

Should any students and/or parents/guardians feel overwhelmed or anxious during our time away from school and would like to reach out for help or support please see the following list of Helplines and relevant contact details

Samaritans Ireland

Samaritans provide round the clock support for people in need whether the situation is urgent or you just need someone to talk to. Calls are confidential.

Visit www.samaritans.org or call 116 123

Childline

Childline is open every day and is a service for young people up to the age of 18. You can talk with Childline in confidence, for free, at any time of the day or night by calling 1800 666 666. You can chat on the website at www.childline.ie by sending a live message. Contact can also be made by text at 50101

Pieta House

Pieta House is an organisation which provides free therapy for those experiencing suicidal thoughts, engaging in self harm or bereaved by suicide.

Contact can be made by calling 1800 247 247, text Help to 51444 or by visiting www.pieta.ie

Aware

Aware provides support and information for people who experience depression or bipolar disorder and their concerned loved ones.

They provide emotional and practical support through their helpline which is open Monday to Sunday from 10am to 10pm.

Freephone 1800 804848 or visit www.aware.ie

Spunout.ie

Spunout.ie is an Irish youth information website which provides advice and information on a range of topics. Articles on the website include aspects of mental health and wellbeing. For more information visit www.spunout.ie

24 hour text support line available at 086 1800 280 (standard SMS rates may apply)

Jigsaw

Jigsaw is a National Service for Youth Mental Health. They provide mental health support for young people between 12 and 25 years of age and also provide this support and/or advice to parents/guardians.

For information, exercises and tools that may be useful visit www.JigsawOnline.ie

To access contact details of your nearest Jigsaw support centre visit www.jigsaw.ie

Teenline

The ISPCC operates Teenline, a national active listening service for young people up to the age of 18. Teenline can be contacted 24 hours a day, 365 days a year by calling 1800 833 634. The service is free to contact and is confidential.

Barnardos

Barnardos is a children's charity that works with vulnerable children and their families. They can be contacted on their helpline at 01 4732110 from Monday to Thursday 10am to 12 noon. You can also visit their website at www.barnardos.ie Barnardos have also launched a dedicated telephone and email support service to provide advice to parents on a range of issues. The telephone number is 1800 910 123 and contact can be made between 10am and 12pm Monday to Friday or alternatively by email at parentsupport@barnardos.ie

Parentline

Parentline is a free, national, confidential helpline that offers support, guidance and information to parents. Their helpline is open from 10am to 9pm Monday to Thursday and 10am to 4pm on Friday. They can be contacted on either 01 8733500 or 1890 927 2777

The above agencies are early intervention support services.

Please contact your local Doctor, Hospital (Accident and Emergency Department) or ring Gardai/Ambulance on 999 or 112 if you, or someone you are concerned about are in urgent need of support.