

SCOIL CHRÍOST RÍ GUIDANCE & COUNSELLING DEPARTMENT

The list below contains details of organisations and resources that will help you mind your wellbeing over the summer months.

PARENT & GUARDIAN RESOURCES

- Parentline - national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Visit www.parentline.ie or Call 1890 927277.
- Talking to Children and Young People about COVID-19 (Coronavirus) Advice for Parents and Schools: <https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf>
- National Educational Psychological Service (NEPS) - Relaxation Techniques: <https://www.education.ie/en/The-Department/Announcements/relaxation-techniques.pdf>
- Simple activities for Children and Adolescents: [https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple activities for children and adolescents 4.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple%20activities%20for%20children%20and%20adolescents%204.pdf)
- Anxiety - Information for Parents: <https://www.ncge.ie/sites/default/files/20190704%20WSG-Anxiety-Stress-Parent-Resource-Sheet-EN.pdf>
- internet Safety Information for Parents: <https://www.webwise.ie/category/parents/advice/>

STUDENT HEALTH & WELLBEING RESOURCES

COPING MECHANISMS

- **Anxiety** – Information for Students: <https://www.ncge.ie/sites/default/files/20190704%20WSG-Anxiety-Stress-Student-Resource-Sheet-EN.pdf>
- **Calm** – Guided meditations and sleep meditations - <https://www.calm.com/blog/take-a-deep-breath>
- **Headspace** – Meditations, sleep and movement exercises - <https://www.headspace.com/covid-19>

SUPPORTS & HELPLINES

Local Services:

- Portlaoise Family Resource Centre - <http://www.portlaoisefrc.ie/> or phone 057-8686151. Services include family support, counselling, support groups, youth work.
- Youth Work Ireland Laois - offer a range of supports and services to all young people who may be needing a little extra help during this time. Whether young people just need someone to speak to or need help with schedules, school, mental health and wellbeing, etc. This can be done through phone calls, texts, emails, or zoom video calling. To sign up for any of their supports and services please have a parent/guardian fill out the membership form at: <https://docs.google.com/forms/d/e/1FAIpQLSfRhQRMA48W3ozMGGgQqQPqnMzbKQg3pQ3AWnjh0w1PcC7OYQ/viewform>
- Child & Adolescent Psychiatric Services - 057 8696152
- Community Alcohol & Drug Service - 057 8692516
- Community Mental Health Portlaoise - 057 8622925

- Community Mental Health Portarlinton - 057 8623138
- Community Mental Health Mountmellick - 057 8624343
- Community Psychology Services - 057 8692564
- Community Social Welfare Services - 057 8692567
- Community Welfare Officer - 057 8678020
- Midland Regional Hospital Portlaoise - 057 8621364
- MIDOC (Out of Hours GP Service) - 1850 302 702
- Gardai-Portlaoise - 057 8621105
- Laois Bereavement Support - 057-8660984
- Suicide Bereavement Support - 086 8157320
- St. Vincent De Paul - 057 8660486

National Services:

- Jigsaw – Live sessions with Clinicians & group chats - <https://www.jigsaw.ie/news-and-events/post/covid19-what-were-doing>
- Childline (ISPCC) - 24-hour national listening service for under 18s Freephone 1800 666 666, Text 50101 or Chat online www.childline.ie (10am-4pm)
- Turn2Me – Free online counselling and support groups for over 18s - <http://www.turn2me.org/>
- Samaritans - Emotional support to anyone in distress or struggling Freephone 116 123 (any time, day or night) Email jo@samaritans.ie
- Shine – email counselling support service - <https://www.shine.ie/covid-19/>
- Crisis Text Line Ireland - A confidential messaging support service Text TALK to 086 1800 280 (any time day or night, standard SMS rates may apply)
- LGBT Ireland - Online support for LGBT+ people across Ireland LGBT Helpline 1890 929 539 (every day), Gender Identity Family Support Line 01 907 3707 Email info@lgbt.ie for support or information, An instant messaging service is available 7 days a week, 6:30pm to 10pm Mon – Thur, 4pm to 10pm Fridays, and 4pm to 6pm on Sat & Sun
- BeLonG To - support for LGBTI+ young people in Ireland Text LGBTI+ to 086 1800 280 to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply) While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference - www.belongto.org
- Bodywhys Online Support - Support for people who are affected by eating disorders - www.bodywhys.ie or email alex@bodywhys.ie
- Aware - Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar. Freephone Support Line 1800 80 48 48 (10am to 10pm), Email supportmail@aware.ie for info and support
- Suicide or Survive (SOS) - A series of free online wellness workshops and programmes are available from SOS - <https://suicideorsurvive.ie/programmes/online-programme/>
- Pieta House - telephone and text-based support counselling for people who are suicidal or engaging in self-harm - Freephone 1800 247 247 (24 Hours), Text HELP to 51444 (standard message rates apply) Telephone appointments will be provided to replace face to face appointments - contact your local Pieta House for details
- Exchange House Ireland National Traveller Mental Health Service - Telephone and online services and supports are available - Call 01 8721094 (then press 1) for support, help or advice (9am to 5pm), Visit www.exchangehouse.ie for more information
- Mental Health Ireland - Information line (01) 284 1166 (9am to 5pm Monday to Friday), Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie for more information
- GROW Mental Health Recovery - Information line 1890 474 474, Visit www.grow.ie or email info@grow.ie for more information, or while peer support groups are postponed