

## Youth Supports



Limerick Youth Service (LYS) is a leading provider of youth work, education, training & employability opportunities for young people. It provides mental health supports through their Be Well Program and other youth work projects such as the Ability Skills Program, Comhairle na nÓg, Garda Youth Diversion, Youth Cafés, Youth & Family Support, a Youth Information Bureau, international youth work & volunteer led youth clubs across Limerick City & County.

Tel: 061412444

[www.limerickyouthservice.com](http://www.limerickyouthservice.com)

5 Lr Glentworth St, Limerick

Email: [lys@limerickyouthservice.org](mailto:lys@limerickyouthservice.org)



Clare Youth Services provides a variety of quality programmes for young people.

Phone: 065 6845350

[www.clareyouthservice.org](http://www.clareyouthservice.org)



Ireland Tipperary delivers an integrated youth service across Tipperary and East Limerick, working with young people aged between 8 and 25 years, their families and communities.

Phone : 0504 23426

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



Provides free counselling to anyone feeling suicidal or struggling with self harm. Caters for **all ages**

Tel: 061 484444

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



Early intervention mental health services through one-to-one support for 12-25 year olds. Through education and training Jigsaw engages with the community to create a more supportive environment for young people and their mental health.

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

Tel: 061 974510 Email: [limerick@jigsaw.ie](mailto:limerick@jigsaw.ie)

3<sup>rd</sup> Floor, Arthurs Quay House, Arthurs Quay, Limerick



Support the well-being & mental health of vulnerable children and young people (3-18 yrs.) and their families who are marginalised and traumatized by domestic and environmental factors.

[www.bluebox.ie](http://www.bluebox.ie) Tel: 061 315070 Email: [info@bluebox.ie](mailto:info@bluebox.ie)

LEDP Park, Roxboro Road, Limerick



Provides therapy, support and court accompaniment for children affected by sexual abuse

Provides training and support to parents and professionals regarding Child Sexual Abuse

Tel: 1890 924 567 Mon-Fri 9.30-5.30pm

Ennis Road, Limerick



Provides counselling to adults, teens and children face to face in Limerick or online. Subsidised rates if you are receiving social welfare. **Accepts under 18s**

Tel: 076 6801060 [www.mymind.org](http://www.mymind.org)



Ireland's Youth Information youth information website created by young people for young people with a focus on physical and mental wellbeing.

SpunOut.ie provide information on a range of different topics broken down into sections; education, employment, health, life and opinion

[www.spunout.ie](http://www.spunout.ie) Text "Spunout" to 086 1800280

Email: [hello@spunout.ie](mailto:hello@spunout.ie) Based in Dublin 2



ReachOut.com is an online youth mental health service. It helps young people through tough times and was, in fact, the first of its kind in the world.

[www.reachout.com](http://www.reachout.com)



Provides support services to vulnerable and disadvantaged children and their families

**Barnardos Limerick Regional Office**

21 Bishop St · Near King John's Castle · (061) 430 313

**Barnardos Moyross Family Support Service**

Sarsfield Gardens· (061) 329 298

**Barnardos Southside Family Support Service**

373 - 374 OMalley Park (061) 319 290

**Barnardos Moyross**

21 Craeval Park, Moyross (061) 321 895



**Rainbow Ireland:** Supports children with bereavement and parental separation. Public and school centres offering group support

Tel: 01 4734175 or email: [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie)

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



**Childrens Grief Centre:** Supports children with bereavement and parental separation. Public and school centres offering one-to-one support

Tel: 061 224627 or email: [info@childrensgriefcentre.ie](mailto:info@childrensgriefcentre.ie)

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



**Irish Childhood Bereavement Network:** Works with professionals that deal with young people and children experiencing bereavement & their families

Tel: 01 6793188

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

**This is not an exhaustive list, if relevant please refer to : LGBTQ Supports, Addiction Supports, Trauma/Abuse supports, low cost counselling supports, Wellbeing courses or social supports**