

Child & Adolescents Web Portals

Child and Adolescent Mental Health Services (CAMHS Ireland)	https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/
Tusla – Child and Family Agency	https://www.tusla.ie/
Collaborative Mental Health Care- Child and Youth Mental Health Toolkits	http://www.shared-care.ca/toolkits
Mental Health Activities for Children, Adolescents and Families	http://www.lianalowenstein.com/e-booklet.pdf
The Helpful Counsellor – information and worksheet loaded blog by a therapist working with C&A	https://www.thehelpfulcounselor.com/
The Child Anxiety Network – link to resources for professionals	http://www.childanxiety.net/
SpunOut.ie is Ireland’s youth information website created by young people, for young people.	https://spunout.ie/about
Jigsaw – Irish organisation working with youth mental health	https://www.jigsaw.ie
Play Therapy Ireland	http://playtherapy.ie/Home/Resources
Free CBT Workbook for C&A	http://peskygnats.com/workbook/