



THE Mind-It PROJECT

**Is there something on your Mind?
Would you like to talk to
someone about it?**

**We've got qualified counsellors
who are willing to do just that.**

**Our service is free and available
to young people aged 12 - 21 years.**

Freephone 1800 303 638

**Call between 4 - 6pm Monday - Friday
to speak directly to a youth worker about the
project. Otherwise call when it suits, leave
a message and we'll get back in touch.**



Northside
Partnership



Rialtas na hÉireann
Government of Ireland

The Community Mental Health Fund, supported by the Department of Health
A Dublin City North Youth Support Project

Mind-It is a youth counselling project which focuses on improving wellbeing by providing young people with one-to-one support.

What is the Mind-It Project ?

The Mind-It Project is a safe space where young people can -

- o Talk to a qualified counsellor.
- o Discuss issues that are affecting their lives and wellbeing.
- o Be supported to recognise their own strengths, build confidence, and learn coping skills.
- o Feel more positive and hopeful about the future.

Who is the Mind-It Project For?

The Mind-It Project is for young people who are -

- o 12-21 years of age, and not engaging in youth counselling supports elsewhere.
- o Living in Dublin 5, 7, 13 & 17.
- o The Mind-It Project focuses on wellbeing, more significant mental health challenges will be referred onto appropriate agencies.

How do you get in contact with Mind-It?

- o Call the Free Phone number 1800303638
- o Phonelines are open Monday-Friday 4-6pm.
- o Alternatively call when it suits, leave a message and we will get back in touch.
- o Sessions can take place face-to-face in youth centres, or remotely via online video app or phone call.

Do you have to call or can someone call on your behalf?

- o Enquiries to Mind-It can be made by a young person, parents/guardians, GPs or by organisations working with young people e.g. Youth Services.
- o Young people under 18 must have parental consent to participate in the project.

How will you know the Mind-It Project is right for you?

- o Come along to an initial 'once off' session to find out what you can expect from the project and then decide if this is the service for you.

How long will sessions last?

- o Sessions usually last up to 40-50minutes

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