



Returning to school in a Covid-19 World

Support Services for Parents and Students

Available Supports



Yourmentalhealth.ie 'Minding your mental health during the coronavirus outbreak'
Phone 1800 111 888



NEPS.ie (National Education Psychological Service) Advice and Resources for parents and students during Covid19 - NEPS also provide advice on supporting children to cope with loss and grief www.education.ie (01) 8892700



HSE.ie – for specific questions/concerns and advice about Covid19
HSE Live Team – 1850 241 850 / 01 240 8720 (8am-8pm Monday to Friday, 10am-5pm Saturday and Sunday)



Free online stress control classes, to participate visit www.stresscontrol.ie to register

Starting Monday 7th Sept. to 24th Sept. Six sessions in total. Each session is presented at 2pm and repeated at 8.30pm. Helps students to recognise the signs of stress, how stress affects our bodies, it teaches skills to overcome panicky feelings and tips to getting a good night's sleep.



grow.ie GROW Mental Health Recovery – 6 week guide on coping with Covid19, consisting of podcasts, practical resources and information
1890 474 474



Barnardos - telephone support for parents in response to the challenges during Covid19 **free phone 1800 910 123** (10am-2pm Monday-Friday)
Children's Bereavement helpline Service 01 4732110 (10am-12noon Monday-Thursday)



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Online Counselling and Support Services



Jigsaw Freephone 1800 544 729 (1pm-5pm Monday-Friday) or
Text **CALL ME** to **086 180 3880** with your preferred day and time
for a call. help@jigsaw.ie or jigsawonline.ie



Pieta House – telephone and text- based support counselling for people who are suicidal or engaging in self-harm **Freephone 1800 247 247** every day 24 hours a day, **text HELP to 51444**, visit pieta.ie



MyMind online counselling service visit mymind.org



Childline 24 hours listening service up to the age of 18 years, **freephone 1800 666 666** anytime, **text 50101** (10am-4pm everyday), **chat online at childline.ie anytime**



BeLong To Youth Services – support for lesbian, gay, bisexual, transgender – **text LGBTI+ to 086 1800 280**, visit belong.org for more information



spunout.ie text **SPUNOUT** to **086 1800 280** to talk to a trained volunteer



Text 50808 – a **free 24/7 text service** providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis. **Text HELLO TO 50808** anytime day or night – visit www.text50808.ie