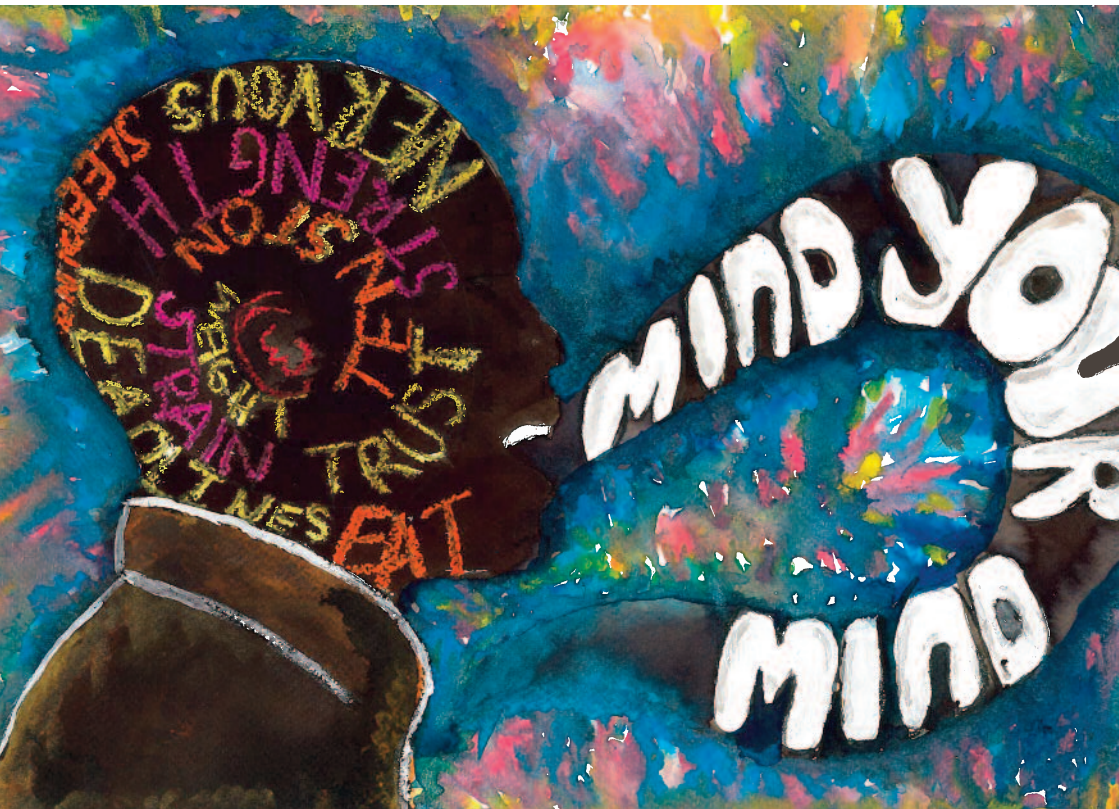


YPAR | Young People At Risk
Dublin North Inner City

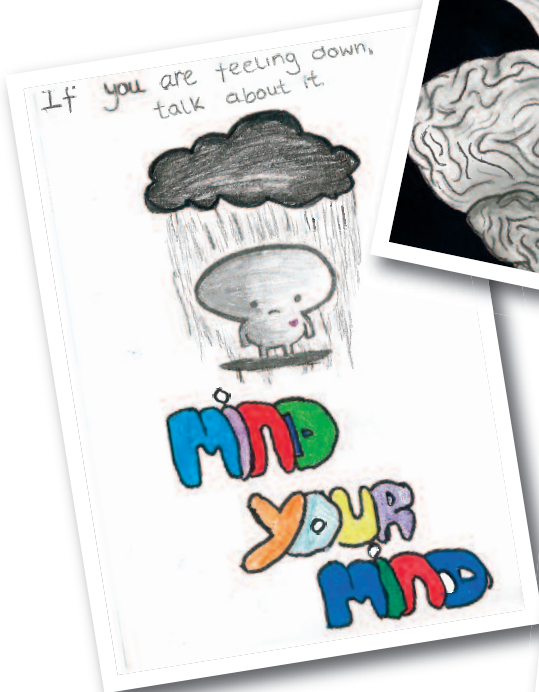
Creating a place of hope, where young people's dreams are realised

YOUNG PEOPLE'S MIND YOUR MIND



DIRECTORY

**OF SERVICES FOR CHILDREN,
YOUNG PEOPLE AND THEIR FAMILIES
IN THE DUBLIN NORTH INNER CITY**



YOUNG PEOPLE'S MIND YOUR MIND

DIRECTORY

OF SERVICES FOR CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES IN THE NORTH INNER CITY

**Aosóg
Aware
Belong To Youth Services
Crinan Youth Project
CDETB Psychological Service
Daughters of Charity Community Services
Extern
HEADSUP.ie
Hill Street Family Resource Centre Limited
Hope: Hands on Peer Education
HSE, Dublin North City & County CAMHS
HSE North Strand Mental Health Services
Lisdeel Family Centre (formerly Curam)
MyMind - Centre for Mental Wellbeing
Neighbourhood Youth Project 1 (Nyp1)
Neighbourhood Youth Project 2 (Nyp2)
Nickol Project (North Inner City Keeps on Learning)
Ozanam House Resource Centre
Primary Care Psychology Service
Psychotherapy and Counselling Services
Samaritans of Dublin
Sanctuary for Young People Programme S4YP
SAOL
S.A.S.S.Y (Substance Abuse Service Specific to Youth)
SpunOut
St. Joseph's Adolescent and Family Service
St. Joseph's Adolescent Inpatient Unit
Swan Youth Service
Teen Counselling Service Is Provided By Crosscare
Teen-Line Ireland
The Talbot Centre
Advocacy – Irish Advocacy Network
Snug Counselling Service
GROW Young Adult
Mental Health Services in Dublin North Central
General Practitioners in Dublin North Central**



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Forward

YPAR (Youth People at Risk) operates in Dublin North Inner City and is an action focused Interagency Network of Statutory, Community and Voluntary partners that work together to improve the health and wellbeing of Young People at Risk. Our aim is to enable young people at risk to fulfil their hopes and dreams.

This Directory, 'Mind Your Mind', of Youth Mental Health Services in Dublin's north inner city is in response to the need identified by many local youth and children service workers who have witnessed the difficulties many of these young people are experiencing with their mental wellbeing. The aim is to enable young people, their families and local services providers to be aware of the various services available to support the mental wellbeing of children and young people living in Dublin North Inner City.

Many individuals, families and communities are struggling with the issues of mental health. Much of this is preventable and socially determined by their living conditions such as poverty, poor housing, addiction, family breakdown and abuse. For young people it could be all of these plus peer pressure, bullying, the internet, drugs or the pressures of growing up and having to compete in a rapidly changing and technological society. Our hope is that through greater awareness, prevention and early intervention by local services working together we can reduce the numbers of young people having to access acute mental health services.

Our hope in YPAR is that local people and services will use this Directory to inform themselves of the mental health services available in the community and if they know of a mental health services operating in the area they can send the details of this services to YPAR so it can update and included them in the Directory.

Andrew Sexton

Chairperson

YPAR Youth Mental Wellbeing Group

Aosóg

ADDRESS: Units 1 – 3, Stanley Court, 62-63 Prussia Street, Dublin 7

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

North West Inner City

AGE GROUP(S) COVERED BY OUR SERVICE:

7 years – 15 years

THE SPECIFIC SERVICES WE PROVIDE

Aosóg is a community based child and family project based in the North West Inner City, Dublin 7. The Project provides both individual and group programmes, which are based on social, emotional and educational needs of the children.

