

USEFUL CONTACTS

DRUGS.IE 1800 459 459
(Drugs and alcohol information and support)

SMART Recovery-programmes for assistance with drug / alcohol abstinence

www.smartrecovery.ie

FOROIGE Dublin South **085 1666945**
Wicklow **086 2378067**
www.foroige.ie

PARENTLINE LoCall **1890 927277**
or **01 8733500**
www.parentline.ie

SAMARITANS Free phone **116 123/**
Text 087 2609090
(standard text rate)

CHILDLINE **1800 666 666**
www.childline.ie

JIGSAW www.jigsaw.ie
Youth mental health

TEENLINE **Freephone 1800 833 634**
Talking support for teens
www.teenline.ie

CROSS CARE **01 8360011**
Youth and parent services

01 5574705
Teen counselling cross care
www.teencounselling.ie

SPUNOUT.IE
Ireland's Youth Information Service

BELONG TO YOUTH SERVICE
LGBT Support **01 6706223**

DUTY SOCIAL WORK TEAM
www.tusla.ie

Dublin South East: **01 9213400**
East Wicklow: **01 9213400**

PIETAHOUSE.IE **1800 247 247**

USEFUL MINDFULNESS APPS FOR TEENS:
Stop, Breathe, and Think Calm.com
MindShift, Smiling Mind, Headspace
(free initial introductory period-subscription thereafter)

CH06 - Wicklow (excluding west) and South East Dublin

YoDA

Youth Drug & Alcohol Service
E A S T C O A S T



YoDA – YOUTH DRUG & ALCOHOL SERVICE
Kilnamanagh/Tymon Primary Care Centre,
Airton Square, Airton Road, Tallaght, D 24 D24 CF75
CALL US: (01) 92 14978



Seirbhís Stáinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

WHAT IS THE YOUTH, DRUG AND ALCOHOL SERVICE?

YoDA
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YoDA is a service consisting of a team of mental health professionals who work with adolescents to address alcohol or drug related difficulties.

The **YoDA East Coast** team is a service offering substance use treatment to U 18's in CHO6 Wicklow, (excluding west Wicklow) and South East Dublin. The service offers assessment and treatment by a Clinical Nurse Specialist with additional input from child and adolescent psychiatry and family therapy (specific to the young person's drug or alcohol related problems).

OUR APPROACH	We are a friendly team, who pride ourselves on being open and non-judgemental. We deal with all levels of drug and alcohol use related problems.
CONFIDENTIAL	We give you a confidential space to talk. We do not discuss your care outside of the professional team without permission from you or your parent/carer. We break confidence only in the rare situation that we believe your actions are a significant danger to yourself or others. We will discuss our concerns with you where possible.
WHAT WE DO?	We tailor your treatment based on your goals, providing counselling, information and support to you and to your family/guardian where required. We provide help and support for under 18s, who are experiencing difficulties as a result of their drug or alcohol use.
IN AN EMERGENCY	In an emergency outside of our working hours (Monday to Friday 9am–5pm), please contact your GP or nearest hospital.
SOME IMPORTANT POINTS	<p>We need your participation and commitment in order for us to help you.</p> <p>Involving family members is shown to result in the best outcomes, but we will also work with you individually. Please call us to discuss.</p> <p>To use our service, just give us a call 01-9214978</p> <p>We operate out of a number of locations in Dublin and Wicklow and we will do our best to meet you in a place and a time that suits you.</p> <p>We are a service dedicated to helping you, so please speak to us if you have any questions or concerns.</p>



INTERVENTIONS OFFERED



.01 Individual assessments and treatment plans	.05 Family Therapy	.09 Educational talks for a range of audiences
.02 Evidence based practices in brief interventions	.06 Assessment of co-occurring mental health illnesses	.10 Consultation to other professionals working with adolescents with drug and alcohol problems
.03 Individual sessions with a trained professional	.07 Education and group work with parents	.11 We strive to offer an appointment within ten days.
.04 Counselling	.08 Inter-agency collaboration	.12 Monthly Journal Club for professionals working with Young People

