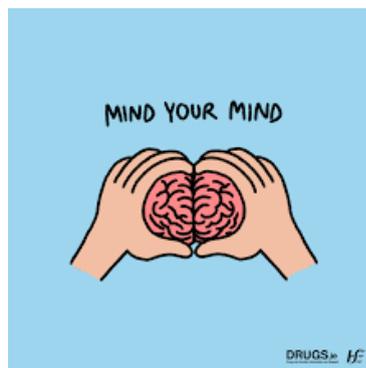


Belmayne ETSS 2022



Helpful resources for Teens, Parents, Guardians, Teachers and Inclusion Officers

Name of Service	Support provided	Contact details
HSE	Type in “teenagers” in “how can we help you” and 307 articles are available to read	https://www.hse.ie 50808 - Text About It (text50808.ie) Text ‘HELLO’ to 50808 https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/
RTE	Super list of resources for adults and teens	www.rte.ie/support
Anxiety Ireland	Anxiety Ireland provides information, encouragement and expert psychotherapy to those suffering with anxiety in Ireland.	087 063 0948 http://anxietyireland.ie/
Childline	24hour support and information service for children and adolescents	1800 66 66 66 www.childline.ie Free Text: 50101
Samaritans	24 hour confidential support for anyone who is in crisis	1850 60 90 90 www.samaritans.org
Pieta House	Professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. <i>(All services are provided free of charge and no referral is needed)</i>	Emergency number: 1800 247 247 Text: HELP to 51444 To make an appointment to talk with a therapist: 0818 111 126 www.pieta.ie

Jigsaw	Jigsaw is a national centre for youth mental health. They focus on intervening early to support the mental health of those aged 12 to 25 years of age.	www.jigsaw.ie
Aware	Aware provide free support, information services for people who experience depression or bi-polar disorder as well as loved ones.	1800 80 48 48 www.aware.ie supportmail@aware.ie
SPUNOUT	An interactive website for young people which deals with a wide variety of issues.	www.spunout.ie
Drugs.ie AL-ANON & AL-TEEN	Helpful information in relation to this topic Al-Anon offers understanding and support for families and friends of problem drinkers in a group setting. Alateen is part of the Al-Anon and is for 12-19 year olds affected by family drinking	www.drugs.ie 01 8732699 Email: info@al-anon-ireland.org www.al-anon-ireland.org
Rainbows Ireland Ltd	Support services for children dealing with the grieving process and losses around separation and divorce	01 4734175 www.rainbowsireland.ie
REACHOUT	Reachout is a web-based service that inspires young people to help them through tough times and find ways to improve their own mental health and wellbeing.	www.reachout.com
Mental Health Ireland	A support service around positive mental health.	01 2841166 www.mentalhealthireland.ie
Bodywhys	National organisation dedicated to supporting people affected by eating disorders.	1890 200 444
BELONG TO	Support service for Gay, Lesbian, Bisexual and Transgender young people	www.belongto.org

Transgender Equality Network Ireland (TENI)	TENI focuses to advance the rights and equality and improve the lives of trans people and their families.	01 873 3575 www.teni.ie
Tackle bullying	Tackle Bullying is a national website to counter bullying and cyberbullying for young people, parents and teachers.	www.tacklebullying.ie
Garda Confidential Helpline	Allows the public to call with information relating to crime or other matters.	1800 666 111
CARI (Children at risk in Ireland)	Support service for young people around sexual abuse issues.	1890 924 567 www.cari.ie
Dublin Rape Crisis Centre	Support service around sexual abuse issues.	1800 778 888
ISPCC - Teenline	The ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland.	www.ispcc.ie/teenline Freephone: 1800 833 634
	Advice on how to mind your mental health during the coronavirus outbreak	www.yourmentalhealth.ie 1800 111 888

There are several recommended apps on the jigsaw website and through google search. I recommend you try them yourselves first. The Calm & Headspace Apps are good for guided meditation and mindfulness which will help reduce anxiety.

There are also so many podcasts and Ted talks on the internet , just google the topics you are researching , e.g. stress, anxiety , being a teenager, body image etc.

Please feel free to email me in relation to any concerns that you may have in relation to your teenagers mental health.

I really hope these resources will help you over the coming years .

Mary Molloy
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Don't forget to follow the school on twitter **@BelmayneEtss**