

Supports Services

There are various supports for young people locally and nationally which provide safe and confidential advice for young people who may be struggling with anxiety issues.

Youth Work Ireland Member Youth Services

Canal Communities Regional Youth Service

www.ccrys.org

Carlow Regional Youth Service

www.carlowys.ie

CDYS Youth Work Ireland

www.cdys.ie

Clare Youth Service

www.clareyouthservice.org

Donegal Youth Service

www.donegalyouthservice.ie

FDYS Youth Work Ireland

www.fdys.ie

KDYS

www.kdys.ie

Kildare Youth Services

www.kys.ie

Limerick Youth Service

www.limerickyouthservice.com

North Connaught Youth & Community Service

www.ncycs.ie

Ossory Youth

www.ossoryyouth.com

Youth Work Ireland Tipperary

www.trys.ie

Waterford & South Tipperary Comm. Youth Ser.

www.wsyncys.ie

Youth Work Ireland Cork

www.ywicork.com

Youth Work Ireland Galway

www.youthworkgalway.ie

Youth Work Ireland Louth

(t): 042-933323

Youth Work Ireland Co. Longford

www.lcrl.ie

Youth Work Ireland Laois

(t): 057-8665010

Youth Work Ireland Meath

www.youthworkrielandmeath.ie

Youth Work Ireland Midlands

www.mrys.ie

Youth Work Ireland Monaghan

www.youthworkireland.ie/monaghan

Youth Work Ireland Roscommon & NE Galway

www.roscommonyouth.ie

National Agencies and Support Services

National Counselling Service - full listing at

www.hse.ie/eng/services/list/4/Mental_Health_Services

Primary Care Network Services - full listing at

www.hse.ie/eng/services/list/2/PrimaryCare/Nat.

Office of Suicide Prevention - www.nosp.ie

Headstrong - www.headstrong.ie

Samaritans - www.samaritans.org

Reachout - www.reachout.com

Aware - www.aware.ie

Let Someone Know - www.letsomeoneknow.ie

Your Mental Health www.yourmentalhealth.ie

Spunout - www.spunout.ie

See Change - www.seechange.ie

Nat. Office of Suicide Prevention - www.nosp.ie

Child & Adolescent Mental Health Service -

www.camhs.ie

Mental Health Ireland

www.mentalhealthireland.ie