



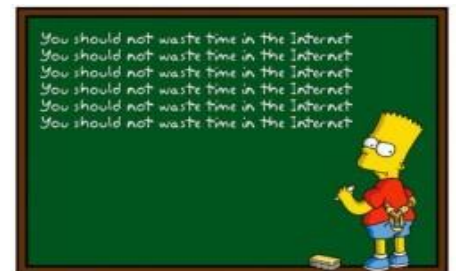
Looking after your Mental Health during the Coronavirus School Closure

This can be a worrying time for students, their parents/guardians, other family members, teachers and all members of our school community. It is important to take care of your mental, physical and emotional wellbeing.

Tips to Practice Self-Care during the Coronavirus School Closure – For Students

Tip 1: Reduce your Social Media Time

Social media platforms are filled with news, facts and even rumours related to the Coronavirus. Spending too much time scrolling through this information can make you feel scared and anxious. Take a break from social media.



Tip 2: Switch up your Newsfeed

Some of us may find it very difficult to disconnect from social media. If that is you, why not change up your newsfeed to receive more positive news? Accounts like @the_happy_broadcast on Instagram only posts positive news concerning the coronavirus and inspiring messages that can give you lots of good vibes and enlightenment.





Tip 3: Start a new TV show, a new Book or a new Podcast

There are plenty of ways to lift your spirits during this time. Why not start reading a book that you had your eye on for ages or start watching a new Netflix series? Chloe Boland from Spunout.ie shares the following recommendations for teens on Netflix: *One Day at a Time*, *The Good Place*, *The Bold Type*, *The Fosters* and *RuPaul's Drag Race*. She also highlights the following as among some of her favourite podcasts: *I'm Grand Mam* and *Bite back with Roz Purcell*.



Tip 4: Get Creative

Being creative is a great way of releasing stress. It can help you to switch off from the constant news updates in relation to the Coronavirus. Doing some colouring can help you to relax and put your mind at rest. You do not have to have amazing artistic ability to colour. You could also try out some creative writing, drawing, painting or even cooking, whatever works for you.





Tip 5: Get Some Exercise

Yes, training is cancelled, and gyms are closed. However, that does not mean that you cannot get in some exercise. You could go for a jog in your local park or even walk your dog. These are great ways to clear your head. YouTube has lots of videos on easy to follow yoga, pilates and aerobic exercises that you could do at home.



Tip 6: Stay Connected

Keep in touch with your friends and family. Our school may be closed but this does not mean that you cannot contact your school mates through social media and have a good chat with them.

(Source: Chloe Boland Article – Spunout.ie)



Important Support Services for Young People

Rosmini Chaplaincy Service

Even though our school is physically shut, please remember that the Chaplaincy service is open during school hours of 08.50am to 3.40pm Monday to Friday. You can contact Mr Gueret on the following:

Email: chris.gueret@rosmini.ie





Details of Other Services for Young People

The services listed below provide mental health information and support for young people up to the age of 18. A number of these services have important information and advice on their websites for young people who are struggling with their mental health. The contact details for each service are included.



Childline provides free listening services to children and young people up to the age of 18.

The Childline helpline is open 24 hours every day.

You can contact Childline by:

- Online chat from 10am to 4am
- Freephone [1800 666 666](tel:1800666666)
- Texting the word "Talk" to 50101

Online chat at childline.ie



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.

Jigsaw operates 13 services in communities across Ireland. They offer a place you can visit for free with confidential support from trained mental health professionals.



During Covid-19 closures, the Jigsaw Dublin City Centre service can be contacted at:

Telephone: [01 658 3070](tel:016583070)

Email: dublincity@jigsaw.ie

jigsaw.ie

Supporting Lesbian, Gay, Bisexual &
Trans Young People in Ireland



BeLong To youth services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people between 14 and 23 years in Ireland.

Services include:

- support groups for young people and parents
- informal one-on-one chat service
- professional counselling
- drugs and alcohol support service

The services are confidential, free-of-charge and welcoming to all young people.

belongto.org



Turn2me.org helps young people get through tough times. They provide mental health information for young people and parents.

Turn2me.org



SpunOut provides information for young people on mental health and many other topics. SpunOut also has an online directory of services.

spunout.ie