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**JIG SAW KERRY**

*At Jigsaw, we understand young people’s mental health. Both online and in our services around the country, we give advice and support to help young people aged 12–25 years-old. If you, or someone you know needs mental health support, we are here for you.*



*You can call us for free on 1800 544 729, or visit* [*www.jigsaw.ie*](http://www.jigsaw.ie)

**Phone: 066 7186785; E mail:** [**kerry@jigsaw.ie**](mailto:kerry@jigsaw.ie)

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**THE HSE: [www.hse.ie](http://www.hse.ie)**

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**THE SAMARITANS** [**www.samaritans.org/ireland/branches/tralee/**](http://www.samaritans.org/ireland/branches/tralee/)43 - 44 Moyderwell, Tralee

**Phone: 116 123** free from any phone; [0330 094 5717](tel:+443300945717) local call charges apply

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**KERRY MENTAL HEALTH ASSOCIATION** [**www.kerrymentalhealth.com**](http://www.kerrymentalhealth.com)

*Voluntary organisation that supports people with Mental Health difficulties* 

**SOUTHWEST COUNSELLING CENTRE** [**www.southwestcounselling.ie**](http://www.southwestcounselling.ie)

*A community based counselling organisation, providing accessible*

*and affordable Play Therapy and Counselling/Psychotherapy for all ages*

**Phone: 064 - 6636 416; E mail** [**info@southwestcounselling.ie**](mailto:info@southwestcounselling.ie)