

**Geo map of Therapeutic Services; Sligo, Leitrim, West Cavan.**  
**Prepared by Tusla, Prevention, Partnership and Family Support Service on behalf of**  
**Child and Family Support Networks.**  
**January 2021**

Service	Contact Details	Type of Counselling	Target Group	Area
Accord	For appointment; Email: <a href="mailto:accordsligo@gmail.com">accordsligo@gmail.com</a> Phone: 071 91 43641 Website: <a href="https://www.accord.ie/">https://www.accord.ie/</a>  Counselling takes place in Sligo Social Services but is available to people living in all CFSN areas.	Marriage and relationship counselling.	Aged 17+	CFSN 1 CFSN 2 CFSN 3
Alcohol & Substance Misuse Counselling Service, HSE West	Charter House, Old Market Street, Sligo. Phone: 071 9143316	Alcohol and Substance Misuse Counselling Service.	Aged 13+	CFSN 1 CFSN 2 CFSN 3
Ballymote Family Resource Centre	Coordinator, Ballymote FRC, Ballymote, Co. Sligo. Phone: 071 9197818 Website: <a href="https://www.facebook.com/ballymotefamilyresourcecentre/">https://www.facebook.com/ballymotefamilyresourcecentre/</a>	Counselling for all issues.  Brief Intervention Service for children and young people where a level of mild difficulties impacting on their mental health or wellbeing is being experienced and requires a 6-8 week intervention. (Ballymote and Drumshanbo area).  Play Therapy.	Adults aged 18+.  10 – 18 years.  Children aged 3-12 years.	CFSN 2
Breffni Family Resource Centre	Coordinator, Breffni FRC, Breffni Crescent, Carrick on Shannon, Co. Leitrim. Phone: 071 9622566 Website: <a href="https://www.breffnifrc.ie/">https://www.breffnifrc.ie/</a>	Counselling for all issues.	Children aged 12 +. Adults.	CFSN 2
Child and Adolescent Mental Health Service, HSE.	1st Floor, Nazareth House, Church Hill, Sligo. Phone: 071 9113960 Website: <a href="https://www.hse.ie/eng/services/list/4/childrenandfamilyservices/child-and-adolescent-health/camhs-contact-details/camhs-sligo-contact-details.html">https://www.hse.ie/eng/services/list/4/childrenandfamilyservices/child-and-adolescent-health/camhs-contact-details/camhs-sligo-contact-details.html</a>	Universal service for moderate to severe Mental health issues.	Children and Young People up to 18.	CFSN 1 CFSN 2 CFSN 3

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Carrick on Shannon Family Life Centre	Coordinator, Main Street, Carrick on Shannon, Co Leitrim. Phone: 071 9621791 Email: carrickfamilylifecentre@yahoo.ie Website: <a href="https://www.facebook.com/CarrickFLC/">https://www.facebook.com/CarrickFLC/</a>	Counselling for all issues.  Youth Counsellor works part-time from South Leitrim Neighbourhood Youth Project, Foróige.  Play Therapy.	Children aged 6-17 years. Adults aged 18+.  Young people aged 13 – 18 years.  Children aged 3-12 years.	CFSN 2
Counselling in Primary Care, HSE	Counselling Coordinator, 68 John Street, Sligo. Phone: 071 9142161 Website: <a href="https://www.hse.ie/eng/services/list/2/primarycare/pccser.html">https://www.hse.ie/eng/services/list/2/primarycare/pccser.html</a>	Counselling for people experiencing mild to moderate psychological and emotional difficulties.	Adults aged 18+ who hold medical cards.	CFSN 1 CFSN 2 CFSN 3
HSE Psychology Service	Markievicz House, Barrack Street, Sligo. Phone: 071 9155132 Website: <a href="https://www.hse.ie/eng/services/list/2/primarycare/pcteams/dublinsouthpcts/dunlaoghareglasthulepct/childfamilypsychology.html">https://www.hse.ie/eng/services/list/2/primarycare/pcteams/dublinsouthpcts/dunlaoghareglasthulepct/childfamilypsychology.html</a>	Provides a service to children and their families as well as adults/young people with a wide range of mental health issues as well as learning & physical disabilities.	Children and young people up to 18.	CFSN 1 CFSN 2 CFSN 3
Institute of Technology Sligo	Student Counselling Service, Ash Lane, Sligo. Phone: 083-0025881 or 087-3561756 Email: studentcounsellor@itsligo.ie Website: <a href="https://www.itsligo.ie/student-hub/student-support-services/counselling/">https://www.itsligo.ie/student-hub/student-support-services/counselling/</a>	Counselling for all issues.	Sligo Institute of Technology Students	CFSN 1 CFSN 2 CFSN 3
Mohill Family Support Centre	Coordinator, Mohill FSC, Mohill, Co. Leitrim. Phone: 071 96 31253 Email: support@mohillfsc.info Website: <a href="http://mohillfamilysupportcentre.com/">http://mohillfamilysupportcentre.com/</a>	Counselling for all issues except addiction.  Brief Intervention Service for children and young people where a level of mild difficulties impacting on their mental health or wellbeing is being experienced and requires a 6-8 week intervention. (Mohill and Carrigallen area).	Adolescents 13 – 18 years. Adults aged 18+.  10 – 18 years.	CFSN 2

