

LIST OF SELF REFERRAL SUPPORT AND SERVICES FOR WELLBEING IN COUNTY KILKENNY



This project is supported by:



"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020"

Online Supports

TEENAGERS



Spun Out is a website created by young people, for young people which aims to educate and inform readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally.

www.spunout.ie



ReachOut.com is an online youth mental health service that focuses on helping young people through tough times.

www.reachout.ie



NYCI represents and supports the interests of voluntary youth organisations and uses its collective experience to act on issues that impact on young people.

www.youthhealth.ie

ADULTS



Mental Health First Aid is the help offered to a person who is developing a mental health problem or who is experiencing a mental health crisis, until appropriate professional treatment is received or until the crisis resolves.

www.mhfaireland.ie

“ For everyone, wellbeing is a journey, the secret is committing to that journey and taking those first steps with hope and belief in yourself. ”

Deepak Chopra

ONLINE SUPPORT FOR ALL AGES

A Lust for Life's

A Lust for Life's mission is to support, inspire and empower people to take care of their own minds and change societal norms around mental health.

www.alustforlife.ie

Turn2Me

Turn2Me provides a 3 tiered approach to supporting mental well-being. Self Help, support groups and professional support.

www.turn2me.org

Body Whys

BodyWhys ensure support, awareness and understanding of eating disorders as well as advocating for the rights and healthcare needs of people affected by eating disorders.

www.bodywhys.ie

Suicide or Survive (SOS)

SOS focusses on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual.

www.suicideorsurvive.ie

The Regional Office for Suicide Prevention

The Resource Office for Suicide Prevention offers a range of training initiatives around suicide prevention and mental health promotion. These include safeTALK, ASIST and Understanding Self-Harm. To find out more and to book a place phone 051 874013 or email trainingsro@hse.ie

www.yourmentalhealth.ie or www.connectingforlifekilkenny.ie

AWARE:

The Aware Support Line service is a free service and is available to anyone, over the age of 18 years, who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder. Tel: 1800 80 48 48

www.aware.ie

SEE CHANGE

See Change is Ireland's national mental health stigma reduction partnership, working positively to reduce the stigma and discrimination associated with mental health problems

www.seechange.ie

MENTAL HEALTH IRELAND

Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities. They support people who experience mental health difficulties on their journey of recovery.

www.mentalhealthireland.ie

PIETA HOUSE

Available 24 hours a day, 7 days a week on the Freecall Suicide Helpline.

Call: 1800 247 247 or you can text HELP to 51444
(standard message rates may apply)

Lifelink

Stronger Together for Mental Health



yourmentalhealth.ie



KILKENNY LEADER PARTNERSHIP

Eat Well, Sleep Well, Stay Active, Connect to Others

WELLBEING
Kilkenny

Supports and Services for Wellbeing in Kilkenny

THE RECOVERY COLLEGE SOUTH EAST

Develops and delivers educational workshops in wellness and recovery. They use an interactive educational approach to empower people on their own personal recovery journey.

Address: Greenshill, Kilkenny City
Telephone: 086 1746 33
Web: www.recoverycollegesoutheast.com
Time: Monday to Thursday 9am to 5:00pm

THE INVOLVEMENT CENTRE

The Involvement Centre peer led recovery focused spaces run by volunteers. They offer a warm welcoming place, in which mental health challenges are understood to be part of life and accepted in a non judgmental way. Programs and activities are developed in line with the expressed need of those who visit.

Address: Colliers Lane, off High Street Kilkenny City
Telephone: 086 0473968

SMART RECOVERY

A secular scientific alternative for those seeking independence from addictive behaviours. Learn to live a balanced lifestyle and free yourself from addiction through practical self-management and recovery to increase self-reliance.

Address: The Involvement Centre, 10 Colliers Lane, off High St., Kilkenny
Telephone: 056 7794565
Time: Wednesday 11:00am -12.00pm

RECOVERY CONNECTIONS KILKENNY

A peer support network providing guidance around service networks supporting people with mental health and addiction difficulties. It offers recovery support in a safe and confidential space to individuals and family members who may be experiencing or have experienced difficulties with substance misuse and/or mental wellness.

Address: The Involvement Centre, 10 Colliers Lane, off High St., Kilkenny
Time: Tuesday 11:00am to 1:00pm

THE MEN'S SHED

A community based, safe, friendly, inclusive space where men of all ages and backgrounds gather and work on projects in the company of other men where the primary objective is to advance the health and wellbeing of all the men involved. There are 10 Men's Sheds in County Kilkenny.

Find your nearest Men's Shed

Web: www.menssheds.ie/shed-directory/

GROW

A community-based mental health organisation. GROW groups provide mutual help and support to anyone experiencing mental health difficulties or struggling with any aspect of their mental wellbeing in a safe, confidential, non-judgemental environment. GROW offers a warm welcome and companionship of others who have recovered from different life challenges. Meetings are free.