Programmes include:

- Social/personal development
- Creative arts - drama, music, dance
- Educational support
- Sports and outdoor education
- Issue based work – healthy living, drug awareness, and safety issues.
- School based groups
- Summer programme with recreational and educational activities
- Work with other projects
- Parent groups offering support, social activities and parenting skills

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Children aged 7-15 years are referred by parents, teachers, social workers, Gardaí etc. in partnership with parents/guardians.

CONTACT NAME(S): Project Leader, Geraldine Nugent

TELEPHONE: 01 8102122

FAX: 01 810 2123

E-MAIL: aosog@eircom.net

AWARE

Call 1890 303 302 to speak to us.

The Helpline is now open seven days a week,
Monday – Sunday from 10am – 10pm.

What is the Aware Helpline?

The Aware Helpline is a proactive listening service for individuals who are experiencing depression and those who are concerned about a family member or friend. The Helpline offers a non-judgemental listening ear to people who may be distressed or worried, or just need someone to talk to, as well as individuals who are seeking information about depression or Aware's services.

When can I call the Aware Helpline?

The Helpline is now open seven days a week, Monday – Sunday from 10am – 10pm. The helpline can be quite busy at times, so if you're trying to get through, please bear with us.

Will my call be confidential?

Aware guarantees confidentiality within normal limits.

How much does it cost to call the Helpline?

Calls to the Helpline are charged at local rates from landlines, while costs from mobile phones may vary depending on service provider. If you are living outside Ireland and wish to access the Aware Helpline, please call +353 1 676 6166.

What other support services does Aware offer?

Aware's other support services include nationwide support groups, Life Skills programmes and an email support service

What other helplines might be able to help me?

- Samaritans 1850 60 90 90
- 1Life 1800 24 7 100
- Childline 1800 666 666
- Dublin Rape Crisis Centre 1800 77 88 88
- Shine (formerly Schizophrenia Ireland) 1890 621 631
- OANDA (Out and About Association) 01 833 8252
- Recovery 01 668 1855

BELONG TO YOUTH SERVICES

ADDRESS: Parliament House, 13 Parliament Street, Dublin 2.

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: Dublin and Nationally

AGE GROUP(S) COVERED BY OUR SERVICE: We work with young Lesbian, Gay, Bi-Sexual and Transgender (LGBT) people between the ages of 14 to 23.

THE SPECIFIC SERVICES WE PROVIDE

We provide a safe, welcoming, fun space in which LGBT young people can meet other like-minded young people, and engage in informal educational programmes based upon issues that are affecting their lives. These programmes are decided by the young people themselves, and youth leaders are trained to deliver the programmes through peer education. We also have a specific Drugs Education and Outreach Worker who works with young people in the service, and delivers outreach and training programmes to local agencies and nationally through the LGBT network. We facilitate five groups during the week as listed below.

The BeLonG To Sunday Group - This is open to all LGBT young people between the ages of 14 and 23. We meet in Outhouse on Sunday between 3.00pm and 6.00pm.

The Ladybirds - A Female group for Lesbian, Bi-Sexual and Transgender young women between the ages of 14 and 23 and meets on a Thursday night between 6.00pm and 8.00pm in our offices on Parliament Street.

The Over 18's Group - This group is open to all LGBT young people between the ages of 18 to 23 and meets every Wednesday in our offices on Parliament Street between 7.30pm and 9.30pm.

Individuality - This is a Transgender space open to Transgender young people between the ages of 14 to 23 and meets every Wednesday between 5.30pm and 7.30pm in our offices on Parliament Street.

The Drop In - This is open to all LGBT young people and is on Wednesday afternoons between 2.30pm and 5.0pm in our offices on Parliament Street.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE?

Young people can simply turn up at one of the groups as listed above. Alternatively a young person or a parent of a young person can contact the office and meet with a youth worker if they have an issue they would like to discuss prior to attending the service.

CONTACT NAME(S): John Duffy - Project Leader BeLonG To Dublin Service

PHONE NUMBER(S): 01-6706223 or 087-0517539

EMAIL: info@belongto.org

CDETБ Psychological Service

ADDRESS: Winstead, 25 Temple Rd., Dartry, Dublin 6

GEOGRAPHICAL AREA COVERED BY YOUR SERVICE: Dublin City CDETБ schools, colleges and centres.

AGE GROUP(S) COVERED BY YOUR SERVICE: 12+

THE SPECIFIC SERVICES THAT WE PROVIDE

The service is currently staffed by its Chief Psychologist and a team of psychologists who deliver a comprehensive psychological service to the schools, colleges and centres within CDETБ. The service is delivered through a combination of individual, group and systemic approaches, participating in Care Teams, staff support and supervision and in-service training.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS YOUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO YOUR SERVICE?

CDETБ Management and/or Care Teams refer students to our service.

CONTACT NAME(S):

Our service can be contacted through the CDETБ schools, colleges and centres.

CRINAN YOUTH PROJECT

ADDRESS: 72 Sean McDermott St., Dublin 1.

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Inner City

AGE GROUP(S) COVERED BY OUR SERVICE: 14-21 years

THE SPECIFIC SERVICES WE PROVIDE

Multi-disciplinary Treatment Programme incorporating Community Reinforcement Approach, Medical, therapeutic, social/educational programme. Includes: Care planning, Counselling, Methadone stabilisation/detoxification, Holistic therapies, Full-time & Part-time programmes, group work, group activities – Art, Yoga/Relaxation, family support, family therapy and aftercare.

There is an evening service on Mondays and Thursdays from 4pm until 8 pm. Services provided on the evening service is Assessment, Holistic therapies, 1:1 counselling (Crisis Intervention, CBT/Brief Solution Focused Therapy), Referral to other services/treatment options if necessary and key-working.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Through other services/agencies and self-referrals, can be made by phone and contact through our evening service.

CONTACT NAME(S):

Manager: Gemma Collins,

Youth/Project Workers: Dwayne Horace, Bridie Flood,

Family Support Worker: Bernie Howard,

Therapist: Rachel Keogh,

Family Therapist: Ciara.

Evening Key workers: Ann- Marie and Stephen

PHONE NUMBER(S): 01 855 8792

Evening service mobile: 085 7358581 and 085 2088368

EMAIL: info@crinanyp.org

DAUGHTERS OF CHARITY COMMUNITY SERVICES

ADDRESS 8/9 Henrietta Street, Dublin 1.

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Inner City Dublin and beyond.

AGE GROUP(S) COVERED BY OUR SERVICE

15mths – 5years

11yrs – 16yrs

16yrs – 21yrs

THE SPECIFIC SERVICES WE PROVIDE

- Early Education – St. Mary Nursery
- High Support Education – Henrietta Street School
- Education and Training – St. Vincent's Community Training Centre

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

- a) By Statutory Agency – NEWB, HSE, Probation, FAS
- b) Self-referral.

CONTACT NAME(S):

Mark Hogan, Director of Services

Sheila Carroll, Nursery Manager

Jacqui Dowling, School Social Worker

Elizabeth Watson, Social Worker

John Breen, Counsellor and Education & Employment Links Co-ordinator

Paul Norris, Community Training Centre Manager

TELEPHONE: 01-8874104

E-MAIL: mhogan@doccs.ie

Web Address: www.doccs.ie

EXTERN

ADDRESS: 22 Mountjoy Square East, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: HSE area of Dublin North Central (old HSE area 7) – North Inner City, Drumcondra, Glasnevin, Santry, Ballymun

AGE GROUP(S) COVERED BY OUR SERVICE:

10-17 year olds mainly – can work outside this age range depending on needs of young person and with agreement of referring social worker.

