



Looking after your Family's Mental Health during the Coronavirus School Closure

This can be a worrying time for students, parents & guardians, extended family members, teachers and all members of our school community. It is important to take care of both you and your child's mental, physical and emotional wellbeing.

Tips for Managing Corona Virus (COVID-19) Anxiety – For Parents/Guardians

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

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For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



Important Support Services for our Students

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. If parents/guardians wish to speak with the Chaplain, Chris Gueret, about their son/daughter, please contact him on the following:

Phone: 0858034334

Email: chris.gueret@rosmini.ie



Contact Details of Other Services

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
Call . Chat . Text

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](https://www.childline.ie)

JIGSAW

Young people's
health in mind

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](https://www.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 **YOUTH** + **REACH OUT.COM**

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

Turn2me.org

SPUNOUT.ie

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

spunout.ie