



Support Services for Children in Westport and Surrounds

Child Therapists

Play Therapy - Accredited Therapists

Westport Family & Community Resource Centre

We offer appointments with qualified and accredited play therapist Joanne Gibbons here at a subsidised cost of €30 per session. Please note demand is high and there is usually a long waiting list.

Joanne also offers a private service (see details below).

Tel. 098 24419

Email admin@westportfrc.ie

Joanne Gibbons – Play Therapy Westport

Quay Rd., Westport

Tel. 087 433 3841

Email playtherapywestport@gmail.com

www.facebook.com/PlayTherapyWestport

Joan Bennett (MaiTri Psychotherapy & Play Therapy)

The Demesne, Westport

Tel. 086 071 9770

Kathleen Hanley

Streamstown, Westport

Tel. 087 669 9607

Sarah Murphy

Murrisk-na-Bol, Murrisk, Westport

Tel. 086 106 9705

Email sarahlmurphy@hotmail.co.uk

Marie Finnerty

3 Rosbeg, Westport

Tel. 087 130 4730

Email playroombythesea@gmail.com

Dr Sean Foy (Psychotherapist & Clinical Psychologist)

Rushbrook, Clogher, Westport

Tel. 087 7554307

Castlebar Play Therapy (Mary Griffiths)

43 Castlegrove East, Upper Thomas Street, Knockthomas, Castlebar, F23 Y597

Tel. 087 1192723

Email castlebarplaytherapy@gmail.com

www.castlebarplaytherapy.ie

Wings of Hope Counselling (Annie Doyle)

Bohola, Co. Mayo

Tel. 089 225 8587

Email hello@wingsofhope.ie

Particular areas of interest: neurodiversity, anxiety, stress, depression, global transitions, self identity, LGBTQIA+ issues. Offers services to children, adolescents and adults.

Offers creative approaches to therapy such as Sand Tray Therapy and utilising art, drama, clay, paint and words.

www.wingsofhope.ie / www.facebook.com/profile.php?id=100087613927054

*Reduced cost rates available / * Annie also delivers our low-cost adolescent therapy

TJ Coleman, Mayo Adult & Child Therapy Centre

Lower James Street, Claremorris, Co. Mayo

Tel. 087 2538677

Email tjcoleman@live.ie

www.mayotherapycentre.com

Mayo Cancer Support Play Therapy Service

Free play therapy for children affected by cancer (either themselves or a loved one).

Rock Rose House, 32 St Patrick's Avenue, Castlebar, F23 P659

Tel. 094 9038407

Email info@mayocancersupport.ie

Qualified but pre-accredited / unaccredited

Aine Heneghan (Person Centred Counsellor)

Westport/ Louisburgh

Tel. 083 006 8743

Email anchorawaytherapy@gmail.com

Child Development Centre

Sensational Kids

24 Lakeside Retail Park, Ballindine Rd., Claremorris, Co. Mayo

Sensational Kids is a non-profit Child Development Centre which provides affordable and accessible early intervention services for children & adolescents of all abilities. Services include speech & language therapy, occupational therapy and educational psychological assessments.

Tel. 094 935 7005

Email claremorris@sensationalkids.ie

www.sensationalkids.ie

Paediatric Occupational Therapy

Aoife Costello, Occupational Therapy ABC

The Fairgreen, Westport, Co. Mayo

Offers assessments and programmes for children with sensory processing, motor skills, eating issues etc.

Tel. 087 792 1642

Email info@occupationaltherapyabc.com

www.occupationaltherapyabc.com

Speech & Language Therapy

Saerlaith Murphy

The Fairgreen, Westport, Co. Mayo,

Tel. 085 1385870

Email saerlaithmurphy@gmail.com

Behavioural Therapy

Keira Keogh - Behaviour Consultant

The Fairgreen, Westport

Specialises in home programs for autistic children.

Tel. 087 6833008

www.keirakeoghbehaviourconsultant.ie

www.facebook.com/KeiraKeoghBehaviourConsultant

Drama Therapy

Anne Connolly Dramatherapy

Louisburgh and Claremorris

Tel: 087 2398871

www.labyrinthproject.ie

Equine Therapy

Mary Berkery - Equine Assisted Learning, Life Coaching and Mentoring

Offers individual therapy sessions, group programmes and workshops using horses.