THE SPECIFIC SERVICES WE PROVIDE

We work intensively on an individual basis with young people who are in the community or in the care system and whose behaviour is very challenging, posing a risk to themselves or others.

We provide individually tailored support to these young people. Programme content is needs based and will consist of a combination of the following: activity, special interest, individual work, day trips, residential overnights, group work. Participation on the programme is voluntary.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

All young people/families are referred via the HSE Social Work Department.

CONTACT NAME(S): Service Manager – Deirdre O’Driscoll

PHONE NUMBER(S): 086 3831874

EMAIL: deirdre.odriscoll@extern.org

HEADSUP.ie

ABOUT HEADSUP

HeadsUp is a mental health promotion project which aims to contribute to suicide prevention efforts by providing timely, appropriate information and support to young people. The project commences in 2005. It provides a wide range of initiatives aimed primarily at 15-24 year olds. However there are a number of secondary targets that includes community groups, fathers and workplaces. HeadsUp is always looking for young people to volunteer with us to help make the project better. HeadsUp currently has a youth panel of ten volunteers who help steer the project and ensure that it is appropriate to the target group.

SOME OF THE HEADSUP INITIATIVES INCLUDE THE FOLLOWING:

HeadsUp Text is a free and confidential 24-hour text service, supported by Meteor, which provides young people with details of a range of helplines and support services by simply texting HEADSUP to 50424.

The delivery of Applied Suicide Intervention Skills training course, which equips people with the knowledge and the ability to recognise the warning signs of suicidal behaviour.

HeadsUp Lifeskills, a course aimed at enhancing young people's skills and abilities in dealing with life's ups and downs.

Raising Boys for Fathers, a parenting programme which helps fathers to improve their communication skills with their sons in dealing with life's problems.

HeadsUp.ie is an interactive website that includes a host of cutting-edge features including Mind Gym with lots of interactive games, Self Help modules and 'Art from the Heart', along with information on support services, well-being tips, fact sheets, reviews and competitions.

HeadsUp is run by the Rehab Group.

CONTACT US

Via post at: HeadsUp, Roslyn Park, Beach Road, Sandymount, Dublin 4

Telephone: 01 2057200 (switchboard) 01 2057326 direct line

Email: info@headsup.ie

Alternatively you can find HeadsUp on Facebook

HILL STREET FAMILY RESOURCE CENTRE LIMITED

ADDRESS: Hill Street Playground, Hill Street, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North East Inner City

AGE GROUP(S) COVERED BY OUR SERVICE: 0-12 years

THE SPECIFIC SERVICES WE PROVIDE

- Community Support, Groups and Classes for the community
- Information and Advice,
- Parents and baby (0-18 months)
- Parents and Child (18 months-6 years)
- Parents with children with additional needs (0-4yrs)
- 3-5 years Club preparing for school and after school.
- Individual work with children, parents and all families
- Family Art (holidays, seasonal parties, intercultural celebrations)
- Adult Counselling Services
- Parent and Child/Infant Therapy
- Health and Well-being classes
- Family Activities throughout the year
- Youth Group 10-12 year old.
- Public Health Nurse services: Baby Clinic, Baby Massage classes and Breast Feeding Support group
- Men's Group - a space for men to meet, talk and support each other
- Parent's supporting Parent's group
- Hearing Voices Group
- Parent's Forum (a chance to get involved with ideas and planning)
- Hill Street Family Resource Centre provides space for community use.
- Chinese Family Cultural Group

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE?

We are open to all families from the local community in the North Inner City

HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Open Days

Advertising of the services through Brochure, Schools, Community Groups, Public Health Nurses, Social Workers, Outreach Work Family Support Services, Word of Mouth.

CONTACT NAME(S): Eileen Smith • **PHONE:** 01-8746810

EMAIL: admin@hillstreetfrc.ie

HOPE: HANDS ON PEER EDUCATION

ADDRESS: Unit 5A, Killarney Court, Buckingham Street Upper, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Inner city

AGE GROUP COVERED BY OUR SERVICE: All ages

THE SPECIFIC SERVICES WE PROVIDE

Drug / Alcohol Users Service: HOPE provides

- Assessment,
- Referral
- Full Community Detox program
- Support and after care for individuals seeking recovery from drug and alcohol addiction.
- Family Support for addiction
- Advocacy Service

Educational Programmes: We are available to run educational sessions for youth groups, family support groups, parents, professionals, etc. in the North Inner City. All sessions are tailor made to suit each group. Topics include:

- Peer Education – Empowering teenagers to deliver drug and alcohol education to their peers.
- Drug and alcohol Awareness (incl. Headshops) for all age groups
- Training for Trainers - Drug and Alcohol Facilitation Skills
- Parenting

HOW CAN PEOPLE ACCESS OR BE REFERRED TO THE SERVICE?

CONTACT(S)

HOPE

Manager: Irene Crawley
Telephone: 01 8878404
Fax: 01 8878404
Email: hopehandson@gmail.com
Facebook: HOPE peereducation

HSE, Dublin North City & County CAMHS

ADDRESS: Metropolitan Building, James Joyce Street, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

Dublin 1, Part of Dublin 3, 5, 7, 9, 11

AGE GROUP(S) COVERED BY OUR SERVICE

New referrals age 15 years and younger (i.e. under 16 years of age)

THE SPECIFIC CHILDREN MENTAL HEALTH SERVICES WE PROVIDE:

- Multidisciplinary diagnostic assessment and treatment for children with moderate to severe mental health difficulties

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Referred predominantly by GP's, A&E Service

Referrals currently by schools and other HSE agencies

CONTACT NAME(S):

Dr Aisling Mulligan, Consultant Child & Adolescent Psychiatrist

TELEPHONE: 01 8034793

E-MAIL: camhs@mater.ie



HSE NORTH STRAND COMMUNITY MENTAL HEALTH TEAM

ADDRESS: North Strand Community Mental Health Team
North Strand Health Centre, North Strand Road, Dublin 1.

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

North Inner City – bordered by Capel St, Dorset St, and taking in parts of Drumcondra and East Wall. See www.svhf.ie to find your local clinic.

AGE GROUP(S) COVERED BY OUR SERVICE:

16–65 years. *16–18 year olds will be referred to the Community Adolescent Mental Health Services (CAMHS) in the near future when resourced.

THE SPECIFIC MENTAL HEALTH SERVICES THAT WE PROVIDE:

As a Secondary Care Service we are involved with those who have significant Mental Health difficulties. A recovery based approach is utilized providing a range of tools and interventions for people. Emphasis is on supporting people with mental health issues to integrate and be involved in their community and to access mainstream social/groups/work etc.

- New Patient Assessment Clinic
- Out-Patient Clinic
- Brief to long-term interventions as required
- Caseload working- providing individual work/sessions
- A range of medical, psychosocial and psychological approaches to mental health

TEAM

- Consultant Psychiatrist and Psychiatric Registrars
- Community Mental Health Nurses
- Social Worker
- Occupational Therapist
- Psychologist

**HOW DO YOUNG PEOPLE/FAMILIES ACCESS YOUR SERVICE OR HOW
ARE YOUNG PEOPLE/FAMILIES REFERRED TO YOUR SERVICE?**

Referral letter required from G.P.; Accident and Emergency Departments; or transfer from Adolescent Mental Health Services or other Mental Health Services.

CONTACT NAME(S): Any team member.

