

## URGENT HELP & SUPPORTS

**ALCOHOLICS ANONYMOUS IRELAND** 01 842 0700  
www.alcoholicsanonymous.ie

**CAREDOC** (0818) 300 365 Caredoc Treatment Centre, Ayrfield Medical Park, Granges Rd Kilkenny R95 P2EF

**CIPC** (051) 779 6592 Free Counselling in primary care free to all adult who hold a medical card  
CIPCSECH.referrals@hse.ie

**KASA (formerly Kilkenny Rape Crisis & Counselling Centre)** Helpline: Free Professional and confidential Counselling and support for survivors of sexual abuse, rape and sexual assault.  
1 Golf View Terrace, Granges Road, Lower R95 X259

**KILKENNY GARDA STATION** (056) 777 500 or 999/112 in case of emergency



**ST LUKES HOSPITAL** (056) 778 5000 Freshford Road, Kilkenny City, Kilkenny, R95 FY71

This brochure was coordinated by:

**LIFELINKK**  
Stronger Together for Mental Health

Lifelinkk: stronger together for mental health is an umbrella group for all organisations in Kilkenny City and County, State, Voluntary & Community, with a mental health remit. Our Mission is to develop and sustain a collaborative approach towards positive mental health and suicide prevention in County Kilkenny.



"The Healthy Ireland Fund Supported by the Department of Health"  
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## CHILDREN'S SUPPORT



### BUDDY BENCH AWARE

Buddy Bench Aware is a positive mental wellness initiative for children and young people, promoting emotional resilience and mental wellbeing, through supporting the core competencies of empathy, creativity, self-awareness and communication.

☎ 056 770 2027  
🌐 www.buddybench.ie  
✉ hello@buddybench.ie



### CREATIVE MINDFULNESS

Creative Mindfulness provides your child/ teen with mindful tools to use in everyday life and through difficult emotions. Yoga, meditation, creative art and mindfulness is used to ensure a whole body approach.

☎ 085 85 275 5832  
✉ creativemindfulness@gmail.com  
f creativemindfulnesskids



### LITTLE MOMENTS

Little Moments offers psychotherapeutic care to families and individuals experiencing mild to moderate mental health difficulties using practices from CBT, mindfulness and systemic therapy. They also support infant mental health through specialist attachment-based therapy, baby massage and baby yoga.

☎ 087 963 3414 (Leanne)  
✉ info@littlemomentaskilkenny.ie



### RAINBOWS IRELAND

Rainbows Ireland is a service for children and young people experiencing loss following bereavement and parental separation. It gives children an opportunity to meet and talk with their peers at a minimum of 3 months after the loss.

☎ 01 473 4175  
🌐 www.rainbowsireland.ie



### RELAX KIDS

Move, Play, Stretch, Feel, Breathe, Believe, Relax: Relax Kids classes teach mindfulness and relaxation techniques through a unique 7 step programme, giving your child the opportunity to learn strategies and skills to improve their mental health and wellbeing.

☎ 087 777 8668 🌐 www.relaxkids.com  
f RelaxKidsKilkenny

## ONLINE RESOURCES & SUPPORT FOR ALL AGES



### A LUST FOR LIFE

A Lust for Life's mission is to support, inspire and empower people to take care of their own minds and change societal norms around mental health. [www.alustforlife.ie](http://www.alustforlife.ie)



### AWARE

The Aware Support Line service is a free service and is available to anyone, over the age of 18 years, who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder. Tel: 1800 80 48 48 [www.aware.ie](http://www.aware.ie)



### BODY WHYS

BodyWhys ensure support, awareness and understanding of eating disorders as well as advocating for the rights and healthcare needs of people affected by eating disorders. [www.bodywhys.ie](http://www.bodywhys.ie)



### PIETA

Available 24 hours a day, 7 days a week on the Freecall Suicide Helpline. **Call: 1800 247 247 or text HELP to 51444** (standard message rates may apply)



### SEE CHANGE

See Change is Ireland's national mental health stigma reduction partnership, working positively to reduce the stigma and discrimination associated with mental health problems [www.seechange.ie](http://www.seechange.ie)



### SUICIDE OR SURVIVE

SOS focuses on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual. [www.bodywhys.ie](http://www.bodywhys.ie)



