



[Online and Phone Supports and Resources](#)

Safe Hands Thinking Minds

Free videos, podcasts and resources collated by Dr Karen Treisman to support relaxation and emotional regulation/ supporting children and adults around anxiety, worry, stress, and fears; including specific Covid issues (updated on a very regular basis).

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Stress Control

This programme includes six modules which will be broadcast at scheduled times for 3 weeks ([2pm](#) and [8.30pm](#) Mondays and Thursday).

The programme covers topics including:

- how stress affects our bodies and our thoughts,
- skills to overcome panicky feelings,
- and tips to getting a good night's sleep.

<https://stresscontrol.org/>

Centre for Mindfulness Research

Practice Audio downloads

<https://www.bangor.ac.uk/mindfulness/audio/index.php.en>

Parentline

Parentline is a free, national, helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Parentline volunteers are extensively trained in listening and counselling skills. The website also has good resources for parents including "Tips for Parents during Lockdown".

Help lines are open [from Monday to Thursday 10am](#) to 9pm and Fridays [10am to 4pm](#).

www.parentline.ie / [1890 927277](tel:1890927277)

Barnardos Telephone and Email Support

Barnardos [telephone and email](#) support service to provide **advice to parents** on a wide range of issues that may be affecting families. This phone and email support service is available during Covid.

This service is staffed by Barnardos project workers who are trained professionals. Some issues that parents may need support on include:

- **How to talk** to your children about the coronavirus
- Setting a good **routine**
- Managing **children's behaviours** and sibling dynamics
- Managing **aggression** and family discord
- **Home schooling**/managing school expectations.
- Fostering natural learning opportunities in the home
- Healthy eating
- Accessing **fun and educational** activities for families and individual children
- Managing your child's worries
- **Self-care** for parents
- Helping parents manage their own worries and anxieties
- Managing children's **online activity**

Parents make contact with this service by phoning [1800 910 123](tel:1800910123) **between 10.00am and 2.00pm Monday to Friday** or by emailing parentsupport@barnardos.ie.



Aware are running Phone-In and Zoom Support & Self Care groups (over 18)

The details are on the website

<https://www.aware.ie/support/support-groups/>

People register online through the website to attend a group. This support forum is for adults over 18.

This is a **peer group** for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood related conditions, in order to give and receive support.



Childline offer phone and text support to children and adolescents. **Phone 1800 666666 or text 50101 or live message through the website www.childline.ie** . You can talk with Childline in confidence, about anything that might be on your mind, and we won't judge you, give out to you or tell you what to do. We're here to listen and we'll help you to figure out the best solution for you. Childline also have great information on their website from Sexuality to Friends to Bullying and much more.

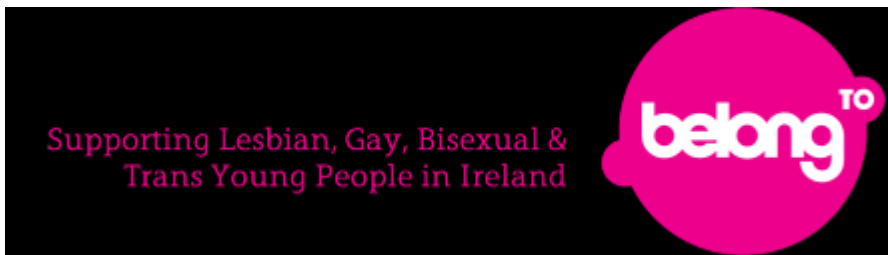


Jigsaw is an organization specifically for youth mental health. They offer live individual support and moderated group chats for 12-25 year olds. Check out the website for more information www.jigsaw.ie and to register.

You can also phone the Jigsaw support line: Freephone 1800 544 729 1 to 5 Monday to Friday.



50808 is 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 - big or small.



Belong To understands that growing up Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI+) is not always easy. We are here to help you with information, support, and youth groups where you can meet other LGBTI+ young people who have similar experiences to you. Email info@belongto.ie or contact your local youth group through the website www.belongto.org. Youth groups are in Tipperary, Waterford and Kilkenny.

EPIC (Empowering People in Care)

[Advocacy Phone Support Service](#) for children in care and care leavers

Open Tuesdays & Thursdays, [2-4 pm](#) on [01-9631272](tel:01-9631272) or request a callback from an Advocacy Officer by texting [087-9036598](tel:087-9036598)

Supports for Older People

ALONE <https://alone.ie/>

Age Action <https://www.ageaction.ie/>

Advice and Information

The Department of Education have Wellbeing resources for parent of primary and secondary school children. <https://www.education.ie/en/Schools-Colleges/Information/wellbeingineducation/wellbeing-advice-and-resources-during-covid-19.html> (or go to www.education.ie and click on Wellbeing)

Ombudsman for Children's Office: Advice and information for children and young people struggling to understand what is happening and how to cope is available from the Ombudsman for Children's Office at www.oco.ie.

Tusla's Parenting24seven – key messages on what works best for children and families at different ages and stages: <https://www.tusla.ie/parenting-24-seven/>

Family Law HUB

- UCC Family Law Hub, is a comprehensive public resource of up-to-date information and guidance for people seeking advice and support on family law issues, including access to justice, custody arrangements, income and maintenance, children in care, disability and carers support, and broader supports for those experiencing domestic violence. The *Family Law hub*: <https://www.ucc.ie/en/covid19familylaw/> -