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Service	Contact Details	Type of Counselling	Target Group	Area
		Play Therapy.	Children aged 3-11 years.	
M-PACT	Phone: 085 8759313 Email: sligoleitrim@alcoholforum.org Website: <a href="https://alcoholforum.org/moving-parents-and-children-together-m-pact-programme/">https://alcoholforum.org/moving-parents-and-children-together-m-pact-programme/</a>	Service for children and their parent / carer who is challenged by drug and/or alcohol misuse.	8-17 years. 18+	CFSN 1 CFSN 2 CFSN 3
My Mind (Online service)	Phone: 076 6801060 Email: <a href="mailto:hq@mymind.org">hq@mymind.org</a> Website: <a href="https://mymind.org/">https://mymind.org/</a>	Counselling for all issues. Anyone affected by Covid 19 can receive free online counselling service until 31/03/2021.	16 +. Adults aged 18+.	CFSN 1 CFSN 2 CFSN 3
North West Regional Drug and Alcohol Task Force	Development Worker. Phone: 087 698 3653 Email: <a href="mailto:lcurry@nwdrugtaskforce.ie">lcurry@nwdrugtaskforce.ie</a> Website: <a href="https://nwdrugtaskforce.ie/">https://nwdrugtaskforce.ie/</a>	Alcohol and substance misuse counselling for users and concerned, significant others.	18+	CFSN 1 CFSN 2 CFSN 3
North West Hospice	The Mall, Sligo Town, Co. Sligo Phone: 071/ 91 43317 Website: <a href="https://northwesthospice.ie/">https://northwesthospice.ie/</a>	Bereavement counselling	Bereaved children and their families	CFSN 1 CFSN 2 CFSN 3
North West STOP	Counselling Coordinator, North West Stop, Bee Park Centre, Manorhamilton, Co. Leitrim. Phone: 071 98 56070 / 0867772009 Email: <a href="mailto:info@northweststop.ie">info@northweststop.ie</a> Website: <a href="https://www.northweststop.ie/">https://www.northweststop.ie/</a>	Counselling for anyone experiencing mental distress. Bereavement counselling for those affected by suicide.  Brief Intervention Service for children and young people where a level of mild difficulties impacting on their mental health or wellbeing is being experienced and requires a 6-8 week intervention. (Manorhamilton area).	6 – 17 year olds. Adults 18+.  10 – 18 years	CFSN 1 CFSN 2 CFSN 3
Pieta House	Regional Support Coordinator, Pieta Sligo Outreach Service, Northside Resource centre, Forthill, Sligo. Phone: 0818 111126	People experiencing suicide ideation and/or self-harm. Pieta House do not provide addiction counselling. At present all counselling is via phone.	All ages – children under 18 and adults 18+.	CFSN 1 CFSN 2 CFSN 3

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	Website: <a href="https://www.pieta.ie/">https://www.pieta.ie/</a>  Service takes place in Sligo but is available to people resident in all CFSN areas. Service is available by phone at present.			
Sligo Rape Crisis Centre.	Kempton House, Kempton Parade, Sligo. Phone: 1800 750780 or 071 9171188 Website: <a href="https://www.srcc.ie/">https://www.srcc.ie/</a>	Counselling for survivors and those affected by sexual violence.	Aged 14+	CFSN 1 CFSN 2 CFSN 3
St. Michael's Family Centre	Church Hill, Sligo Town, Co. Sligo Phone: 071/ 9170329 Email: <a href="mailto:centrestmichaels@gmail.com">centrestmichaels@gmail.com</a> Website: <a href="https://stmichaelsfamilylife.com/">https://stmichaelsfamilylife.com/</a>	Counselling for all issues.  Play Therapy.	Children and young people aged 9 – 17 years. Adults 18+.  Children aged 3-12 years.	CFSN 1 CFSN 3
Sligo Social Services	Charles Street, Sligo Town, Co. Sligo Phone: 071/9145682 Email: <a href="mailto:info@sligosocialservices.ie">info@sligosocialservices.ie</a> Website: <a href="https://www.sligosocialservices.ie/">https://www.sligosocialservices.ie/</a>	Counselling for young people experiencing emotional difficulties. Youth Counsellor works part-time from the Crib Youth Project, Foróige.	Young people aged 13 – 18 years.	CFSN 1 CFSN 3
Tubbercurry Family Resource Centre	Mountain Road, Tubbercurry, Co. Sligo. Phone: 071 9186926 Website: <a href="https://tubbercurryfrc.com/">https://tubbercurryfrc.com/</a>	Counselling for all issues.  Brief Intervention Service for children and young people where a level of mild difficulties impacting on their mental health or wellbeing is being experienced and requires a 6-8 week intervention. (Tubbercurry area).  Play Therapy.	Teenagers and Adults.  10 – 18 years.  Children aged 3-12 years.	CFSN 3
Turn2me (Online Service)	<a href="http://www.Turn2me.ie">www.Turn2me.ie</a>	Online counselling for young people, adults and couples.	12 – 18 year olds. Adults 18+.	CFSN 1 CFSN 2 CFSN 3
West Sligo Family	Coordinator, West Sligo FRC, Pier Road, Enniscrone, Sligo.	Brief Intervention Service for children and young people where a level of mild difficulties impacting on	10 – 18 years.	CFSN 3

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Resource Centre	Phone: 096 37444 Website: <a href="https://www.westsligofrc.ie/">https://www.westsligofrc.ie/</a>	their mental health or wellbeing is being experienced and requires a 6-8 week intervention. (Enniscrone area).  Play Therapy.	Children aged 3-12 years.	

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