

SERVICE	HOW TO ACCESS THE SERVICE	CONTACT DETAILS
<p>CHILD & ADOLESCENT COUNSELLING SERVICES</p> <p><i>COUNSELLING PROVIDES A SAFE SPACE TO EXPLORE ISSUES AND PROVIDE SUPPORT WITH:</i> 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;</p> <p>Following GP consultation the counselling services also provide support with: Eating Distress & Body Issues; Self Harm & Suicidal Ideation</p> <p>Child & Youth Counselling Services also support parents and carers.</p>	<p>SQUASHY COUCH - FOR YOUNG PEOPLE 14-19 years</p> <p>Referrals will be accepted from young people and families, agencies such as Tusla, HSE, CAMHS, Schools, NEPS, JLO's, Youth Services or GPs as well as the young person or a family member. Where a child or young person is less than 18 years old parental consent is required. Service is also provided in Youth Information Centre, Friary St., Dungarvan for Young People from West Waterford.</p> <p>ST. BRIGID'S FAMILY & COMMUNITY CENTRE - FOR CHILDREN UP TO 11 YEARS Play Therapy available two ways: referral via social worker, OR if one or both parents are attending relationship counselling at the centre for a period of time.</p> <p>ST. BRIGID'S FAMILY & COMMUNITY CENTRE - FOR CHILDREN AND YOUNG PEOPLE 11-18 YEARS Parental referral by phone or drop in. Young people 16+ can self refer. Parental Consent form available at centre.</p> <p>COST: Sliding Scale fee structure in place (€5-20).</p> <p>Adult counselling is also available. The same fee structure applies.</p>	<p>SQUASHY COUCH (14-19 years) 34 The Mall, Waterford.</p> <p>Tel: 051-859000 Mobile: 087-9574911</p> <p>ST. BRIGID'S FAMILY AND COMMUNITY CENTRE Lower Yellow Rd, Waterford.</p> <p>Centre opening hours: 9.00am-10 pm (Mon-Thur and 5pm Fri.) Tel: 051-375261</p>
<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (N.E.P.S.)</p> <p><i>SERVICES PROVIDED INCLUDE:</i> N.E.P.S. offers Consultation, Support and Advice for teachers, students and parents in relation to Educational Development, Social, Emotional and Behavioural difficulties which impact a pupil's learning and socialisation process in school.</p>	<p>FOR CHILDREN 5 – 18 YEARS</p> <p>All requests for involvement of N.E.P.S. psychologists are through the school principal. Each school has an assigned N.E.P.S. psychologist and a dedicated allocation of service time. Following the implementation of the Continuum of Support process by school staff, the school may consult with N.E.P.S. about particular pupils who continue to show significant levels of difficulty. This consultation may take the form of a 'teacher consultation' or a more formal 'Request for Involvement of Psychologist'.</p> <p>For more information regarding the Continuum of Support please check: https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS/NEPS-Home-Page.html</p> <p>Parents who have school related concerns about their children should discuss these with the school principal who will contact N.E.P.S. if necessary.</p>	<p>NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (N.E.P.S.) Johnstown, Waterford.</p> <p>Local Admin. Tel: 0761 10 8921 Head Office (Dublin): 01 8892700 Email: neps@education.gov.ie Website: www.education.ie</p>
<p>GUIDANCE COUNSELLING SERVICE IN SCHOOLS</p> <p><i>TYPES OF ISSUES REFERRED TO THIS SERVICE:</i> Social, emotional and educational issues impacting on a young person's experience of school and life in general. Schools often offer additional support groups such as bereavement support, Seedlings, emotional management, mindfulness, LGBT support, stress reduction and exam coping skills.</p>	<p>FOR YOUNG PEOPLE ATTENDING SECONDARY SCHOOL</p> <p>Referral to the service can be made by contacting the school or by self-referral.</p> <p>Parents can contact the Guidance Counsellor and explore their concerns. Students are assessed and waiting lists may apply.</p> <p>Cost: Free offered as part of the school student support services</p>	<p>Contact local school or school website. Every second level school has a qualified Guidance Counsellor</p> <p>For further information about the service: Institute of Guidance Counsellors Website: www.igc.ie</p>
