

Further Help for Parents

There are many services available that can provide parenting support, counselling and advice to families. Please find a list below with further details.

Disclaimer on links/information provided below:

The links in this document are to external sites which may be of interest to parents visiting the website. These external sources are outside of the control of Parents Plus. It is the responsibility of internet users to ascertain the accuracy and reliability of information found. While care is taken to provide links and accurate information to relevant and useful content, we cannot guarantee the operation of external sites or links from these sites. We do not endorse products or services provided by others. There are also some organisations and services that might not be included on this list; this list is a suggestion of some other services that are available to parents but it's not exhaustive.

Parenting Support Services

Family Lives (UK)

Family Lives is a UK service dedicated to supporting parents in building positive relationships with their children. It provides a 24 helpline, online tips and parenting/relationship support groups.

Address: Family Lives Head Office, The Broadway, Hatfield, Hertfordshire, AL 5HZ.

Helpline (free): 0808 800 2222

Website: www.familylives.org.uk

One Family (Ireland)

Offers services and support to one parent families including training, education and a confidential helpline.

Address: One Family, Cherish House, 2 Lower Pembroke Street, Dublin 2.

Tel: (01) 662 9212 or 1890 662 212

Email: info@onefamily.ie

Website: www.onefamily.ie

OnePlusOne

OnePlusOne works to strengthen couple and family relationships by offering online services to help couples and parents help themselves.

Website: www.oneplusone.org.uk

Parentline (Ireland)

Confidential helpline for parents under stress or who are worried about any aspect of their parenting.

Address: Parentline, Carmichael House, North Brunswick Street, Dublin 7.

Tel: (01) 873 3500 or 1890 927 277

E-mail: info@parentline.ie

Website: www.parentline.ie

Rollercoaster

An online resource which provides practical advice on the challenges facing parents. Chat forums are also available.

Website: www.rollercoaster.ie

Solo (Ireland)

Supports people parenting alone through the provision of a wide range of information including, family law, child education and monetary matters.

Email: info@solo.ie

Website: www.solo.ie

Treoir (Ireland)

Promotes the rights and best interests of unmarried parents and their children and provides free information and referral services regarding pregnancy, counselling, social welfare, and legal rights.

Address: 14 Gandon House, IFSC, Dublin 1.

Tel: (01) 670 0120 or LoCall: 1890 252 084

Email: info@treoir.ie

Website: www.treoir.ie

Relationships Counselling

ACCORD

Offers support for couples and individuals in their marriages and relationships.

Address: Central Office, Columba Centre, Maynooth, Co. Kildare.

Tel: (01) 505 3112

Email: admin@accord.ie

Website: www.accord.ie

Relate (UK)

Relate is the UK's largest provider of relationship support and provides information on local counselling services.

Tel: 0300 100 1234

Website: www.relate.org.uk

Support Services for Children

Barnardos (Ireland)

Offers a wide range of services for children, families and communities.

Address: Barnardos National Office, Christchurch Square, Dublin 8, Ireland.

Tel: (01) 454 9699

Email: ncrc@barnardos.ie

Website: www.barnardos.ie

Barnardos (UK)

Offers a wide range of services for children, families and communities in the UK.

Address (registered office): Barnardos, Tanners Lane, Barkingside, Ilford, Essex, IG6 1QG.

Email: suuportcare@barnardos.org.uk

Website: www.barnardos.org.uk

Childline (Ireland)

Childline provides a 24 hour confidential listening service for children up to the age of 18 years, a website with information on a range of issues such as, separation, bullying etc.

Tel (free): 1800 666 666

Text support: Text "Talk" to 50101

Website: www.childline.ie

Childline (UK)

Childline offers a free, private and confidential counselling service for young people up to 19 years. It has a free phone helpline, an email service and an online chat service all available 24 hours a day.

Tel (free): 0808 109 9819

1-2-1 Counsellor Chat service: See website

Website: www.childline.org.uk

HSE (Health Service Executive)

The HSE provides health and social services to everyone living in Ireland. It offers a range of free services to children experiencing emotional or behavioural difficulties (e.g. Primary Care Psychology Services, Community Child and Family Services and Child and Adolescent Mental Health Services). In order to access these services, referrals are usually sent by GPs. For information on the appropriate HSE service in your area please contact your GP.

Websites: www.hse.ie

Jigsaw

An organisation working to change how Ireland thinks about and responds to mental health of young people aged between 12 and 25 years through research, youth and community engagement, education and training.

Address: Services available throughout Ireland (see website for a centre near you)

Website: www.jigsaw.ie

NHS (National Health Service, UK)

The NHS provides health and social services to everyone living in the UK. It offers a range of free services to children experiencing emotional or behavioural difficulties (e.g. Primary Care Psychology Services, Community Child and Family Services and Child and Adolescent Mental Health Services). In order to access these services, referrals are usually sent by GPs. For information on the appropriate NHS service in your area please contact your GP.