### THE REGIONAL OFFICE FOR SUICIDE PREVENTION

The Resource Office for Suicide Prevention offers a range of training initiatives around suicide prevention and mental health promotion. These include safeTALK, ASIST and Understanding Self-Harm. To find out more and to book a place phone 051 874013 or email [trainingsro@hse.ie](mailto:trainingsro@hse.ie). [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or [www.connectingforlifekilkenny.ie](http://www.connectingforlifekilkenny.ie)



### TURN 2 ME

Turn2Me provides a 3 tiered approach to supporting mental well-being, Self Help, support groups and professional support. [www.turn2me.org](http://www.turn2me.org)

**LIFELINKK**  
Stronger Together for Mental Health

# WELLBEING KILKENNY

Supports & Services  
for Wellbeing  
in Kilkenny  
Eat Well | Sleep Well  
Stay Active  
Connect to Others

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
Information | Support | Services



## SERVICES AND SUPPORTS



### BETTER TOGETHER ONLINE

Better Together is a peer led community organisation offering daily support online. We provide co-produced support groups, peer support, recovery education and training.

☎ 083 417 7016  
✉ laura@bettertogether.ie 🌐 www.serdatf.ie



### FAMILY RESOURCE CENTRES

Family Resource Centres provide supports for families through play therapy, youth counseling and Meithal; a wrap around support for children and their families.

Kilkenny has four (FRCs):

- 📍 Newpark Close FRC ☎ 056 772 3309
- 📍 Father McGrath FRC, The Butts, Kilkenny ☎ 056 775 1988
- 📍 The Mill FRC, Urlingford ☎ 056 883 8466
- 📍 Droichead FRC, Callan ☎ 056 775 5660



### GROW

A community-based mental health organisation. Grow groups provide mutual help and support to anyone experiencing mental health difficulties or struggling with any aspect of their mental wellbeing in a safe, confidential, non-judgemental environment. Grow offers a warm welcome and companionship of others who have recovered from different life challenges. Meetings are free.

- 📍 Grow Office, 4 Bridgewaterhouse, 4 Dean St, Kilkenny
- ☎ 086 032 5627 ✉ southeastregion@grow.ie
- 🕒 Tuesday-10:00am, Wednesday-8:00pm & Friday-10.30 am



### KILKENNY LOCAL MENTAL HEALTH FORUM

Kilkenny Local Mental Health Forum provides space and opportunity for service users, family members and carers to voice their experiences and raise issues about the mental health services.

- 📍 Recovery College South East, Greenshills, Kilkenny



### OSSORY YOUTH HEAD HACKERS

Ossory Youth 'Head Hackers' Programme is aimed at young people in secondary school who are experiencing anxiety. It looks at what anxiety is and how it affects us, shares coping strategies and identifies what steps we can take together to manage it better.

- 📍 Desart Hall, New Street, Kilkenny.
- ☎ 087 944 2112 / 056 776 1200
- 🌐 www.ossoryyouth.com
- ✉ ewalklett@ossoryyouth.com



### SAMARITANS

Samaritans offer a safe place to talk at any time, in your own way about whatever's getting to you. They believe talking about your problems help alleviate feelings of distress and/or despair including those which may lead to suicide by providing a safe, non-judgemental space where you can explore your thoughts and feelings in whatever way suits you.

- ☎ **FREECALL:** 116 123
- ✉ **FREEPOST:** Samaritan's Letters
- 🌐 www.samaritans.ie
- ✉ jo@samaritans.ie



### SHINE

Shine is a national organisation providing mental health information and support to individuals living with mental health challenges and families. Our services include recovery-focused support, peer support groups, education and training, and stigma reduction programs.

- 📍 Recovery College South East. R95 YYCO
- ☎ 01 860 1602/086 852 5562
- 🌐 **www.shine.ie**
- ✉ support@shine.ie



### TEAC TOM

Teac Tom provides immediate support to families and individuals with concerns around suicidal ideation or emotional distress. Care is provided in a safe and nurturing environment to children, teenagers and adults. 24 hours support is available through phone and social media with a face to face drop-in service during opening hours. Counselling is by appointment only.