<p>PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE</p> <p>Counselling service for people who are in suicidal distress and those who engage in self-harm.</p> <p>Suicide Bereavement Counselling provides counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.</p>	<p>COUNSELLING FOR YOUNG PEOPLE RELATING TO SUICIDE, SELF HARM & BEREAVEMENT Appointment based service only Self-referral, family, agencies, G.P's by calling 051 858510. We do not require a referral from G.P or psychiatrist. If referral is made on behalf of an adult 18 year or over please seek the persons consent for the referral. Agencies referring a child or young person under 18 years old will have to obtain prior parental/guardian consent.</p> <p>Cost: Free of charge, donations are welcome</p> <p>24/7 Suicide Helpline: 1800 247 247</p>	<p>PIETA HOUSE, SUICIDE & SELF HARM CRISIS AND BEREAVEMENT CENTRE 20 Waterside, Waterford.</p> <p>Tel: 051-858510</p>
<p>HSE BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATH</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Counselling service for people 16 years+ who have been bereaved by suicide, homicide, road traffic accident, industrial/agricultural/ domestic accident, drowning.</p>	<p>FOR PEOPLE AGED 16 +</p> <p>Referral to the service is by written referral to the co-ordinator by an appropriate health professional. Initially up to 12 bereavement counselling sessions will be offered to clients.</p> <p>Cost: Free</p>	<p>BEREAVEMENT COUNSELLING SERVICE FOR TRAUMATIC DEATHS Regional Suicide Resource Office, Front Block, St Patrick's Hospital, John's Hill, Waterford. 051-874013</p>
<p>SUICIDE BEREAVEMENT LIAISON SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> This service provides an outreach support service to families and people who have been bereaved by suspected suicide or suicide.</p>	<p>FOR THOSE BEREAVED BY SUICIDE</p> <p>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. Referral is through GP, Garda, Funeral Director, member of clergy. People can also self refer.</p> <p>Cost: Free 24 hour support and information available on our free phone helpline 1800 247 247</p>	<p>SUICIDE BEREAVEMENT LIAISON SERVICE Pieta House, 14 Francis Street, Wexford.</p> <p>Tel: 053 – 9122787</p>
<p>SHIP (Self Harm Intervention Project)</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Suicidal ideation or the impulse to self harm.</p>	<p>FOR YOUNG PEOPLE AGED 16+</p> <p>Professional Counselling for individuals over age 16. It is not a crisis response service. Referral to the service is by written referral by a relevant health professional. Counselling for those aged 16-19 years is provided in various venues throughout the area including Squashy Couch in the City.</p> <p>Cost: Free</p>	<p>SHIP (Self Harm Intervention Project) Counselling Co-ordinator, Lismore Park Primary Care Centre, 223 Lismore Park, Waterford</p> <p>Tel: 1800 234 118</p>
<p>HSE PRIMARY CARE: CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Mild to moderate emotional problems including mild to moderate anxiety/depression. Advice regarding behavioural difficulties. Adjustment difficulties including bereavement and loss, coping with serious illness and parental separation. Problems arising from bullying, problems with self-esteem, peer group difficulties. Promotion of healthy attachments.</p>	<p>FOR CHILDREN & YOUNG PEOPLE 0 – 18 YEARS</p> <p>Referral to Waterford Primary Care Child, Adolescent & Family Psychology Service can be initiated by: Medical Practitioners, Public Health Nurses, Other Psychologists, Schools/NEPS., Social Workers, Child Care Workers, Counsellors, Speech & Language Therapists & other Health Care Professionals</p> <p>Parental permission is required for referral.</p> <p>"Drop in" Advice and Support service for Parents – Wednesdays 9.30 am – 12.30 pm in Waterford Community Services building, Cork Rd. No appointment or referral needed.</p> <p>Cost: Free</p>	<p>THE PRIMARY CARE CHILD AND ADOLESCENT PSYCHOLOGY DEPARTMENT Waterford Community Care Services, HSE, Cork Road, Waterford.</p> <p>Tel: 051-842938</p>