Website: www.nhs.uk

NSPCC (UK)

The NSPCC (National Society for the Prevention of Cruelty to Children) provides information about what happens during separation and divorce and gives advice about how to cope.

Tel: 020 7825 2505

Email: help@nspcc.org.uk

Website: www.nspcc.org.uk

Rainbows

The Rainbows programme supports children and young people, and parents who have experienced loss through death, separation or divorce. The service is available in local communities throughout Ireland.

Address: Rainbows National Office, Loreto Centre, Crumlin Road, Dublin 12.

Tel: (01) 473 4175

Email: ask@rainbowsireland.ie

Website: www.rainbowsireland.ie

Relate (UK)

Relate is the UK's largest provider of relationship support and provides information on local counselling services for children and young people.

Tel: 0300 100 1234

Website: www.relate.org.uk

SpunOut.ie

SpunOut.ie is Ireland's youth information website created by young people, for young people. They provide information on a range of different topics broken down into sections; education, employment, health, life and opinion.

Website: www.spunout.ie

Teen Between

A counselling service, run by Relationships Ireland, to help children between 12 and 18 years cope with their parents' separation or divorce.

Address: 38 Upper Fitzwilliam Street, Dublin 2.

Tel: (01) 678 5256

Email: teenbetween@relationshipsireland.com

Website: www.teenbetween.ie

Voices in the Middle

Offers support, information and a voice for children and young people who have been affected by parental separation. The website contains stories from young people who have experienced parental separation and links to talk to other young people/experts for support.

Website: www.voicesinthemiddle.org.uk

Mediation Services

Family Resource Centre Programme (Ireland)

The Family Resource Centre (FRC) programme is Ireland's largest national community-based family support programme, with over 100 FRCs situated in communities throughout Ireland. The aim of the FRC programme is to combat disadvantage and to strengthen and empower children, families and communities. There is a list of all local family resource centres on the Tusla website (listed below).

Address (FRC Programme HQ): Child and Family Agency, Family & Community Support Services, Floor 5, Brunel Building, Heuston South Quarter, Dublin 8.

Tel: (01) 771 8500

Email: familysupportagency@welfare.ie

Website: www.familyresource.ie

Tusla website (for list of all local Family Resource Centres):

<http://www.tusla.ie/services/family-community-support/family-resource-centres/find-family-resource-centre>

National Family Mediation Service (Ireland)

A free family mediation service is provided by the Legal Aid Board to help separating couples and parents whose relationship has broken down to negotiate their own agreement. There are a number of mediation offices around Ireland. See the webpage list below to find a mediation office near you.

Website: <http://www.legalaidboard.ie/en/Our-Services/Family-Mediation/Find-a-Mediation-Office/>

National Family Mediation (UK)

Work in over 500 locations across England and Wales to help families in conflict, especially those divorcing or separating. Tel: 0300 4000 636

Website: <http://www.nfm.org.uk/>

Mental Health

Aware

Offers services for people affected by depression in Ireland including a confidential phone line service.

Address: Aware National Office, 72 Lower Leeson Street, Dublin 2.

Tel: (01) 661 7211 or 1800 80 48 48 (Support Line; Open 10am-10pm, Monday to Sunday)

Email: info@aware.ie

Website: www.aware.ie

HSE (Health Service Executive)

The HSE provides health and social services to everyone living in Ireland. It offers a range of services to those who are experiencing mental health difficulties, including, anxiety, depression, psychosis etc. Services include Primary Care Psychology and Community Mental Health Services. Should you be concerned about your mental health, please contact your GP for information and referral to services in your area.

Websites: www.hse.ie; www.yourmentalhealth.ie

International Association of Suicide Prevention (IASP)

An international service dedicated to preventing suicidal behaviour, alleviating the effects of suicide and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors. See the link below for contact details of crisis centres in countries across Europe.

Website: http://www.iasp.info/resources/Crisis_Centres/Europe

Mental Health Ireland

Mental Health Ireland is a national voluntary organisation which was established in 1966 as the Mental Health Association of Ireland. MHI's aim is to promote positive mental health and wellbeing to all individuals and communities in Ireland. They have a network of 92 Mental Health Associations throughout the country, all led by volunteers. Their Mental Health Associations fundraise to organise outings and events for those struggling with mental health in their communities.

Website: www.mentalhealthireland.ie

NHS (National Health Service, UK)

The NHS provides health and social services to everyone living in the UK. It offers a range of services to those who are experiencing mental health difficulties, including, anxiety, depression, psychosis etc. Services include Primary Care Psychology and Community Mental Health Services. Should you be concerned about your mental

health, please contact your GP for information and referral to services in your area or see the NHS website to search for services by location/postcode.

Website: www.nhs.uk

Pieta House

Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. They offer support and advice for people who may be experiencing suicidal thoughts and offer support to their friends and families. They also offer free phone number for anyone who is in distress and needs someone to talk too.

Tel Freecall: 1800 247 247 or you can simply text HELP to 51444.

