

Teacher's Notes

LOCAL MENTAL HEALTH SERVICES



Learning Outcome

4.6 – Critique mental health services available to young people locally

Why critique rather than summarise?

It's an interesting point to include in the learning outcomes and can lead to an increased level of engagement with the material by students. In the pilot programme this part of the lesson where students critiqued the different services was very successful in terms of student engagement. It can also be used to set the groundwork for a citizenship action record in CSPE.

Introduction

Mental health is about having a strong sense of belonging, identity and purpose in the world. In the early stages of adolescence, a young person is most concerned with developing this sense of identity and finding their place in the world. While some may feel very confident about identity and where they belong in the world, others feel quite vulnerable and can be very distressed about these issues. Sometimes we don't see these problems until a young person presents symptoms of anxiety, depression or self harm. Adolescence is a very vulnerable time, but we do know that when young people are helped to work through these issues, they can do very well.

Mental health is everyone's concern and mental health is the primary concern for young people. We can't think about youth mental health in isolation, young people are part of a network. Huge strides have been made since the start of this century in support services for young people and these lessons aim to highlight the network that is out there in your community to help young people through challenging times. That journey has not ended, your local services are probably not complete and it's possible that young people need to push for change to improve those services.

While these lessons will focus on support services, it's important not to lose sight of the impact of the adults in young people's lives. Palmer Parker says that "*for most young people, they're afraid that we don't see them.*" Sometimes, taking the time to see that young person for who they are and who they are becoming is the most important thing we can bring to the classroom.

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Types of services

Services vary significantly by geographical location, what is presented here is a list of potential services that may be in your locality. It's likely that this project will identify more resources than people may have thought existed. You may also identify resources that are not available in your local area, is it possible to lobby for this service to be introduced into your area?



Family

This is one of the most important areas of support for young people. Most of the good adults in young people's lives are a parent. Sensitivity may be needed here as not all parents provide the same levels of support and some of young people's problems may be centred around conflict with their parents.



General Practitioners

General practitioners (GPs) are trained to assess both physical and mental health issues and offer a space for people to talk about any mental health concerns they might have. GPs may recommend counselling or therapy for some young people who see them or they may refer someone to the Child and Adolescent Mental Health Services (CAMHS) if they think the mental health issues are more serious.



Guidance Councillors

School guidance councillors are there to support students in their journey through secondary education. Their role involves counselling, providing information, educational guidance, career guidance, individual appointments and providing for the personal, educational and social development of all students.



School Community

All members of the school community may be a support to young people, while the formal support system might be needed to help with more difficult problems, all members of staff can be an important source of support.

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Aware is a national charity that provides information and some support services for people living with depression or bipolar disorder. This service is available to **people 18 and older**.



Belong to is a national charity supporting lesbian, gay, bisexual and trans young people in Ireland. They run support groups around the country for young people



Bodywhys is a charity that aims to provide information and support for people with eating disorders. They offer face-to-face support groups, online support groups a helpline and a directory of other support services.





Childline is open every day and is for all children and young people up to the age of 18 in Ireland. You can talk with Childline in confidence, about anything that might be on your mind, and they won't judge you, give out to you or tell you what to do. They're here to listen and help you to figure out the best solution for you.




GROW is a mental health organisation which helps people with mental health problems. Along with a helpline, they offer support through their GROW meetings around the country.



 Information about mental health

 Get help over the phone

 Face to face counselling services

 Get help by sms

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The Health Service Executive (HSE) is our national health service. Their Child and Adolescent Mental Health Services (CAMHS) is a specialist service for people under the age of 18 with mental health difficulties.



The Irish Association for Counselling and Psychotherapy (IACP) is an accrediting body for counsellors and therapists across Ireland. On their website you can search counsellors and therapists in your area.



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Jigsaw is a mental health support service for young people aged 12-25. It's a free service, currently available in 13 locations in Ireland.





Pieta House is a charity that provides time-limited counselling support to people who self-harm, who are experiencing suicidal thoughts or who have been bereaved by suicide.



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The Psychological Society of Ireland is the accrediting body for psychologists in Ireland. Their website provides a list of all psychologists in your area, noting where they work and whether or not they take private referrals.



Reach Out provides information on stress, anxiety, bullying, suicide, depression, bipolar and other issues that can affect your mental health and well-being.



You can get in touch the Samaritans about anything that's troubling you, no matter how large or small the issue feels. They are here to listen, no judgement, no pressure, and help you work through what's on your mind. They'll never tell you what to do.




SpunOut.ie is Ireland's youth information website created by young people, for young people. They have a range of useful articles and they list support services for young people, providing the option to search by County.





Youth Work Ireland delivers a range of services and supports to young people in Ireland, if and when they need them. These services include:


- Be Well programme for anxiety
- Youth Clubs
- Here 4 U listening service
- LGBT support
- Young Travellers support



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