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<p>HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)/DEPARTMENT OF CHILD AND ADOLESCENT PSYCHIATRY</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> The assessment and treatment of disorders, including: Moderate to severe Depression; Mood disorders; Psychosis; Anxiety disorders; Attention Deficit Hyperactivity Disorder (ADHD/ADD); Moderate/Severe Eating Disorders; and Suicidal Behaviours/ Ideation where intent is present.</p>	<p>FOR CHILDREN & YOUNG PEOPLE AGED 0 – 18 YEARS</p> <p>This service 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.</p> <p>Referrals to the service are accepted from health care professionals including: General Practitioners, Consultant Liaison/General Adult Psychiatrists,* Paediatricians,* National Educational Psychologists – Senior grade,** Tusla – at Team Leader grade or above,** Community based Clinicians – at Senior/Team Leader grade or above,** Assessment officers – as defined under the Disability Act, 2005</p> <p>– Also informing the child's GP of referral. – In collaboration with the child's GP, which means the referrer must ring the GP and discuss and agree the potential referral so that it is a truly collaborative referral. Clinics also offered in Dungarvan.</p> <p>For more information contact the Departmental secretary 051 842146 or consult the Child & Adolescent Mental Health Services Standard Operating Procedure available on www.hse.ie</p> <p>Éist Linn, Cork: Referral to Éist Linn Adolescent In-Patient service is via the CAMHS Child & Adolescent Psychiatrist.</p>	<p>WATERFORD CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) University Hospital Waterford, Dunmore Rd, Waterford.</p> <p>Tel: 051-842146 Fax: 051-842127</p>
<p>HSE SUBSTANCE MISUSE SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> The Waterford Substance Misuse Service works with adults and young people who want help to deal with drug or alcohol problems and want to build a healthier happier life for themselves. We also offer support to friends, families and carers.</p> <p>We offer: 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>FOR YOUNG PEOPLE AGED 14-17 years</p> <p>Young people can self refer or they can be referred by family/carers or other agencies/professionals. Please seek the young person's consent for the referral.</p> <p>Service for 14 – 18 year olds is provided in the Squashy Couch premises and referrals can be made via Squashy Couch or to the Waterford Substance Misuse Service.</p> <p>Community based supports for young people and adults are available throughout the City and County. Contact the office on 051 848658 for the contact details of the worker in your area. Cost: free</p> <p>For more information : www.drugs.ie</p>	<p>WATERFORD SUBSTANCE MISUSE SERVICE Local Coordinator Waterford Substance Misuse Service</p> <p>St. Otteran's Hospital, John's Hill, Waterford.</p> <p>Tel: 051-848658</p>
<p>WATERFORD RAPE & SEXUAL ABUSE CENTRE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> WRSAC provides counselling & support for anyone who has been raped or sexually abused either recently or in the past.</p>	<p>FOR PEOPLE AGED 14 YEARS & OLDER</p> <p>WRSAC provides: – An accompaniment service to SATU in UHW, Gardaí, Court, etc – Support for spouses/partners, family members, friends – Support groups – Legal information & advice – Education / Awareness Raising & Prevention</p>	<p>WATERFORD RAPE & SEXUAL ABUSE CENTRE: 2a Waterside, Waterford.</p> <p>Tel: 051-873362 info@waterfordrsac.ie</p> <p>Telephone Helpline FreePhone: 1800 296 296</p>
