly bereavement support group.	**KERRY ADOLESCENT COUNSELLING SERVICE (KACS)** Balloonagh, Tralee, County Kerry Tel: (066) 718 1333 www.kerryadolescentcounselling.ie **SOUTH WEST COUNSELLING CENTRE (SWCC)** Lewis Road, Killarney, County Kerry Tel: (064) 663 6416 info@southwestcounselling.ie www.southwestcounselling.ie
HSE COUNSELLING IN PRIMARY CARE **Who? Counselling In Primary Care (CIPC)** is for adults (18+) with a Medical Card referred by their GP **What?** Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.	**Referral:** The service is free to adults with a full medical card and you access the service through your GP who can refer you. **Cost: Free**	**COUNSELLING IN PRIMARY CARE** Unit 61, Penrose Wharf, Penrose Quay, Cork Tel: (021) 4681006
JIGSAW KERRY **Who? Jigsaw Kerry** is for young people aged 12-25 and provides brief, goal-focused therapeutic intervention lasting up to 8 sessions. **What? Jigsaw Kerry** is a mental health support service for 12-25 year olds. Jigsaw works with young people experiencing mild to moderate mental health distress such as relationship & interpersonal issues (e.g. bullying, family conflict), worry and stress (e.g. money, school, social), loss, change and transitions (e.g. bereavement, role, school), low mood & low self-worth (e.g. body image), strong emotional reactions (e.g. anger).	**Referral:** Call: 066 – 718678 or Email: kerry@jigsaw.ie A young person can directly self-refer. A parent/guardian or concerned person can contact the service directly. Health agencies and professionals/schools/youth organisations/sporting/voluntary bodies can directly refer. **Cost: Free**	**JIGSAW KERRY** Unit A1, Edward Court, Edward Street, Tralee, Co. Kerry T: (066) 7186785 E: kerry@jigsaw.ie W: www.jigsaw.ie/kerry
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) **Who?** The service is for children and adolescents aged 5-18 years. **What?** Types of referrals to the service: Developmental, learning, social, emotional and behavioural difficulties which impact a pupil's learning and socialisation in schools.	**FOR CHILDREN 5-18 YEARS:** NEPS does not operate a referral system. Each school has an assigned NEPS psychologist and a dedicated allocation of service time. The school Principal may request the involvement of the psychologist in supporting teachers and parents in assessment of and developing interventions to meet a pupil's needs. Where the psychologist is involved directly with or on behalf of a pupil, parental permission is sought. (NEPS psychologist work at both individual and systemic levels in schools). **Cost: Free**	**NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)** Government Buildings, Spa Road, Tralee, Co. Kerry. T: (076) 1108901 E: NEPS_Tralee@education.gov.ie
HSE PRIMARY CARE: CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE **Who?** The service is for children and adolescents (0-18 years) and their families. **What?** The service provides psychological assessment and intervention for children & young people who present with mild to moderate emotional and behavioural difficulties which significantly impact on everyday functioning or impair the child and family's well-being.	**Referral:** Any individual who is concerned about a child's emotional, behavioural, social and psychological well-being can make a referral to the service. Parental permission required - Yes **Cost: Free**	**HSE PRIMARY CARE CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE** HSE Kerry Community Services, Rathass, Tralee, Co. Kerry Tel: (066) 7199708

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