

What is Involved

The brief intervention service is a free and confidential therapeutic service for young people aged 10-18 years.

The young person will meet with a qualified therapist on an individual basis for 6-8 sessions. Each session will run for approximately 45 minutes in your local Family Resource Centre/ Youth Centre.

The brief interventions offers a safe and confidential space for the young person to chat openly with the therapist in a relaxed and youth friendly environment.

Contact Numbers



West Sligo FRC,

Contact Roisin on 096 37444

Ballymote FRC,

Contact Niamh on 087 2193183

Tubbercurry FRC,

Contact Sandra on 071 9186926

Mohill FSC,

Contact Majella on 071 9631253

Drumshanbo area,

Contact Niamh on 087 2193183



Rialtas na hÉireann
Government of Ireland



"The Community Mental Health Fund, supported by the Department of Health"

Brief Intervention Service Information Leaflet



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Types of issues/challenges addressed by the service:

This service is here to provide support to young people dealing with mild difficulties which impact their mental health and/or wellbeing. For example:

- ♦ Mild emotional and behavioural difficulties
- ♦ Relationship or interpersonal difficulties
- ♦ Bullying
- ♦ Stress
- ♦ Low level anxiety
- ♦ Low self-esteem
- ♦ Lack of confidence
- ♦ Overcoming shyness
- ♦ Anger issues

Difficulties not dealt with by this service include:

- ♦ Complex or chronic emotional and behavioural difficulties
- ♦ Difficulties being referred to CAMHS or other counselling service
- ♦ Self-harm, suicide ideation or substance use
- ♦ Recurring depression, bipolar disorder, psychosis
- ♦ Eating disorders
- ♦ Moderate to severe anxiety

Please note that other services are available to respond to the above difficulties and can be accessed through your GP or other community-based services.

Consent to take part in the brief intervention service:

A consent form must be completed by a parent/guardian before the service can commence. The young person must also consent to participate.

Confidentiality

All sessions between the young person and the therapist are confidential. Information about the session will not be shared with the parents/ guardians unless the therapist has concerns for the child/ young person. The reason for this is for the young person to feel that this is a safe space for them to discuss their feelings or emotions and that it is “their” space.

Commitment and Attendance:

For you the young person to get the most benefit from the service it is important to attend all the sessions. Please note that we have a cancellation policy in place.

Payments:

The service is funded through Healthy Ireland Fund (HIF) Round 3, Community Mental Health Project. It is **Free** to the young person availing of the service.