<p>ISPCG CHILDLINE SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Childline provides a 24 hour listening service for all children up to the age of 18.</p> <p>CHILDLINE IS A SERVICE FOR AND OWNED BY YOUNG PEOPLE WHICH MEANS: – The young person can decide what they want to talk about – The young person can remain anonymous – they don't have to give their name so there are no consequences to making a call.</p>	<p>FOR CHILDREN & YOUNG PEOPLE UNDER 18</p> <p>Young people contact the service for a wide range of reasons such as mental health concerns.</p> <p>Childline has a designated mental health support text service for children & young people.</p> <p>If young people aren't safe and tell us where they are, we will pass their details on to someone who can help, like the Gardaí or a Social Worker. If they don't give their name, no action will be taken – so they can stay in control.</p> <p>Cost: free</p>	<p>CHILDLINE CAN BE ACCESSED BY CHILDREN THROUGH A NUMBER OF WAYS:</p> <p>Tel: 1800 666 666 Online: www.childline.ie Text: 'talk' to 50101</p> <p>To contact the designated mental health support text service, Text 'help' to 50101</p>
<p>WIT STUDENT COUNSELLING SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Depression, anxiety/panic attacks, mental health problems, bereavement, interpersonal or relationship problems, family difficulties, self-esteem, sexual trauma/rape/sexual abuse, addiction, sexual identity.</p>	<p>FOR YOUNG PEOPLE REGISTERED AS FULL TIME STUDENTS IN WIT</p> <p>The Counselling Service is available during office hours, Monday – Friday throughout the year.</p> <p>Students can access the counselling service by calling or emailing.</p> <p>Counselling is available by appointment only.</p> <p>Cost: free</p>	<p>WIT STUDENT COUNSELLING: WIT Campus – offices on both Cork Rd & College St. Campuses.</p> <p>Tel: 051-302878</p> <p>Email: studentcounselling@wit.ie</p>
<p>HSE COUNSELLING IN PRIMARY CARE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> The service is suitable for adults 18 years of age and over who are experiencing mild to moderate psychological difficulties.</p>	<p>ADULT MEDICAL CARD HOLDERS</p> <p>The service is available to adults, 18 years of age and over, who hold Medical Cards.</p> <p>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.</p> <p>Referral is through a GP, Primary Care Team member or other health care professionals.</p>	<p>COUNSELLING IN PRIMARY CARE: Lismore Park Primary Care Centre, 223 Lismore Park, Waterford.</p> <p>Tel: 051 359088</p> <p>The service is available throughout the South East.</p>
<p>HSE ADULT MENTAL HEALTH SERVICE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Moderate to severe mental health problems. eg. mood disorders, psychosis, eating disorders</p>	<p>FOR ADULTS AGED 18 YEARS AND OVER</p> <p>Access to this service is made via a General Practitioner / Care Doc Out of hours, or the Emergency Department of University Hospital Waterford</p> <p>2 ½ Community Mental Health Teams cover the Waterford City and County catchment area. Teams are staffed by Psychiatrists, Social Workers, Occupational Therapists, Nursing Staff and other mental health professionals.</p> <p>– Most referrals are dealt with on an outpatients basis, however there are inpatient facilities in the Department of Psychiatry in UHW. – Clinics offered throughout the County.</p>	<p>ADULT MENTAL HEALTH SERVICES: Dept. of Psychiatry, University Hospital Waterford, Arkeen, Waterford.</p> <p>Tel: 051-848000</p>
<p>SCAN: SUICIDE CRISIS ASSESSMENT NURSE IN PRIMARY CARE</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Provides a speedy response to GPs who request support for clients at risk of suicide by carrying out a comprehensive clinical assessment and care plan</p>	<p>FOR ADULTS AT RISK OF SUICIDE</p> <p>The SCAN Service is for adults aged 18+ who upon GP assessment have show significant suicidal behaviour/intent</p>	<p>SCAN (SUICIDE CRISIS ASSESSMENT NURSE) SERVICE: The SCAN Service can be contacted by the GP where relevant</p>
<p>HSE NATIONAL COUNSELLING SERVICE FOR ADULTS ABUSED IN CHILDHOOD / COMHAR</p> <p><i>TYPES OF PROBLEMS REFERRED TO THE SERVICE:</i> Adults who experienced abuse – emotional, physical, sexual abuse or neglect during their childhoods.</p>	<p>ADULTS OVER 18 YEARS</p> <p>Health Professionals can make written referrals on behalf of an adult (with their consent).</p> <p>Adults can self refer by calling 1800 234 118.</p> <p>CONNECT Telephone Counselling Service is available on 1800 477 477 (Wednesday- Sunday 6-10pm)</p>	<p>DIRECTOR OF COUNSELLING HSE NCS SOUTH EAST: Lismore Park Primary Care Centre, 223 Lismore Park, Waterford.</p> <p>Tel:1800234118</p>