TELEPHONW: 01-8554590 **FAX:** 01 8554923

Web Address: www.svhf.ie – St Vincents Psychiatric Hospital Fairview

LISDEEL FAMILY CENTRE

**(Daughters of Charity Child and Family Service),
formerly known as Curam Family Centre**

ADDRESS: Lisdeel Family Centre, Lisdeel House, Swords Road, Santry, D. 9

GEOGRAPHICAL AREA COVERED BY YOUR SERVICE: From North Inner City to Ballymun (Old HSE Area 7) inclusive, including Fairview, Marino, Clontarf, Drumcondra, Whitehall, Glasnevin, Cabra, Phibsborough.

AGE GROUP(S) COVERED BY YOUR SERVICE: Children (up to 18 years of age) and their parents/guardians.

THE SPECIFIC SERVICES WE PROVIDE

- We provide a broad range of therapeutic support services for children in response to a wide variety of issues that impact on their mental wellbeing. These include: bereavement support, support in dealing with the impact of parental separation, parental mental health, parental substance misuse, domestic and family violence, bullying, neglect, physical and emotional abuse, etc.
- We also, where appropriate, involve the parents/guardians in supporting the process of a child's work and in seeking solutions to issues presented.
- We also provide support to parents to help them better deal with a wide-range of issues that impact on their parenting/relationships and, by extension, impact on the wellbeing of their children (see above list). We work in a systemic and holistic way.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS YOUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO YOUR SERVICE?

A family or parent/guardian can make a referral for themselves or for a particular child or young person. Professionals and community agencies can also make a referral, if the family is in agreement.

CONTACT NAME(S): William Peelo (Centre Manager)

TELEPHONE: 01 862 5195

E-MAIL: william.peelo@docharity.ie and lisdeelfc@docharity.ie

Web Address: www.docharity.net

MyMind - Centre for Mental Wellbeing

ADDRESS: 86 Amiens Street, Dublin 1
1 Chelmsford Road, Ranelagh, Dublin 6

We provide affordable, accessible and confidential mental health services in various languages.

Your first appointment with one of our therapists can happen as quickly as 72 hours after your first contact with us.

With MyMind you have access to a multidisciplinary team of highly qualified mental health professionals including psychologists, psychiatrists, psychotherapists, coaches and counsellors.

MyMind OFFERS:

- Consultation with mental health professional
- Psychotherapy for individuals, couples and families
- Online mental health support

We can help you with the following issues:

- Depression / Anxiety
- Addiction
- Bereavement
- Relationship issues
- Trauma
- Sexual Issues
- Personality Issues
- Eating Disorders

TELEPHONE:
076 680 1060

Email: hq@mymind.org



NEIGHBOURHOOD YOUTH PROJECT 1 (NYP1)

SCHOOL ON STILTS, RUTLAND ST. DUBLIN 1

Postal address: Neighbourhood Youth Project 1, c/o 22 Mountjoy Sq., Dublin 1.

GEOGRAPHICAL AREA COVERED BY N.Y.P.1.

The area boundaries are, from Dorset St. to O'Connell St. to Sherriff St. to Ballybough.

AGE GROUPS WHO ATTEND THE N.Y.P.1.

5-13 YRS., and their parents, guardians and families.

SERVICES THAT N.Y.P.1 PROVIDE ARE AS FOLLOWS:

- After School Group Work,
- morning and afternoon individual work,
- summer residentials, summer project for project members,
- individual art therapy,
- family respite,
- parents group, parents cooking,
- swimming group for all children and their families,
- evening drop in,
- health education ,
- Family day trips, trips abroad, and general family support work.
- The project would be involved in interagency and community work.

How do children/families access our service, or how are they referred to us?

Referrals to the N.Y.P.1 can be made through a variety of ways. Parents, schools, local projects community groups, social workers family support services and anybody who contacts the project. Self-referrals are also common from children and we assist them in the process.

CONTACT NAME:

Referrals to Joanne Adams

Other staff are as follows, Larry Whelan, Anna McCourt, Paula Mills, (Health Education Worker) and Elizabeth Walsh.

Phone Numbers: 01-8363822
E-MAIL: nyp1@tusla.ie
Fax 01-8561077
Mobile 086-3891494

NEIGHBOURHOOD YOUTH PROJECT 2 (NYP2)

ADDRESS: 19 Bridgewater Hall, Summerhill, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Inner City

AGE GROUP(S) COVERED BY OUR SERVICE: 12 - 19

THE SPECIFIC SERVICES WE PROVIDE

- Individual casework with young people and their families
- Group work
- Daily supervised sports and recreational activities, and cooking classes
- Individual tutorials and homework support
- International youth exchange s and other residential programmes
- Daily drop-in with all day food
- Music, guitar and dance sessions,etc.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Young people are referred to NYP 2 by Tusla, the Child and Family Agency and other social workers, NYP 1 and social workers, local schools, probation, other projects and directly by young people themselves and / or their families. When a referral is made and accepted a meeting is arranged with the young person involved, the parents or guardians, the referral agency and NYP 2 staff. Involvement in NYP2 is voluntary.

CONTACT NAME(S):

Anthony Corcoran

PHONE NUMBER(S):

Tel: 01-8561316, Fax 01-8561322 mobile 087-6500253

EMAIL: nyp2@tusla .ie

NICKOL PROJECT

(NORTH INNER CITY KEEPS ON LEARNING)

ADDRESS: 41 Lower Buckingham Street, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

Mountjoy A • Store Street • Summerhill • N.C.R. • Gardiner Street

AGE GROUP(S) COVERED BY OUR SERVICE:

Primarily 12 – 17yrs with continued support of older past members.

THE SPECIFIC SERVICES WE PROVIDE

- Club Activities
- School Support
- Cognitive Behavioral Training
- Applied Behavior Analysis
- Family Support (Skills Training)

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Primarily J.L.O. Referrals, but also Social Service, School and Other Agencies where it is felt young people are at risk of entering Justice System.

CONTACT NAME(S):

Office: 01-8365354

David Doyle 087-2935872

EMAIL: nickol@eircom.net



OZANAM HOUSE RESOURCE CENTRE

ADDRESS: 53 Mountjoy Square West, Dublin 1

GEOGRAPHICAL AREA COVERED BY YOUR SERVICE: North Inner City - Dublin 1,3,7 & 9

AGE GROUP(S) COVERED BY YOUR SERVICE: All ages – Young and old

THE SPECIFIC SERVICES WE PROVIDE

The following is a full list of the programmes that take place in the centre:

Childcare Centre: Pre-School, Free Pre-School year, After-School classes and Summer Project (4-8 yrs)

Youth Programs: Ozanam Youth Group (Primary level 6-12yrs) & Senior Youth Group (Secondary level 13-18yrs)
Grinds Club –Secondary (exam classes)
Summer Projects (6-12yrs) (13-18yrs)

Adult Education: Computer Classes • English Language Classes • Art Class • Home Furnishings • Dress Making • Creative Writing • Cookery Classes • Drama • Fitness Club – Zumba & General Fitness classes • Yoga • Dance • Adult Choir

Community Programs: Active Retirement Group • Older Men's Club

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE

By direct referral, calling in and filling in an application form

HOW ARE YOUNG PEOPLE REFERRED TO YOUR SERVICE

There is an open referral policy that means that anyone can refer to the service by contacting us and completing referral form.

CONTACT(S):

Tony Rock – Centre Manager EMAIL: tony@ozanamhouse.ie

Claire Devery – Childcare EMAIL: childcare@ozanamhouse.ie

Catriona Doyle – Youth EMAIL: youth@ozanamhouse.ie

PHONE: 01-8742804

WEBSITE: www.ozanamhouse.ie



A safe place where people learn and grow,
that serves our needs and enriches our lives in
a supportive, fun and caring environment

PRIMARY CARE PSYCHOLOGY SERVICE

ADDRESS: HSE, Ballymun Civic Centre, Ballymun, Dublin 9

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: Dublin 1, 3,5 and 9

AGE GROUP(S) COVERED BY OUR SERVICE:

0-18. (Young people over the age of 18 can access the Primary Care adult service which uses the same referral form and referral criteria.)