Murrisk, Westport, Co. Mayo

Tel. 086 028 2882

www.maryberkery.com

Public and Voluntary Services

Westport Community Based Family Support Service

Free and confidential Tusla support service for parents having difficulty managing their child/children's behaviour, families experiencing communication and relationship difficulties, or parents experiencing crisis which impact on their children.

Frances Groden (Family Support Project Worker)

Sharkey Hill Community Centre, Pairc na Coille, Golf Course Road, Westport, Co. Mayo

Tel: 087 997 4733

Email f.groden@mayofamilysupport.ie

Helplink Support Services

Provides play therapy in Castlebar and Galway for children aged 3-10 years. For older children aged 10-12, they offer a Creative Therapy service and a Youth Counselling service.

They also provide general counselling, art therapy (individual & groups), couples/marriage counselling, addiction counselling, youth addiction counselling and bereavement therapy.

Discounted fees available in certain circumstances.

Upper Charles Street, Castlebar, Mayo F23 E244

0818 99 88 80

helplinksupport@helplink.ie

www.helplink.ie

North West STOP

Provides a free counselling service for all age groups. No waiting list, but maximum number of sessions is 6.

Main Street, Drumkeerin, Co. Leitrim (Counsellors available locally)

Tel. 0818 444 000 / text 086 7772009

Email: info@northweststop.ie

www.northweststop.ie

Mayo Cancer Support Play Therapy & Art Therapy

For children affected by cancer (either themselves or a loved one). Their services are free of charge.

Rock Rose House, 32 St Patrick's Avenue, Castlebar, Co. Mayo.

Tel. 094 903 8407

Email info@mayocancersupport.ie

www.mayocancersupport.ie/childrens-services

Let's Get Talking

Let's Get Talking is a non-profit Counselling & Psychotherapy Service providing accessible, professional, non-set fee therapy to adults, adolescents and children over the age of 10. They don't have a centre in Mayo, but do offer online counselling nationwide. There is no limit to the number of sessions.

Tel. 0818 714 001 or book an appointment on their website.

www.letsgettalking.ie

The Early Years Family Support Service

Mill Lane, Bridge St, Castlebar, Mayo

The Early Years Family Support Service is a Tusla service which aims to support parents with children aged between birth and 6 years who are experiencing challenges in managing their child / children's behaviours, families experiencing communication and relationship difficulties and parents experiencing crisis which impact on their children.

The service aims to work in partnership with the parents in their own homes on parenting skills / approaches to improve the outcomes for children.

Tel. 094 9034776

Email teresa.quinn2@tusla.ie

Mayo Child & Family Support Networks

Follow on Facebook for frequent updates on resources, services and supports for children, young people and families in Mayo.

<https://www.facebook.com/MayoChildandFamilySupportNetworks>

Common Sense Parenting Classes

This is a practical, skills-based parenting program that can be applied to every family with children or teens aged between 6 and 16.

It is aimed at helping parents to develop practical and effective ways to enhance their parenting skills and strengthen their children's potential and quality of life. The programme will assist parents in learning skills to encourage positive behaviour, discourage negative behaviour, developing techniques for using effective discipline and teaching their children alternatives to problem behaviour.

Courses run over 6 weeks in 2 hours sessions.

Run in various locations throughout the year.

Tel. [094 902 5067](tel:0949025067)

Email martina.kane@tusla.ie

Slí Nua, Child & Family Agency, 90 Knockaphunta Park, Westport Rd., Castlebar.

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a free HSE specialist service for children and adolescents with serious emotional, behavioural or mental health difficulties. You need to be referred to CAMHS by your GP, public health nurse, social worker, speech and language therapist or educational psychologist.

Ground Floor, St Marys HQ, Castlebar, Co. Mayo

Tel. 094 9042656

Assessment of Need

An Assessment of Need is an assessment carried out by the HSE for children or young people with a disability (or if they may have a disability). The assessment identifies your child's health needs and what health services are needed to meet your child's needs. The assessors do not give a diagnosis.