Email: info@pietahouse.ie

Website: www.pieta.ie

Samaritans

Confidential helpline and support for people who are in distress.

Address (Ireland): Samaritans Ireland, 4-5 Usher's Court, Usher's Quay, Dublin 8.

Tel: (01) 671 0071 or 116 123 (24 Hour Helpline)

Email: jo@samaritans.org

Website: www.samaritans.ie

Address (UK): Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA.

www.Samaritans.org (Has information on Samaritans organisations across UK & Ireland)

Tel: (24 Hour Helpline): 116 123

ReachOut.com

ReachOut.com is an online youth mental health service. It helps young people through tough times. Emphasis is placed on peer support and the principle that we all know someone going through a tough time. They engage in a space natural to most of young people now – online.

Website: www.reachout.com

Healthy Eating

Bord Bia – Healthy Eating Planner

The aim of the Healthy Eating Planner is to encourage people to cook quick and easy meals using eggs and other fresh ingredients. Nutritious recipe ideas for seven days of cooking are included, along with tips on shopping lists, healthy food options for children, what to look out for on food labels and novel ideas for healthier desserts.

Website:

<http://www.bordbia.ie/consumer/aboutfood/nutrition/pages/healthyeatingplanner.aspx>

Nutrition and Health

This website provides a variety of information on healthy living – from tips on exercise and healthy eating to research and information on NHF events and initiatives such as workplace wellbeing.

Website: <http://www.nutritionandhealth.ie>

Safefood

Safefood is an all-island implementation body set up under the British-Irish Agreement with a general remit to promote awareness and knowledge of food safety and nutrition issues on the island of Ireland

Website: www.safefood.eu

Some Disability Services running Parenting Groups

Central Remedial Clinic

Provide a range of services and supports for people with disabilities, whether they are babies and toddlers, school children, teenagers or adults.

Website: <http://crc.ie/>

Cheeverstown House

Cheeverstown House, based in Dublin, is a voluntary organisation, accredited by the Council on Quality & Leadership providing a wide range of residential, respite and day services to almost 400 children and adults with an intellectual disability and to their families in Cheeverstown Centre and throughout various community locations.

Website: <http://www.cheeverstown.ie/>

Enable Ireland

Enable Ireland provides services to children and adults with disabilities and their families from 40 locations in 14 counties.

Website: <http://www.enableireland.ie/>

HADD Ireland

HADD is an organisation in Ireland made up of volunteers - parents of children with ADHD, individuals with ADHD and professionals.

Website: <http://www.hadd.ie/>

Mayo Early Intervention Services

Mayo Early Intervention Service provides services and supports to children and their families in County Mayo where the child “presents with delays in two or more areas of motor, cognitive, communication and sensory function, and who have complex needs requiring on-going team based interventions”.

Website: <http://mayoearlyinterventionservice.ie/>

Special Needs Parents Association

Special Needs Parents Association exists to support all parents of persons with special needs and disabilities irrespective of age or diagnosis, by promoting on a national level, improved treatment, education, welfare and acceptance for our children.

Website: <http://www.specialneedsparents.ie/>

St John of God's

Saint John of God Hospitaller Ministries supports up to 7,000 children and adults with a range of needs including intellectual disability, mental health difficulties and problems associated with getting older.

Website: <https://www.sjog.ie/>

Children's Committees and Other Services

Childhood Development Initiative

The Childhood Development Initiative (CDI) works with organisations which commission services in the children, families and communities sector. We provide practical, hands-on 'know how' in how to design, deliver, adapt and evaluate high quality, effective interventions.

<http://www.twcdi.ie/>

Children and Young People's Services Committee

Children and Young People's Services Committees are responsible for securing better outcomes for children and young people in their area through more effective integration of existing services and interventions.

<http://www.cypsc.ie/>

Pobal City and County Childcare Committees

City / County Childcare Committees (CCCs) and Voluntary Childcare Organisations (VCOs) work together locally and nationally to assist over 4,400 early education and childcare service providers improve the quality of their services.

<https://www.pobal.ie/FundingProgrammes/EarlyEducationandChildcare/Pages/CCCs.aspx>

Other Useful Parenting Websites

Kildare West Wicklow Parenting and Training Support Forum

This is a multi-agency forum that was established by the HSE in 2009.

<http://www.parentingsupport.ie/>

Parent Hub Donegal

The Parent Hub, Donegal was set up in 2013 by the Donegal Children's Services Committee to look at Parent Support Needs in County Donegal.

<http://parenthubdonegal.ie/>

Parenting Monaghan

Parenting Monaghan brings together agencies from across the County to co-ordinate parenting programmes and supports. We aim to offer regular parenting programmes ranging from pre-natal to 18 in five locations throughout County Monaghan on an annual basis.

<http://parentingmonaghan.ie/>

Parents Plus Charity

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

Email: admin@parentsplus.ie

Phone: 01 8307984

Website: www.parentsplus.ie