THE SPECIFIC MENTAL HEALTH SERVICES WE PROVIDE?

Referrals are accepted for children, adolescents and young people where primary care psychological services are the most appropriate service. There is an emphasis on early intervention for clients experiencing mild-moderate social, emotional or behavioural difficulties.

Ethos "To promote the psychological health and well being of children, adolescents, adults, families and communities by providing high quality, client-centered and accountable psychological services."

The psychology team is committed to providing a quality service which is easily accessible and equitable for all clients. The team is working on developing and improving the service plan which is to provide a stepped care approach to service delivery which will provide a range of assessment, intervention and consultation services. This may include:

- Psychological assessments e.g. developmental, cognitive, memory, learning, personality, risk and assessments of emotional and behavioural difficulties,
- Psychological formulations i.e. an explanation of why and how difficulties have come about and what is now maintaining them.
- Feedback of formulations to clients, families and other involved parties and consultation as to how to effect change or cope with identified difficulties.
- Evidence based psychological therapy and intervention services to individual children, families and groups.
- Case consultation to staff and other involved parties in relation to a case's psychological aspects.
- Education to other health service providers about psychological aspects of their work.
- Monitoring and reviewing interventions.
- Mental health education and skills groups.
- Community education about good psychological health
- Supporting and facilitating the working of teams and services.

- Evaluate and create: Develop audit, clinical governance and service evaluation systems. Design and undertake research.
- Offer general psychological support to service users and staff.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

There is an open referral policy which means that anybody can refer to the service. A standard Primary Care referral form is available from the Psychology department and must be used for all referrals.

CONTACT NAME(S):

Andrea Kenny

TELEPHONE: 01 8467004

E-MAIL: andrea.kenny@hse.ie

Web Address:



Psychotherapy and Counselling Services:

	Telephone	Website
<p>Deora Counselling Counselling for bereavement through suicide or addiction/Addiction St Lawrence's Place East, Dublin 1</p>	01 8550730	
<p>Oasis Counselling Individuals, couples & families St Lawrence's Place East, Seville Place, Dublin 1 www.oasiscounselling.net</p>	01 8788236	
<p>Northside Counselling Service Coolock Development Centre, Coolock, Dublin 17</p>	01 8484789	
<p>Dublin Counselling & Psychotherapy Service 41 Upper Gardiner St, Dublin 1</p>	01 9788236	
<p>Mater Dei Counselling for 12-18 years old 12-18 Clonliffe Rd., Dublin 3</p>	01 8371892	
<p>Eating Distress Counselling Individual and Group Counselling 22 Marino Mart., Dublin 3</p>	01 8333126	
<p>Sinead Leydon MIAHIP Counselling & Psychotherapy email: sineadleydon@hotmail.com</p>	086 328 6951	
<p>Pieta House Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm</p>	01 6010000	www.pieta.ie
<p>Console: 24/7 Suicide Helpline</p>	1800 247 247	www.console.ie
<p>1life - suicide prevention 24/7 Helpline. Professional Network of counselling service</p>	1800 247 100 or Text: Help to 51444	www.1life.ie

SAMARITANS OF DUBLIN

ADDRESS

112 Marlborough Street Dublin 1
Telephone: 01 8727700

If there's something troubling you, then get in touch.

We're here 24 hours a day, 365 days a year.

Tel: 1850 60 90 90

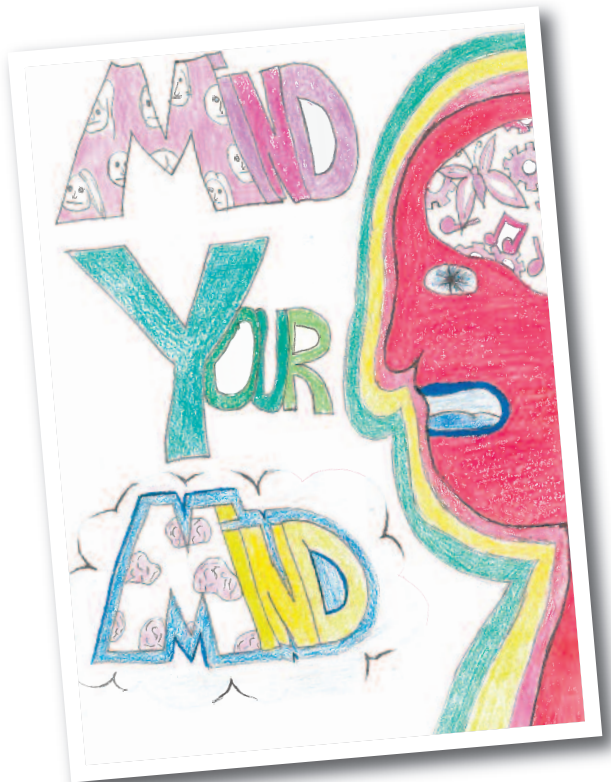
Freephone: 116123

Usual hours open to receive callers at the door

10:00am - 9:00pm

Branch website

<http://www.dublinsamaritans.ie>



Sanctuary for Young People Programme S4YP

ADDRESS: Stanhope Street, Dublin 7

The Sanctuary is a meditation centre in the heart of Dublin city and a very special place, its vision is – *to be STILLNESS ... in the world ...*

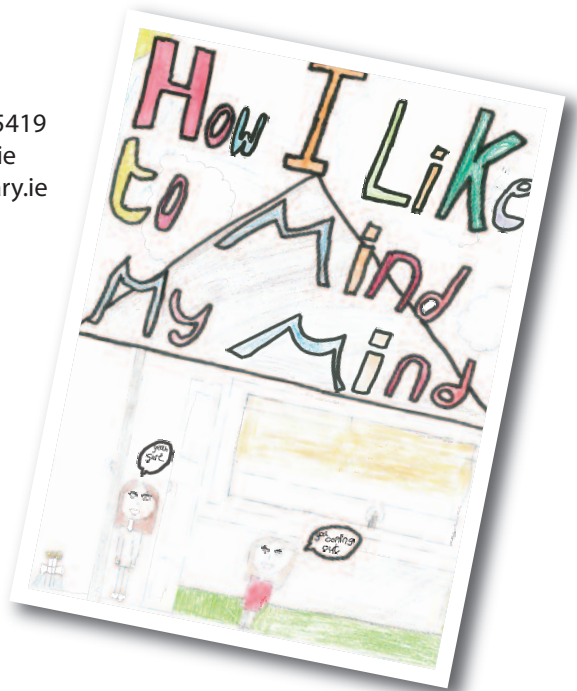
The Sanctuary believes that everyone can access this place of stillness within themselves and once it is part of their consciousness its potential for their well-being and the well-being of society is huge.

Through its programmes, courses, workshops and activities it strives to invite people into stillness and mindfulness, there to discover inner resources that lead to the full flourishing of human life.

The Sanctuary's beautiful gardens and peaceful inner spaces hold a place of rest and calm for mind, body and spirit.

