

Online Support Services and Resources for Parents/Guardians and Students during Covid 19



Parents/ Guardians

- A guide with tips for parents in how to support their children with daily routine during school closures.

<https://www.education.ie/en/The-Department/Announcements/guide-for-parents-supporting-children.pdf>

- **Jigsaw** is a youth mental health organisation. They have great tips, advice and resources for parents on their website for your wellbeing as well as your child's wellbeing during Covid 19. They are running various webinars to support parents/guardians and have resources around helping to listen to your child and tools for parents to use to support your own mental health.

<https://jigsawonline.ie/parents-and-guardians/>

- **Parentline** is a free telephone helpline for parents and guardians offering phone support, advice and guidance. Phone 1890 927 227 Monday to Thursday 10am to 9pm and Fridays 10am to 4pm. There are also good resources on their website www.parentline.ie
- **Healthy Ireland** has a range of resources including healthy eating ideas, physical activities and wellbeing tips. www.healthyireland.ie
- **Operation Transformation Keeping Well Apart** there are great video links to exercises, wellbeing activities and healthy recipes. Dr.Eddie Murphy psychologist has a range of videos for help on how to relax, connect, routine and much more. <https://ot.rte.ie/>
- **Child and Family Support Network South Tipperary** contact Julie Ryan who will direct you to local services and supports for your family. Phone on 087 6524898 or email Julie.ryan4@tusla.ie



Students

- **Jigsaw** is an excellent youth mental health organisation. They are offering support phone calls during this difficult time. Phone 1890 544 729 Monday to Friday 9am to 5.30pm. Their website has a lot of useful information on it from coping with stress, anxiety, bullying and live group chats on different topics.
<https://jigsawonline.ie/young-people/>
- **Childline** offers support phone calls, texts and online messaging. Phone 1800 666 666 open 24 hours a day. Free text 50101 or go to their website for the messaging service- open 10am -4pm every day. There is a range of information on the site too from wellbeing tips during Covid 19 to talking about your emotions. www.childline.ie
- **A Lust for Life** is an Irish mental health charity for young people. They are offering free psychological first aid phone calls and there are free programmes to follow on their website eg. a mindfulness programme is currently running along with a huge range of resources. Go to their website www.alustforlife.com. For phone calls register your interest on <https://www.therapyhub.ie/covid> and you will receive a call back.
- **Spunout** is a brilliant website for teenagers. There is everything on it from education and study information to information on health, employment and much more. They have a 24/7 text support service. Text_086 1800 280. www.spunout.ie
- **Belong To** have moved their youth groups to online. These groups offer a space for LGBTI+ young people to connect with their peers, have some fun, feel a sense of community and get the support they need from our expert Youth Workers. The groups will take place every week and offer LGBTI+ young people a welcome break from COVID-19. For more information and to register go to https://www.belongto.org/youngpeople/youth-groups/digital-youth-groups/?utm_medium=email&utm_campaign=Digital%20Group%20Launch%20-%20General%20Supporter%20Base&utm_content=Digital%20Group%20Launch%20-%20General%20Supporter%20Base+Version+B+CID_9a5b8ebde8451f456dba815f240bb44b&utm_source=EmailMarketing&utm_term=LEARN%20MORE%20ABOUT%20OUR%20DIGITAL%20YOUTH%20GROUPS