Address: Barrack St, Kilkenny City
Telephone: 056 7761624 / 087 284 3424
Web: www.grow.ie
Time: Tuesday 10:00am, Wednesday 8.00pm & Friday 10.30 am

TEAC TOM

Teac Tom provides immediate support to families and individuals with concerns around suicidal ideation or emotional distress. Care is provided in a safe and nurturing environment to children, teenagers and adults. 24 hours support is available through phone and social media with a face to face drop-in service during opening hours. Counselling is by appointment only.

Address: 15 Ormonde Road, Kilkenny
Contact: 056 779 6592 or 087 656 6377
Email: thethomashayestrust@gmail.com
Web: www.thethomashayestrust.com
Time: Monday to Friday 9:30am to 5:30pm.

SAMARITANS

Samaritans offer a safe place to talk at any time, in your own way about whatever's getting to you. They believe talking about your problems help alleviate feelings of distress and/or despair including those which may lead to suicide by providing a safe, non-judgemental space where you can explore your thoughts and feelings in whatever way suits you.

FreeCall: 116 123
Text: 087 260 9090
Email: jo@samaritans.ie
Web: www.samaritans.ie

KILKENNY LOCAL MENTAL HEALTH FORUM

Kilkenny Local Mental Health Forum provides space and opportunity for service users, family members and carers to voice their experiences and raise issues about the mental health services.

Address: Recovery College South East, Greenshills, Kilkenny
Time: First Tuesday of each month at 6:00pm

“Mental health is just as important as physical health”

KILKENNY BEREAVEMENT SUPPORT SERVICES

Kilkenny Bereavement Support Services provide one to one support to bereaved people of all ages including those bereaved by suicide.

Telephone: 056 7756538
Web: www.kilkennybereavementsupport.com

OSSORY YOUTH

Ossory Youth 'Head Hackers' Programme is aimed at young people in secondary school who are experiencing anxiety. It looks at what anxiety is and how it affects us, shares coping strategies and identifies what steps we can take together to manage it better.

Address: Desart Hall, New Street, Kilkenny.
Telephone: 087 656 2461
Web: www.ossoryyouth.com
Email: emurtagh@ossoryyouth.com
Time: Saturdays from 3:00pm – 4.30pm

FAMILY RESOURCE CENTRES

Family Resource Centres provide supports for families through play therapy, youth counseling and Meithal a wrap around support for children and their families.

Kilkenny has four (FRC):

- Newpark Close FRC: 056 7723309
- Father McGrath FRC, The Butts, Kilkenny: 056) 7751988
- The Mill FRC, Urlingford: 056 8838466
- Droichead FRC, Callan: 056 7755660

SHINE DISCOVERY

Shine Discovery is a national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental illness. Their services provide support groups, workshops, individual meetings, art projects, information, yoga, mindfulness, gardening.

Address: 1/2 Barronstrand Street, Waterford
Telephone: 086 770 0246
Web: www.shine.ie

“Wellbeing is a basic need for all”

Children's Support

RELAX KIDS



Move, Play, Stretch, Feel, Breathe, Believe, Relax: Relax Kids classes teach mindfulness and relaxation techniques through a unique 7 step programme, giving your child the opportunity to learn strategies and skills to improve their mental health and wellbeing.

Telephone: 087 777 8668
Web: www.relaxkids.com
www.facebook.com/RelaxKidsKilkenny

CREATIVE MINDFULNESS



Creative Mindfulness provides your child/ teen with mindful tools to use in everyday life and through difficult emotions. Yoga, meditation, creative art and mindfulness is used to ensure a whole body approach.

Telephone: Karen Power: 0863916728
Email: creativemindfulness@gmail.com
Web: www.facebook.com/mindfulnessforchildren2018

RAINBOWS IRELAND



Rainbows Ireland is a service for children and young people experiencing loss following bereavement and parental separation. It gives children an opportunity to meet and talk with their peers at a minimum of 3 months after the loss.

Telephone: 01 473 4175
Find your nearest Rainbow Service
Support: www.rainbowsireland.ie

LITTLE MOMENTS KILKENNY



Little Moments offers psychotherapeutic care to families and individuals experiencing mild to moderate mental health difficulties using practices from CBT, mindfulness and systemic therapy. They also support infant mental health through specialist attachment-based therapy, baby massage and baby yoga.

Telephone: (Leanne) 087 963 3414 **Email:** littlemomentskilkenny@gmail.com

BUDDY BENCH AWARE



Buddy Bench Aware is a positive mental wellness initiative for children and young people, promoting emotional resilience and mental wellbeing, through supporting the core competencies of empathy, creativity, self-awareness and communication.

Telephone: 056 7702027 **Web:** www.buddybench.ie **Email:** hello@buddybench.ie