

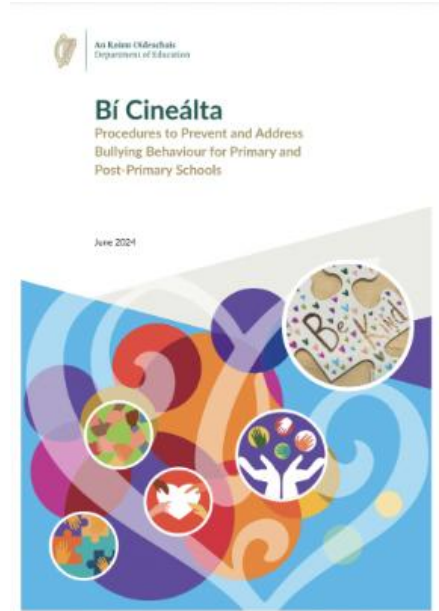
SUPPORTS



PARTNER Ireland

**JIGSAW
GALWAY**

Young people's
health in mind



spunout



- **Drug and Alcohol Family Support** – free, confidential support for family members impacted by substance use
- **Jigsaw** - free therapy and expert mental health support to children and young adults in Galway and Roscommon. www.jigsaw.ie
- **HSE Under 18's Addiction Counselling** - drugs.services@hse.ie
- **Mindspace Mayo** - Mindspace Mayo is a free & confidential support for young people aged 12-25. www.mindspacemayo.ie
- **Parentline** Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. www.parentline.ie or 01 8733500
- **Discovery and Recovery Colleges** - facilitate workshops on mental health and wellbeing in the local community and in schools. Every workshop is co-produced with young people. www.discoverycollegewest.com
- **WRDATF Parent Hub** – connecting you to information and services on drug and alcohol use in the west of Ireland. [WRDATF | The Parent Hub](#)
- **ISPCC** – www.ispcc.ie
- **Family Resource Centres** – www.familyresource.ie
- **No. 4 Youth Service, Galway city** – www.no4.ie
- **Youth Work Ireland Galway** – www.youth.ie
- **Foróige** – www.foroige.ie
- **Malie Coyne** – www.maliecoyne.ie
- **Support Me** – www.supportme.ie
- **Planet Youth.** – www.planetyouth.ie
- **HSE Parent Matters podcasts** – www.drugs.ie/parents