CONTACT

Phone: 01 6705420/01 6705419
Email: enquires@sanctuary.ie
Website: <http://www.sanctuary.ie>



SAOL

SERVICES PROVIDED:

An education programme designed over a two year period and which operates through FAS Community Employment. The courses include:

- FETAC Level 3 Programme covering
- Community Development
- Child Development and Play
- Music Appreciation
- Personal Care and Effectiveness
- Introduction to computers
- Food and Cookery and Food and Nutrition
- Understanding Inter-culturalism
- Work Experience

Non accredited modules include:

- Addiction
- Speakeasy
- Meditation and Relaxation
- Photography
- Art
- Personal Development
- Cultural Dublin

Childrens Centre

SAOL also provides a Children's Centre, offering a daily crèche for children of our current and former clients as well as ongoing support and counselling for parents and children. During the summer holidays, SAOL operates its summer school for children aged between 4 and 12 years.

Cocaine Institutive:

Reduce the Use work and ongoing addiction work is offered to any woman in the North Inner city – particularly those having difficulty with cocaine. Individual work as well as a weekly group are on offer – contact any staff member for more details.

CARE PLAN

The programme also includes the development of a Care Plan from a comprehensive needs assessment of each individual client. Goals and tasks are set from this Care Plan and a dedicated Advocacy Worker will assist clients in achieving their goals. Each client will also have a Case Manager who will work with them throughout the two years, taking

responsibility for the lead role in case management where appropriate. Progression is measured on a regular basis and Care Plan Reviews are held periodically throughout the course of the programme.

CHILDCARE SERVICES

We also provide a full time in-house Childrens Centre for our clients which focuses on early education interventions and developing relationships with parents based around childrens needs.

CRITERIA FOR ENTRY

The project operates a referral system. A referral form can be had by contacting us.

Criteria for referral are:

- You must be Female
- You must be resident in (or have strong roots in) the North Inner City of Dublin
- You must be currently attending a drug treatment programme
- You must have demonstrated a desire to address your addiction and have made good attempts at stabilization
- Referrer must be willing to keep contact with the client and be available for a minimum of three inter-agency review meetings over the two-year course of the programme.

58 Amiens Street, Dublin 1.

Catchment Area: Dublin 1

Office Phone: 01 8553391

Email: progressionroutes@saolproject.ie

Opening Hours: 9.00am-5.00pm

Is there a Charge? No

Director: Gary Broderick

S.A.S.S.Y **(SUBSTANCE ABUSE SERVICE SPECIFIC TO YOUTH)**

ADDRESS: 22 Mountjoy Square East, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Dublin City and County

AGE GROUP(S) COVERED BY OUR SERVICE: Under 18

THE SPECIFIC SERVICES WE PROVIDE

SASSY is a specialist service providing support and treatment to young people, male & females, under 18 years old, with addiction issues or dual diagnosis.

We assess/work with any young person for whom regular drug and/or alcohol use is having a significant negative impact on his/her day to day life.

However, a young person using heroin and requiring a substitution treatment will be transferred to the Young Person Programme in Pearse Street.

We provide one to one counselling and family therapy sessions when appropriate. (Motivational Interviewing, Cognitive Behavioural Therapy, Relapse Prevention, Psycho-Education)

Psychiatric assessments are completed as part of the assessment process, and treatment offered as appropriate.

We aim:

- 1) To encourage abstinence from drugs or reduced drug use in the young person
- 2) To promote harm reduction by reducing young person's risk profile, e.g. criminal behaviour, peer association, aggression, mental health problems, etc.
- 3) To encourage re-engagement in activities such as education, family activities, sport, etc.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

We accept young people, families as well as professional referrals. Usually following an initial phone contact, a referral form is completed and faxed or posted in.

CONTACT NAME(S): Stefano Donati

TELEPHONE: 01-8566837 / 087-6374522

E-MAIL: sassy@hse.ie

SpunOut

CONTACT:

EMAIL: info@spunout.ie
PHONE: 091 533693

SpunOut.ie is an independent, youth powered national charity working to empower young people to create personal and social change.

What do we do at SpunOut.ie?

SpunOut.ie is a not-for-profit website created by young people for young people.

Our service promotes general wellbeing and healthy living in order to prevent and positively intervene in harmful behaviour where it occurs amongst young people.

Our goal is to enable young people to live happy, healthy lives where they can avail of opportunities and build a bright future for themselves.

We aim to give young people easy access to relevant, reliable, and non-judgemental advice in order to assist them in making informed decisions.

We serve the young people of Ireland and Northern Ireland between the ages of 16 and 25.

How do I get in touch?

General Enquiries:
info@spunout.ie
or 01 675 3554



St. Joseph's Adolescent and Family Service

ADDRESS:

St. Joseph's Adolescent Day Hospital, St. Vincent's Hospital, Convent Avenue, Richmond Road, Fairview, Dublin 3

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

The catchment area covers Dublin North City and Co. CAMHs, Areas 6, 7, and 8.

AGE GROUP(S) COVERED BY OUR SERVICE

13 – 18 year old

THE SPECIFIC SERVICES WE PROVIDE

St. Joseph's provides specialised interventions delivered by multidisciplinary staff to young people with mental health issues, low mood, psychosis, and mood disorders, ADHD, anxiety disorders, longstanding mental health issues impacting on school and education.

Our Multidisciplinary Team consists of Psychiatry, Psychology, Nursing, Education, Speech and language Therapy and Chaplaincy. The service offers a combination of individual, group, milieu and family engagement.

Continuation of a young person's education is considered paramount to their ongoing development and this is facilitated by an on-site school, offering educational/vocational programmes which run concurrent to the therapeutic programme offered to the young person.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

The referral criteria for access to our service include the need for higher levels of engagement, observation, intensive assessment and intervention. Referrals are accepted from the Consultant Psychiatrist in either a CAMHS or Adult Mental Health Service.

TELEPHONE (01) 8842430 - (01) 8842432 - (01) 8842466
(01) 8842432 – direct line for St. Josephs Adolescent Inpatient Unit
Email: stjosephs@svhf.ie
Fax: (01) 8842421

St. Joseph's Adolescent Inpatient Unit

ADDRESS:

St. Joseph's Adolescent Unit, St. Vincent's Hospital, Convent Avenue, Richmond Road, Fairview, Dublin 3

GEOGRAPHICAL AREA COVERED BY OUR SERVICE:

The catchment area for the unit is the Dublin North-East Administrative Area, comprising 6 Local Health Offices: Dublin North Central, North West Dublin, Louth, Meath and Cavan/Monaghan

AGE GROUP(S) COVERED BY OUR SERVICE

16 – 18 year old

THE SPECIFIC SERVICES WE PROVIDE

Currently the unit accepts referrals of 16-18 year old adolescents with severe and / or complex mental health difficulties where there is a likely Axis I disorder (a major mental illness such as psychotic, mood, anxiety disorder or an eating disorder) and where other less restrictive care settings have failed or are inappropriate (because of an element of risk for example).

16 -18 year olds with mild learning difficulties may be admitted to the unit but it does not cater for those with moderate or severe learning difficulties. Admissions to the unit will be on a planned basis during normal working hours. On call cover for the unit is currently provided by Non Consultant Hospital Doctors (NCHDs) and Consultants in Child and Adolescent Psychiatry from the Mater Misericordiae University Hospital, The Children's University Hospital Temple Street and St. Vincent's Hospital, Fairview.

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Referrals will be accepted from Consultants within Child and Adolescent Mental Health Services and Adult Psychiatric Services (community, day hospital and liaison services) from within the catchment area

CONTACT NAME(S):

Clinical Lead: Child and Adolescent Consultant Psychiatrist

TELEPHONE: 01-8842460 (ring main hospital switch after 9pm : 01-8842400)

SWAN YOUTH SERVICE

ADDRESS: St. Agatha's Hall, Dunne St., Dublin 1.

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: Northwall and North Strand – North inner city.

