

Contact  
Tusla



"I am  
happier  
now."

What young  
people have said  
about Meitheal

"I had a say about what  
was happening for me, all  
the people who worked  
with me, coming together  
for me, was good."

"Meitheal ... changed  
how I thought of myself,  
who I thought I could be  
in life, and just gave  
me a goal."

# Meitheal

A guide for young people

Home

Worries

Friends

Do you want  
some help with...?

Loneliness

School

Family

**TUSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

Plain  
English  
Approved by NALA

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An Ghníomhaireacht um  
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**Do you  
need some  
help?**

Meitheal is an old Irish word that describes how neighbours come together to support each other in times of need.

Our Meitheal can support you and your family to get the help you need.

Meitheal is a way of working with you and your family to encourage your strengths and to identify your needs.

Meitheal brings together people and services that can help you to make the changes you want in your life.

The kinds of services that might be involved in Meitheal are schools, youth services, family resource centres and medical services.

**Why might  
you need  
Meitheal?**

If you are facing challenges that are difficult to overcome and you need someone in your corner, Meitheal could help.

Here are some of the challenges that Meitheal could help you with:

- Problems at school
- Feeling down
- Not getting on with your parents
- Problems at home
- Loneliness
- Worrying a lot



Maybe you are already getting support from different services but finding it hard to deal with all of them at once. Meitheal brings everyone together. It's a bit like having a whole team looking out for you.

**How does  
Meitheal  
work?**



- You will work with a supportive person called a lead practitioner. This may be a youth worker, counsellor or teacher. The important thing is this is someone you trust and are happy to work with.
- Your lead practitioner will help you think about your strengths and needs.
- The next step is your lead practitioner will arrange a Meitheal support meeting for you and your parents or guardians where they will help to put a plan in place for you. This may include a youth worker, a youth club leader or teacher.
- The Meitheal team will help you follow the plan and make the changes you want in life, through regular meetings for as long as you need it.
- You and your family will decide how long you want this support for.

It is very important that you and your family understand every part of the plan.