



## Early Intervention Youth Mental Health Service

### What is Youthrive?

A support service staff by health and welling professionals for young people between the age of 12-25 years presenting with mild and emerging mental health concerns affecting their mood or emotional wellbeing,

### What we do

Free and confidential support service for young people aged 12-25 years old.

We provide support for young people experiencing issues such as mild anxiety, stress in school at home, mood issues, behaviour difficulties or having trouble understanding or expressing feelings, issues, relating to sex, sexuality and gender.

### How to make a referral

You can make a self-referral by requesting a referral form at [youththrive@hse.ie](mailto:youththrive@hse.ie)

Or you can attend your GP for a more details referral.

\*You can self-refer if you are over 16.

### What happens after you are referred?

New referrals received will be reviewed by the team. After this you will be offered an initial assessment appointment to help us work out how best we might help you.

Or

Of we feel the service is not best placed to help you we try to link you with or signpost you toward an alternative more appropriate service.

- Referrals for under 16 require consent of a parent or guardian

## Initial Meeting

When we first meet, we will ask about the issues that relate to your referral and how these have been impacting you and on home life. All of this information will help us to understand the difficulties you are experiencing. Sometimes it may take more than one meeting to gather the information.

## Who should attend with you?

It is required that the young person under sixteen attends their initial appointment with one parent/guardian. It is also desirable that people attending the service under 18 have provided the service with the name and contact details of the parent or guardian.

## What happens after the initial meeting?

If your referral is appropriate the team will discuss the possible options for working with you. After the information is gathered you might be offered or be on a waiting list for one or more of the following:

- 6 sessions of one-to-one 'talking therapy'
- Individual sessions with the Youth Mental Health Support Worker
- A group intervention
- Link with another existing service that may be beneficial to you.

## Confidentiality

Confidentiality applies to everyone involved with Youthrive – staff, parents and young people. We will discuss confidentiality during your first visit. The information you provide during your appointments with Youthrive remains confidential within our team. However, if the information highlights that you or someone else is at risk we have a duty to report to the appropriate agency.

## Contact Us:

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