AGE GROUPS COVERED BY OUR SERVICE: 10-21 years

THE SPECIFIC SERVICES WE PROVIDE:

Creative and artistic programs including music and guitar, djing, crafts, film making, gardening, etc.

Educational programs including physical health, mental health, sexual health, drug and alcohol awareness, life skills, outdoor pursuits, cooking, etc.

Development education work including:

- Gender equality programs,
- Anti racist work,
- Poverty and social class,
- Equality issues,
- Human rights and environmental awareness.
- Street work and outreach.
- Youth diversion programs.
- One to one work and support.
- Advocacy.
- Open access/drop-ins.
- Recreational and educational residential.

HOW DO YOUNG PEOPLE ACCESS OUR SERVICE/OR HOW ARE YOUNG PEOPLE REFERRED TO OUR SERVICE?

Young people can refer themselves by approaching a youth worker, families/ parents can refer their children. Referrals can also be made by schools, social workers, family support workers, JLO's/ gardai, counseling services or other community based organisations.

CONTACT NAME(S): Mairead Mahon/Ciara Cunningham

TELEPHONE: 01 8560945

EMAIL: mairiad@swanyouthservice.org

ciara@swanyouthservice.org

Teen Counselling

The Teen Counselling service is provided by Crosscare.

ADDRESS: The Red House, Clonliffe College, Clonliffe Road, Dublin 3. Tel: 01 5574705

We offer families who access the service the time and space in which to work through or resolve the issues that contribute to their distress with the support of a counselling team. Teen Counselling is an 'adolescent friendly' service and as such, our aim is to enable young people and their parents or carers deal with difficulties, within the context of the family.

OBJECTIVES OF THE SERVICE

- To provide a service in a friendly, efficient, competent and easy to access manner.
- To promote mutual understanding and respect between teenagers and parents or others in a similar position.
- To enhance a family's capacity to enjoy relationships both internally and with the wider community.
- To help adolescents to develop into well rounded adults, avoiding or at least minimising the negative effects of difficulties that teenagers and families experience.
- To share the service's expertise and experience where appropriate.

THESE OBJECTIVES ARE REALISED THROUGH OUR WORK IN THE FOLLOWING FIVE AREAS

- Clinical work with teenagers and their parents/carers.
- Interagency co-operation and consultation.
- Community based work.
- Policy development and submissions.
- Dissemination of expertise, experience and best practice.

TYPICAL ISSUES THAT TEEN COUNSELLING DEALS WITH:

- Family conflict and communication difficulties
- Self-harm
- Disruptive behaviour at home or school
- Learning difficulties
- Life changes due to parental separations or bereavement
- Health Issues
- Anxiety and mood problems
- Bullying
- Early drug and alcohol use

We accept and encourage referrals directly from parents as well as from a wide range of services and agencies within the local community e.g. schools, social workers, GP's.

TELEPHONE: 01 836 0011

Email: teencounselling@crosscare.ie

Website: www.teencounselling.ie

TEEN – LINE IRELAND

If you need someone to talk to, we're here to listen. All calls are confidential. And you don't even have to give us your name. It is safe and secure. We're here to help.

1800 833 634

Teen-Line Ireland is a free-phone service open every day of the week from 7pm to 10pm. Now we also open early on Wednesday - 3pm to 10pm. All calls are confidential.

Do you ever feel like you just want to chat to someone who will really listen to you?

No slagging or jeering.

No fear of what other people might think of you.

Maybe there's something bothering you and you want to get it off your chest. You might be feeling fed-up, alone, or cut off from the rest of the world. Maybe you feel stuck in-between, too old for some things, too young for others – lost – confused – nowhere to turn. Teen-Line Ireland understands this. That's why we've set up a helpline for young adults ... a number you can dial when no-one else will listen or maybe you just don't want to talk to someone who knows you.

Teen-Line Ireland's volunteers are ordinary, every-day people who understand that young people need to be heard- they volunteer to listen - they do it because they value young people and care about how they are feeling - and they really want to listen.

PHONE: Our office numbers are 01 462 2122, 01 462 2124 and 01 462 2128
EMAIL: info@teenline.ie
Helpline: 1800 833 634

THE TALBOT CENTRE

ADDRESS: 29 Upper Buckingham Street, Dublin 1

GEOGRAPHICAL AREA COVERED BY OUR SERVICE: North Inner City

AGE GROUP(S) COVERED BY OUR SERVICE

We work with children and young people up to the age of 20 and their families, whose lives have been affected by drug and/or alcohol use.

THE SPECIFIC SERVICES WE PROVIDE

Support/Advocacy, Information, Brief counselling, Family therapy, Preventative children's programme, Educational support, Health education, Prison visits to young people, Home visits, Recreational activities

HOW DO YOUNG PEOPLE/FAMILIES ACCESS OUR SERVICE OR HOW ARE YOUNG PEOPLE/FAMILIES REFERRED TO OUR SERVICE?

Any statutory, voluntary, educational or community service can refer to the centre, once the young person is within the catchment area. We also accept family and self-referrals.

CONTACT NAME(S):

Liam Roe/Mary Cotter – Project Leaders

PHONE NUMBER(S): 01 8363434/01 8366746

EMAIL: projectleaders.talbotcentre@hse.ie



Advocacy

Irish Advocacy Network

Email: admin@irishadvocacynetwork.com

Phone: 047 38918

IAN has peer advocates in place in most health board areas in Ireland, north and south, who regularly attend acute units and day centers. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy.

YOUTH MENTAL HEALTH

Reach Out Ireland

ReachOut.com is a service dedicated to taking the mystery out of mental health. We aim to provide quality assured mental health information and inspiring real life stories by young people to help other young people get through tough times.

ReachOut.com also provides information about other services that can help people deal with mental health problems. ReachOut.com is run by the Inspire Ireland Foundation which is a not for profit, non-government registered charity.

ReachOut.com launched at the beginning of 2010. In that time we've been busy conducting events to raise funds and awareness, from "giving it welly", to comedy nights, asking people to "Get on Board" and bringing our traveling "Note to Self" campaign on the road.

Email: info@inspireireland.ie

Reach Out is a web-based service that inspires young people to help themselves through tough times, and find ways to improve their own mental health and well-being.

Inspire Ireland Foundation

Our mission is to help young people lead happier lives. We run ReachOut.com, an online service to help young people aged 12-25 years-old get through tough times.

SNUG COUNSELLING SERVICE

The Snug Counselling Service provides counselling and support to drug users and their families. Services offered include:

- Information and advice
- One-to-one counselling
- Support and advocacy
- Brief intervention and crisis therapy
- Outreach to persons affected by drug use.

