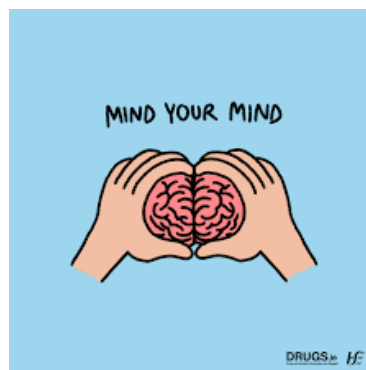


Belmayne ETSS 2022



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 |

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| 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 |

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| 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**