

Information and support for Parents and Young People

In the current circumstances of covid-19, face-to-face supports are hard to access but community supports and services are still operating. In the Monaghan area, this includes the following supports and services which can be accessed by phone or online:

Local Supports available to you:

- **HSE Psychology** – contact Paul on 049 4353100 or Psychology Manager Aedamar 087 410 4766.
- **Pieta House Suicide Bereavement Liaison Officer** - contact Kathryn on 085 870 6591.
- **Pieta House Crisis Counselling Service** – contact Grainne on 090 6424 111.
- **ISPCC Monaghan Childline Therapeutic Support Service** – contact Audrey on 087 360 3742 or email audrey.rabbitte@ispcc.ie.
- **Youth Work Ireland**
– <https://www.facebook.com/BounceBackYouthService/> Instagram: https://www.instagram.com/ywi_cm/ or Snapchat: bouncebackys
- **Cavan Monaghan Rainbow Youth** – contact Barry on 087 219 3904, @CAMrainbowyouth
- **Teach na Daoine Counselling Service**, Oriel Way Monaghan – contact Packie on 087 925 4565 or email info@teachnadaoine.com
- **Clones Family Resource Centre**, Clones– contact Angela on 086 178 5710.
- **SOSAD Carrickmacross**, Call 042 966 8992 086 045 9168 24 hours a day, 7 days per week or email sosadcarrick@gmail.com
- **Tusla Prevention Partnership & Family Support**, Monaghan - contact Charlene on 042 979 5623.

If you have previously accessed HSE Psychology or Mental Health Services, don't be afraid to pick up the phone and contact the staff if you are concerned about your son or daughter.

You can also call your GP or Doc on Call on 1850 777 911, or if you are really concerned, go to the Emergency Department in Cavan General Hospital.

National supports available:

- Contact Samaritans 116 123 (24/7 helpline for all ages)
- Pieta House 1800 247 247 (24/7 helpline for all ages)
- Crisis Text Line, Text TALK to 086 1800 280 (24/7 text service for young people aged 13 - 35)
- ISPCC Childline, 1800 66 66 66 or free text to 50101 (24/7 helpline for young people up to 18 years)
- ISPCC Teenline, 1800 833 634 (free 24/7 helpline for young people up to 18 years).

Online supports:

- www.spunout.ie
- www.jigsaw.ie
- www.yourmentalhealth.ie

Sources of helpful information online:

<https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

<https://www.gov.ie/en/campaigns/together/>

<https://hospicefoundation.ie/covid19careandinform/support-and-advice-on-grief-and-loss/>