Catherine Kilkenny, Assessment of Needs Officer for Mayo

Tel. 096 80415

Application forms and more information available here:

https://www.citizensinformation.ie/en/health/health_services/health_services_for_people_with_disabilities/assessment_of_need_for_people_with_disabilites.html

National Educational Psychological Service (NEPS)

NEPS psychologists work with both primary and post-primary schools and are concerned with learning, behaviour, social and emotional development. They work in partnership with teachers, parents and children in identifying educational needs.

They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research. Please speak to your child's teacher and/or principal if you think he or she needs to be seen by a NEPS Psychologist.

NEPS Mayo, Unit 1, Humbert Mall, Castlebar, Co. Mayo F28 CC42.

Tel. 094 902 8310

Email: neps@education.gov.ie

The Edge Project

Provides intensive support to young people aged 10-17 with challenging behaviour and their families.

Chapel St, Castlebar, Co. Mayo.

Tel. 094 903 4776

*Outreach appointments available here in Westport Family & Community Resource Centre.

ISPCC

The ISPCC provides a free, comprehensive, community based one to one support service (including out of hours access) to children and young people who may be experiencing emotional and behavioural difficulties. They also operate a mentoring programme which aims to develop a young person's self-esteem and social skills through support and encouragement from a volunteer mentor.

Unit 14C, N5 Business Park, Moneen, Castlebar, Co. Mayo.

Tel: 094 902 5254

Email: mayo@ispcc.ie

www.ispcc.ie

*Outreach appointments available here in Westport Family & Community Resource Centre.

Big Brother Big Sister Mayo

Big Brother Big Sister is an internationally recognised youth mentoring programme run by Foroige. They match an adult volunteer with a young person who could benefit from having a supportive adult in their lives.

Foroige Office, The Mall, Castlebar, Co. Mayo.

Tel. 086 3835859

E-mail peter.duffy@foroige.ie

www.foroige.ie/our-work/big-brother-big-sister

Westport Youth & Family Support Mayo (Foróige & Tusla)

A community-based adolescent and family support service which works with young people aged 10-18 and their parents, with a particular emphasis on working with young people who are experiencing, or at risk of experiencing, personal or social difficulties.

Mill Lane, Westport, Co. Mayo

Tel. 098 29218

Email linda.lohan@foroige.ie

Social Work Team Castlebar

Child and Family Agency, St. Marys Headquarters, Castlebar, Co. Mayo.

Tel. 094 9042283

*Outreach appointments available here in Westport Family & Community Resource Centre.

Meitheal

Meitheal is an early intervention, multi-agency (when necessary) response tailored to the needs of an individual child or young person. If you feel that your child has additional needs, or is facing challenges that are difficult to overcome, and you are finding it hard to access the support necessary to help them, Meitheal may be able to help you. Examples of the challenges that Meitheal could help with are:

- problems at school
- a child feeling down
- not getting on with your child
- family problems
- coping with illness or bereavement
- difficult behaviour

The kinds of services that might be involved in Meitheal are schools, youth services, family resource centres, medical services and others like these.

Elaine English, Senior Child and Family Support Network Co-ordinator

Child and Family Agency, Mill Lane, Castlebar, Co. Mayo

Tel. 094 9049136 / 087 1337930

<https://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support-programme/meitheal-national-practice-model/>

Rainbows

Provides a free group programme to assist children who have been affected by a death or separation in their family. Rainbows is a 12-14 week programme and is delivered once in each academic year

The Family Centre, Castlebar

Tel. 094 9025900

www.rainbowsireland.com

Pieta House West

Provides free counselling for adults, teenagers and children who are feeling suicidal or who are self-harming, and their families. Play therapy is used in the case of young children.

Bishop Street, Tuam, Co. Galway

Tel. 093 25586

Email mary@pieta.ie

www.pieta.ie

HSE Services

All available through referral from your GP or Public Health Nurse.

- Child and Adolescent Mental Health Services
- Occupational Therapy
- Physiotherapy
- Art Therapy

- Speech and Language Therapy
- Community Nutrition & Dietetic Service

***Westport Family & Community Resource Centre do not endorse or recommend any particular therapist/service/support. This list is only an information resource for the community. If there is a service you find should be added to this list please let us know.