

SERVICE

CHILD & ADOLESCENT COUNSELLING SERVICES

Who?

Kerry Adolescent Counselling Service (KACS)

for children & young people 3-18 years in Kerry

South West Counselling Centre (SWCC)

for children & young people 4-18+ years plus adults in Kerry

What? Counselling services providing a safe space to explore issues and provide support with:

Feelings and Emotions, Education and Expectations, Relationships and Sexuality, Moods, Bereavement and Loss - Family or Peer, Family Separation or Divorce, Worries and Concerns, Substance Abuse, Eating Distress and Body Issues, Self Harm/ Suicidal Ideation following consultation with GP.

HSE COUNSELLING IN PRIMARY CARE

Who? Counselling In Primary Care (CIPC) is for adults (18+) with a Medical Card referred by their GP

What? Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.

JIGSAW KERRY

Who? **Jigsaw Kerry** is for young people aged 12-25 and provides brief, goal-focused therapeutic intervention lasting up to 8 sessions.

What? **Jigsaw Kerry** is a mental health support service for 12-25 year olds. Jigsaw works with young people experiencing mild to moderate mental health distress such as relationship & interpersonal issues (e.g. bullying, family conflict), worry and stress (e.g. money, school, social), loss, change and transitions (e.g. bereavement, role, school), low mood & low self-worth (e.g. body image), strong emotional reactions (e.g. anger).

NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)

Who? The service is for children and adolescents aged 5-18 years.

What? Types of referrals to the service: Developmental, learning, social, emotional and behavioural difficulties which impact a pupil's learning and socialisation in schools.

HSE PRIMARY CARE: CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE

Who? The service is for children and adolescents (0-18 years) and their families. **What?** The service provides psychological assessment and intervention for children & young people who present with mild to moderate emotional and behavioural difficulties which significantly impact on everyday functioning or impair the child and family's well-being.

HOW TO ACCESS SERVICE

Referral: A young person and/or their parent/guardian can contact the services directly in person or by phone.

Agencies such as HSE, CAMHS, schools, NEPS, juvenile liaison officers (JLOs), youth services or GPs can also make a referral to the service. Parental permission required - Yes where a child or young person is less than 18 years old.

Cost:

KERRY ADOLESCENT COUNSELLING SERVICE – Donations Accepted
SOUTHWEST COUNSELLING CENTRE - Affordable one to one counselling for adolescents and adults, Play Therapy for children, Couples Counselling, Parenting support. Free Crisis pregnancy counselling and free monthly bereavement support group.

Referral: The service is free to adults with a full medical card and you access the service through your GP who can refer you.

Cost: Free

Referral:

Call: 066 – 718678 or Email: kerry@jigsaw.ie

A young person can directly self-refer.

A parent/guardian or concerned person can contact the service directly.

Health agencies and professionals/schools/youth organisations/sporting/voluntary bodies can directly refer.

Cost: Free

FOR CHILDREN 5-18 YEARS: NEPS does not operate a referral system. Each school has an assigned NEPS psychologist and a dedicated allocation of service time. The school Principal may request the involvement of the psychologist in supporting teachers and parents in assessment of and developing interventions to meet a pupil's needs. Where the psychologist is involved directly with or on behalf of a pupil, parental permission is sought. (NEPS psychologist work at both individual and systemic levels in schools). **Cost: Free**

Referral: Any individual who is concerned about a child's emotional, behavioural, social and psychological well-being can make a referral to the service.

Parental permission required - Yes

Cost: Free

CONTACT DETAILS

KERRY ADOLESCENT COUNSELLING SERVICE (KACS)

Balloonagh, Tralee, County Kerry

Tel: (066) 718 1333

www.kerryadolescentcounselling.ie

SOUTH WEST COUNSELLING CENTRE (SWCC)

Lewis Road, Killarney, County Kerry

Tel: (064) 663 6416

info@southwestcounselling.ie

www.southwestcounselling.ie

COUNSELLING IN PRIMARY CARE

Unit 61, Penrose Wharf,

Penrose Quay, Cork

Tel: (021) 4681006

JIGSAW KERRY

Unit A1, Edward Court,

Edward Street, Tralee, Co. Kerry

T: (066) 7186785

E: kerry@jigsaw.ie

W: www.jigsaw.ie/kerry

NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS)

Government Buildings,

Spa Road,

Tralee,

Co. Kerry. T: (076) 1108901

E: NEPS_Tralee@education.gov.ie

HSE PRIMARY CARE CHILD, ADOLESCENT & FAMILY PSYCHOLOGY SERVICE

HSE Kerry Community Services, Rathass, Tralee, Co. Kerry

Tel: (066) 7199708