

Eat Well, Sleep Well, Stay Active, Connect to Others

# Wellbeing



## Supports & Services for Wellbeing in South Tipperary



## ONLINE SUPPORTS – YOUNG PEOPLE

### **SPUN Out.ie**

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](http://www.spunout.ie)**

### **Reach Out.com**

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

**[www.reachout.ie](http://www.reachout.ie)**

### **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.youthhealth.ie](http://www.youthhealth.ie)**

## FOR ALL AGES

### **Yourmentalhealth.ie**

Your mental health.ie Find advice, information and support services for mental health and wellbeing. Resources and information about services delivered online, by telephone or face-to-face.

**[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**

### **TURN2ME**

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)**

### **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)**

### **Suicide or Survive (sos)**

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.suicideorsurvive.ie](http://www.suicideorsurvive.ie)**

### **The Regional Suicide Resource Office**

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.connectingforsouthtipperary.ie](http://www.connectingforsouthtipperary.ie)**

### **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)**

### **Mental Health Ireland**

Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities. They support people who experience mental health difficulties on their journey of recovery

**[www.mentalhealthireland.ie](http://www.mentalhealthireland.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)**

### **Pieta House**

Available 24 hours a day, 7 days a week on the Freecall Suicide Helpline.

**Call: 1800 247 247**  
or you can text HELP to 51444

### **My Mind**

MyMind is now delivering FREE online counselling appointments for people all over Ireland.

**[www.mymind.org](http://www.mymind.org)**

## COMMUNITY SERVICES

### **The Recovery College South East**

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

**Address: Greenshill, Kilkenny City**

**Telephone: 086 1746 33**

**[www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)**

### **The Involvement Centre**

The Involvement Centre peer led recovery focused spaces 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 judgemental way. Programmes and activities are developed in line with the expressed need of service users.

**Address:** Place 44, Gladstone Street, Clonmel

**Telephone:** 086 0473968

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### **Smart Recovery**

A secular scientific alternative for those seeking independence from addictive behaviours. Learn to live a balanced lifestyle and free yourself from addiction through practical self-management and recovery.

**Address:** Wildemess Youth & Community Centre

**Address :** Carrigeen, Clonmel, Co. Tipperary

**Telephone:** 086-8557212

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### **Tipperary Mental Health Support Group**

A support group for family and carers who have a loved one with mental health difficulties. The group guarantees a listening ear for everyone and encourages participation and exchanging of ideas. The group meet the 2nd Tuesday of every month.

**Address:** St Olivers Community Centre, Clonmel

**Telephone:** 086 8525562

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### **The Men's Shed**

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

**www.mensshed.ie**

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### **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.

**Address:** Clonmel Community Resource Centre

**Telephone:** 052 6129143/ 087 284 3424

**Time:** Monday 11.00 am

**www.grow.ie**

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### **C-SAW**

C-SAW provide support and assistance to people who have been bereaved or in any way impacted by suicide. Provide awareness and education in the community.

**Address:** 24 William Street, Clonmel

**Telephone:** 052-6172477

**Email:** c-saw@live.com

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### **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

**Text:** 087 260 9090

**Email:** jo@samaritans.ie

**www.samaritans.ie**

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### **South Tipperary Local Mental Health Forum**

South Tipperary 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.

**Contact:** Paul Fallon 056 77820589

**Email:** paulk.fallon@hse.ie

**www.hse.ie/mentalhealthengagement**

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### **Hearing Voices Group**

The hearing voices group ethos is to help voice healers normalise their experience. This group is open to anyone experiencing voices, visions and tactile sensations. The group meets alternative Wednesdays from 3.30-4.30 pm.

**Address:** South Tipperary Involvement Centre, Place 4 u, 25 Upper Gladstone st, Clonmel

**Telephone:** 052 6125451

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### **Youth Work Services**

The Youth Work Services cater for a range of needs and issues affecting young people. They provide a range of services including youth information, Residential activity services and early school leavers Programmes.

**Youth Work Ireland Tipperary**

**Telephone:** 0504 23426

**Waterford & South Tipperary**

**Telephone:** 051 309 364

**www.wstcys.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.

### **South Tipperary has three (FRC):**

Millennium (Glengoole) 052-9157992

Spafield (Cashel) 062-63622

Three Drives (Tipperary) 062-802831

### **Shine Discovery**

Shine Discovery is a national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental illness. Their services provide support groups, workshops, individual meetings, art projects, information, yoga, mindfulness, gardening.

**Address:** 1/2 Barronstrand Street, Waterford

**Telephone:** 086 852 5747

**Email:** southeast@shine.ie

**www.shine.ie**

### **The LGBT+ Health South Tipperary Group**

This group provides one to one support, support groups referrals to others services and recreational activities.

**Email:** gerard@clonmelcsrc.ie

**Telephone:** 085 8541514

**Message our social media Facebook + Instagram:** LGBT+ Health South Tipperary

### **Tipperary ETB**

Tipperary Education and Training Board, provides a comprehensive range of quality education programmes to meet the needs of the community we serve. These include Second Level Education, Post Leaving Certificate Programmes, Further Education, Second Chance Learning, Adult & Community Education and Training Services.

**Telephone:** 052 6121067

**www.tipperary.etb.ie**

## **CHILDREN & YOUNG PEOPLE'S SUPPORT**

### **Art and Play Therapy**

Art and play therapy is founded on the belief that self-expression through artistic and playful creation has therapeutic value for those who are experiencing difficulties for children and young people with issues around anxiety, bullying, anger management etc.

**Telephone:** 087-2194899 / 062 80831

**www.familyresource.ie**

### **Clonmel Community Resource Centre**

CCRC is a charitable organisation that provides full and part-time childcare service, and a professional team committed to supporting families and other emerging needs in the community.

**Telephone:** 052 6129143

**Email:** admin@clonmelccrc.ie

### **Teen Parent Support Programme**

The Teen Parent Support Programme is a free, confidential support service for expectant teen parents/teen parents, their children and their families in Carlow, Kilkenny and South Tipperary. TPSP offer antenatal and postnatal support to teenage mothers and fathers.

**Telephone:** 059 9137392

**Email:** berniel@catherines.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.

**Telephone:** 01 473 4175

**www.rainbowsireland.ie**

### **Barnardo's**

Provide a range of services from 0-18 years of age in a variety of different ways depending on the individuals age and stage of development. Our works aims to support children and young people to achieve their milestone and develop resilience to help them overcome any challenges they may face.

**Telephone:** 052-6170665

**www.barnardos.ie**

“For everyone,  
wellbeing is a journey,  
the secret is committing  
to that journey and  
taking those first steps  
with hope and belief  
in yourself”

‘DEEPAK CHOPRA’