

## Our Children's Mental Health

December 2019

# Support Services

Sosad	046-9077682
www.pieta.ie	1800247247
Samaritans	116123
Childline	1800666666
Aware	1800804848
Barnardos	01-4530355
St Patrick's Mental health services	01-2493200
Parentline	1890927277
Shine	042-9324541
Jigsaw Navan age12-25	046-9071702
HSE CAMHS Navan	046-9420803
Reachout.com (age 16-25)	01-7645666
Teenline	1800833634
www.dowdstowncounsellingservices.com	046-9031196
Kells Resource Centre Affordable Counselling	046-9247161
Crea Centre, Drumbaragh, Wellbeing Centre	087-927 2013

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)      [www.stpatricks.ie](http://www.stpatricks.ie)

[www.turntome.org/youth](http://www.turntome.org/youth)

[www.mentalhealthireland.](http://www.mentalhealthireland.)

[www.stampoutsuicide.co.uk](http://www.stampoutsuicide.co.uk)

[www.rainbowsireland.ie](http://www.rainbowsireland.ie)

[www.bodywhys.ie](http://www.bodywhys.ie)

[www.therapytraining.ie](http://www.therapytraining.ie) Linda Breathnach MIACP 0830618859

<https://myspaceplaytherapy.com> Melissa Moore 089-2546176

[Lowrycounselling@gmail.com](mailto:Lowrycounselling@gmail.com) Richard Lowry MIACP 087 6224055