- 📍 15 Ormonde Road, Kilkenny
- ☎ 087 656 6377 Or 086 084 9171
- ✉ thethomashayestrust@gmail.com
- 🌐 **www.thethomashayestrust.com**
- 🕒 Monday to Friday 9:30am to 5:00pm.



### YOUR MENTAL HEALTH INFORMATION LINE

The Your Mental Health information line is a phone service you can call any time Freephone **1 800 111 888** for meeting on:

- the mental health supports and services available to you
- how to access different services provided by the HSE and services we fund

## RECOVERY & WELLNESS SUPPORTS

### RECOVERY COLLEGE SOUTH EAST

Develop and delivers educational workshops in wellness and recovery. They use an interactive educational approach to empower people on their own personal recovery journey

- 📍 Greenshill, Kilkenny City
- ☎ 086 174 6330
- ✉ recoverycollegesoutheast@gmail.com
- 🌐 www.recoverycollege-southeast.com

### RECOVERY CONNECTIONS KILKENNY

A peer support network that offers recovery support in a safe and confidential space to individuals and family members who may be experiencing or have experienced difficulties with substance misuse and/or mental wellness.

- 📍 The Involvement Centre, 10 Colliers Lane, Kilkenny
- 🕒 Tuesday 11 am to 1 pm

### THE INVOLVEMENT CENTRE

Peer led recovery run by volunteers. They offer a warm welcoming place, in which mental health challenges are understood to be part of life and accepted in a non judgmental way.

- 📍 10 Colliers Lane, Kilkenny City
- ☎ 086 0473968



### VOLUNTEER KILKENNY

Kilkenny Volunteer Centre is your online portal for volunteering in Kilkenny

- 📍 11 Irishtown, Gardens, Kilkenny R95 KHR6
- ☎ 087 116 5658
- 🌐 www.volunteerkilkenny.ie
- ✉ info@volunteerkilkenny.ie



### SMART RECOVERY

Learn to live a balanced lifestyle and free yourself from addiction through practical self-management and recovery to increase self-reliance.

- 📍 Ossory Youth, Dessart Hall, Kilkenny
- ☎ 056 7794565
- 🕒 Wednesday- 11:00am - 12:00pm



### SOCIAL PRESCRIBING

The Kilkenny Social Prescribing Service is a free and confidential service that aims to reduce social isolation and improve health and wellbeing.

- 📍 KLP, 8 Patrick's Ct, Patrick St, Kilkenny
- ☎ 056 775 2111
- ✉ socialprescribing@ccklp.ie

### KILKENNY BEREAVEMENT SUPPORT SERVICE

Kilkenny Bereavement Support Services provide one to one support to bereaved people of all ages including those bereaved by suicide.

- 📍 Villa Macia, Talbots Inn, Freshford Rd, Kilkenny, R95 KC9R
- ☎ 056 775 6538
- 🌐 www.kilkennybereavement-support.com

ONLINE

### spunout

Spun Out is a website created by young people, for young people which aims to educate and inform readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally.

**www.spunout.ie**

ONLINE

### NYCI

NYCI represents and supports the interests of voluntary youth organisations and uses its collective experience to act on issues that impact on young people.

**www.youth.ie**



### MEN'S SHEDS

A community based, safe, friendly, inclusive space where men of all ages and backgrounds gather and work on projects. The primary objective is to advance the health and wellbeing of all involved.

🌐 **www.men'ssheds.ie**

### WOMEN'S SHEDS

A community safe space for women to gather and work on creative projects, promoting health and wellbeing

- 📍 Ireland's Women's Shed 085 1180182
- ✉ irelandswomensshed@gmail.com

ONLINE

### REACH OUT.COM

ReachOut.com is an online youth mental health service that focuses on helping young people through tough times.

**www.reachout.ie**



### MENTAL HEALTH IRELAND

Our Mission is to promote and enhance mental health and wellbeing and to create a culture where we are all respected and supported, especially when our mental health is challenged. We do this through partnership working and coproduction with local statutory, community and voluntary groups and Mental Health Associations.

🌐 **www.mentalhealthireland.ie**

### ALONE

YOU'RE NOT ALONE

If you are over 60 years old and in need of advice, support or information to age at home, please call our National Support and Referral Line, on 0818 222 024 Available seven days a week from 8am - 8pm

☎ 0818 222 024