CONTACT DETAILS

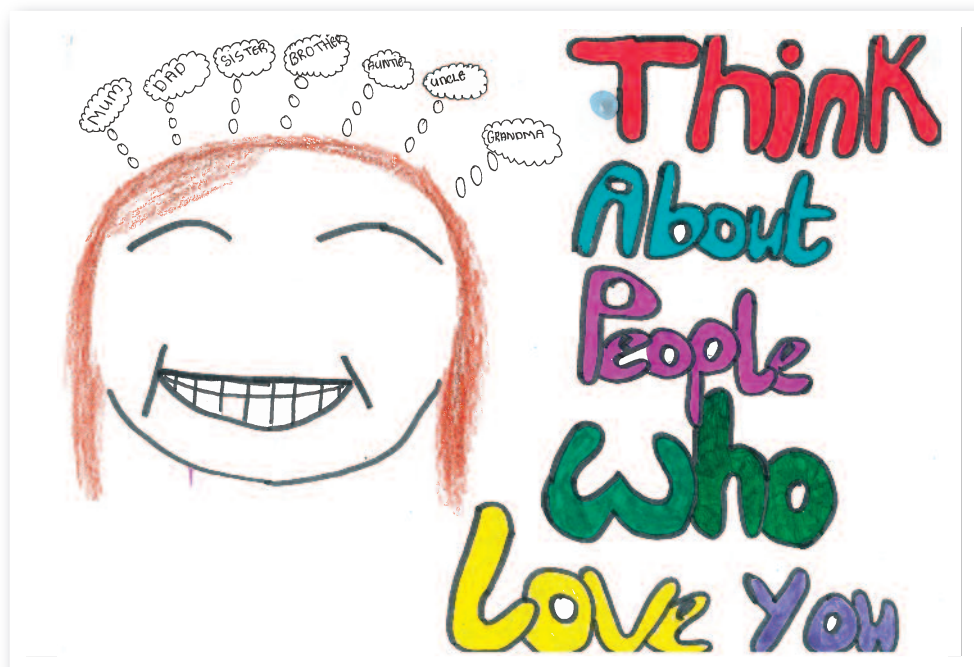
Marie Connor

Macro Resource Centre, 1 Green Street, Dublin 7

Open: 9.00 - 4.30, Monday to Friday

Telephone: 01-8786231

Email: thesnug@eircom.net



GROW Young Adult

Welcome to the young adult section of the GROW in Ireland website. Because young adults are deemed most at risk from mental illness, GROW in Ireland is developing resources specifically to help their particular needs. Our ultimate goal is to provide a large network of easily accessible young adult support groups countrywide. We define a young adult as anyone between the ages of 18 and 30.

Get Help Now

If you would like to talk to somebody or find out information about your nearest group please Call Our Infoline on:

1890 474 474

www.grow.ie



Mental Health Services in Dublin North Central

When an individual experiences a mental health problem, contact with their general practitioner (G.P.) is usually their first formal attempt to seek help. This contact can be the key to a timely and successful resolution of their mental health problem. The G.P. will either identify the problem and treat it or refer the person on to the locally based consultant-led mental health team.

Consultant led multi-disciplinary team's provide services on a geographical basis to the following districts:

- Ballymun (01) 846 7084
- Mater Hospital Adult Psychiatry (01) 8032176
- Marino (01) 836 9900
- Millmount (01) 837 8763
- North Strand (01) 855 4590

Access to the teams is through GP referral.

Mental Health Hospital Services

- St. Vincent's Hospital, Fairview, Dublin 3 (01) 884 2400
- Mater Hospital 9 (St. Aloysius Ward) (01) 830 1122

There is also a network of Day Centres and a Day Hospital at Crannog, Richmond Road. Access is through consultant referral.

Community Child and Adolescent Psychiatry Services

Access to services at the Mater Hospital and St. Vincent's (Fairview) is through G.P referral initially.

Psychiatry of Later Life

This is a service for those over 65 years who are experiencing mental illness or dementia for the first time. Referral to the consultant-led-team is through the G.P service.

The service is based at; 61 Eccles Street, Dublin 7. Tel: (01) 860 0488

General Practitioners in Dublin North Central

There are a large number of GPs working in the area, and your Local Health Office can help you to find a GP, or can advise on entitlements such as a Medical Card or GP Visit Card.

- MEL BATES, 17 Fairview Strand, Fairview, Dublin 3.
Tel: 01 8331086
- PATRICIA BEHAN, 15 North Frederick Street,
Dublin 1. Tel: 01 8743017
- JOHN BLENNERHASSET, 80 Malahide Road,
Dublin 3. Tel: 01 8336977
- FRANK BRODERICK, Fairview Medical Centre,
37-39 Fairview Strand, Fairview, Dublin 3
Tel: 01 8339856
- PATRICIA CARMODY, 17 Fairview Strand, Fairview,
Dublin 3. Tel: 01 8331086
- CATHERINE COLEMAN, 4 Berkeley Street, North
Circular Road, Dublin 7. Tel: 01 8302841
- DANIEL COLLINS, 83 North Strand, Dublin 3.
Tel: 01 8363126
- RONAN CORMICAN, Fairview Medical Centre,
37/39 Fairview Strand, Fairview, Dublin 3.
Tel: 01 8339856
- DEARBHLA DIGNAM, Marino Medical Centre,
144 Philipsburgh Avenue, Fairview, Dublin 3.
Tel: 01 8374730
- EDEL DOMINIQUE, Talbot Medical Centre,
Unit 27, Irish Life Mall, Talbot Street, Dublin 1.
Tel: 01 8727087
- CAROLINE DONAGHY, 109 Dorset Street,
Dublin 1. Tel: 01 8303488
- TARA GALLIGAN, 144 Philipsburgh Avenue,
Fairview, Dublin 3. Tel: 01 8374730
- THOMAS HOULIHAN, 110 North Strand Road,
Dublin 3. Tel: 01 8743019
- PETER KELLY, Fairview Medical Centre,
37/39 Fairview Strand, Fairview, Dublin 3.
Tel: 01 8339856
- FRANCIS KELLY, 15 North Frederick Street,
Dublin 1. Tel: 01 8743017
- SUZANNE KENNY, Talbot Street Medical Centre,
Unit 27, Irish Life Mall, Talbot Street, Dublin 1.
Tel: 01 8727087
- SARMAD KHASHAN, 26 St Gabriels Road, Clontarf,
Dublin 3. Tel: 01 8533028
- COLM (Jnr) KILLEEN, Mountjoy Family Practice,
Bakers Yard, North Portland Street, Dublin 1.
Tel: 01 8560040
- AILISH LEAVY, 7 Castle Road, Clontarf, Dublin 3.
Tel: 01 8332046
- DEIRDRE MacDONALD, 145 Church Road,
Eastwall, Dublin 3. Tel: 01 8365505
- THOMAS MAHER, Whitworth Medical Centre,
Lower St Brigid's Road, Drumcondra, Dublin 9.
Tel: 01 8303055
- MATTHEW MCCONVILLE, 5 Lower O'Connell
Street, Dublin 1. Tel: 01 8746983
- JOSEPH MURPHY, 145 Church Road, Eastwall,
Dublin 3. Tel: 01 8365505
- PETER O'CALLAGHAN, 15 North Frederick Street,
Dublin 1. Tel: 01 8743017
- AUSTIN O'CARROLL, 53 Mountjoy Street,
Dublin 7. Tel: 01 8303325
- FRANCIS C O'DRISCOLL, 188 Clontarf Road,
Clontarf, Dublin 3. Tel: 01 8339132
- GERALDINE O'DRISCOLL, 188 Clontarf Road,
Clontarf, Dublin 3. Tel: 01 8339132
- HOLLY PORTER, Mountjoy Family Practice,
Bakers Yard, North Portland Street, Dublin 1.
Tel: 01 8560040
- GERARD ROEBUCK, Mountjoy Family Practice
Bakers Yard North Portland Street Dublin 1.
Tel: 01 8560040
- LUIZA GABRIELA URUIOCEA, 135 Parnell Street,
Dublin 1. Tel: 086 2328181
- MARY WARD, Vernon Medical Clinic,
67A Vernon Avenue, Clontarf, Dublin 3.
Tel: 01 8532070

YPAR | Young People At Risk
Dublin North Inner City

Creating a place of hope, where young people's dreams are realised

YPAR

Ballybough Community Centre

49 Ballybough Road, Dublin 3.

Tel: 01-8194779

Email: infoypar@gmail.com

Website: www.ypar.ie



Supported by Croke Park Community Fund