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Section 1: Accessing Support Services

Welcome to our RCS guide aimed at both guardians/parents and young people. This resource reference pack provides information into understanding relationships, connection, communication, patterns, and mental health across various age groups, focusing on nurturing connection and fostering mental well-being.

HSE:

You can access most of the services listed here without a referral. Many of the supports are provided by agencies with the support of the HSE. For more information, you can:

- talk to a GP
- freephone our information line on 1800 111 888, any time day or night They can help you find supports and services for your needs. [Link to HSE Mental Health Services](#)

Local Support Groups:

- [Wexford County Child and Youth Services Committee](#)
 - Grouping of forums, local groups, resources, and supports. [Wexford Parents Hub](#)
- [Waterford Parent Hub](#)
 - Contact: familywellbeing@brillfrc.ie, Phone: 051350100

Section 2: Services and Supports for Young People

- **Jigsaw**
 - Mental health advice and support – online and in person – for young people aged 12 to 25 years old, and for parents or concerned adults.
 - [Visit Jigsaw services in your area](#)
 - Live chat available at [jigsaw.ie/livechat](https://www.jigsaw.ie/livechat)
- **Childline**
 - Ireland's 24-hour listening service for young people up to the age of 18.
 - Freephone: 1800 666 666
 - Text: 50101
 - [Chat online](#)
- **BeLonG To Youth Services**
 - Support, information, and groups for LGBTI+ young people in Ireland.
 - [belongto.org](https://www.belongto.org)
- **SpunOut**
 - Ireland's youth information website covering various topics, including mental health.

- Free-text SPUNOUT to 50808 to chat with a trained volunteer.
- spunout.ie

Section 3: Bereavement and Grief Support

Helplines:

- **Irish Hospice Foundation Bereavement Support Line**
 - Freephone: 1800 807 077
 - hospicefoundation.ie
- **Barnardos Helpline**
 - Phone: 01 473 2110
 - barnardos.ie
- **Childline (ISPCC)**
 - Freephone: 1800 666 666
 - Text: 50101
 - childline.ie

Section 4: Additional Resources

Online Resources:

- **Minding Your Wellbeing**
 - Free series of video resources on mental wellbeing.
 - [HSE Health and Wellbeing](https://www.hse.ie/eng/health/mentalwellbeing/)
- **Turn2me**
 - Free online counseling for adolescents and adults.
 - [Turn2me.ie](https://turn2me.ie)

Mobile Apps:

- **Mindshift by Anxiety Canada**
 - Get Mindshift from the [App Store](https://www.apple.com/app-store/) or [Google Play](https://www.google.com/playstore/)
- **Headspace**
 - Get Headspace from the [App Store](https://www.apple.com/app-store/) or [Google Play](https://www.google.com/playstore/)
- **Clear Fear**
 - Get Clear Fear from the [App Store](https://www.apple.com/app-store/) or [Google Play](https://www.google.com/playstore/)

Section 5: Community and School Support

School Resources:

- **Tackle Your Feelings**
 - Empowering younger adults and teenagers to take control of their mental well-being.
 - tackleyourfeelings.com

Local Community Services:

- **Citizens Information**
 - Wexford CIC
 - Waterford CIC
- **MABS - The Money Advice and Budgeting Service**
 - [Wexford MABS](#)
 - [Waterford MABS](#)

Section 6: Specialised Support Services

- **Support for Domestic Violence Victims**
 - [Wexford Women's Refuge](#)
 - [Waterford Women's Centre](#)
 - [Safe Ireland](#)
- **Support for Substance Abuse and Addiction**
 - [Wexford Local Drugs and Alcohol Task Force](#)
 - Waterford Drug and Alcohol Service
 - [Alcoholics Anonymous Ireland](#)
- **Support for Eating Disorders**
 - [Bodywhys](#)
 - [Wexford Mental Health Association](#)
 - [Waterford Healing Arts Trust](#)

Section 7: Services and Supports for Older People

- **ALONE**
 - National support and referral line for older people.
 - Phone: 0818 222 024
 - alone.ie
- **The Alzheimer Society of Ireland**
 - Emotional support and information on supports and services.

- **Freephone: 1800 341 341**
- alzheimer.ie

Section 8: Legal and Financial Assistance

- **Legal Aid Services**
 - Citizens Information Wexford
 - Citizens Information Waterford
 - [Free Legal Advice Centres \(FLAC\)](#)
- **Financial Assistance Programs**
 - [MABS Wexford](#)
 - [MABS Waterford](#)
 - Department of Social Protection

Section 9: Disability Support Services

- **Support for Individuals with Disabilities**
 - [Wexford Centre for Independent Living](#)
 - [Waterford Intellectual Disability Association](#)
 - National Council for the Blind of Ireland - Wexford Branch

Section 10: Educational and Career Development

- **Educational Support Services**
 - [Wexford Adult Education Centre](#)
 - [Waterford Adult Education Centre](#)
 - [Irish National Adult Literacy Agency \(NALA\)](#)
- **Career Development Resources**
 - [Wexford Local Employment Service](#)
 - [Waterford Local Employment Service](#)
 - [Solas - Further Education and Training Authority](#)

Section 11: Cultural and Linguistic Support

- **Cultural and Linguistic Diversity Services**
 - [Wexford Migrant Info](#)
 - [Waterford Integration Services](#)
 - [New Communities Partnership](#)

Section 12: Mental Health Crisis Intervention

- **Crisis Hotlines and Intervention Services**
 - Samaritans Wexford
 - Samaritans Waterford
 - [Pieta House](#)

Section 13: Peer Support Networks

- **Online Peer Support Communities**
 - [SpunOut](#)
 - ReachOut Ireland

Section 14: Self-Care and Wellness Resources

- **Wellness Activities and Practices**
 - HSE - Minding Your Wellbeing
 - [Turn2Me - Online Counselling](#)
 - Headspace App