

## Supports 4 Students

This information sheet identifies the key people and supports available to me in school, at home or in the community who I know I can turn to for support.

### My supports in school

### My supports at home

|                                     |  |
|-------------------------------------|--|
| <b>Principal:</b>                   | <b>Parent(s) /Guardian(s):</b>   |
| <b>Deputy Principal:</b>            | <b>Relative (e.g., grandparent):</b>   |
| <b>Guidance Counsellor(s):</b>      | <b>Neighbour /Friend:</b>  |
| <b>SEN Coordinator:</b>             | <b>Support worker:</b>   |
| <b>Chaplain:</b>                    | <p><b>GP and health centres</b><br/>A GP can offer support for anyone in crisis. If possible, ask someone to come along with you. Find a service:</p> <ul style="list-style-type: none"> <li>• <a href="#">GP or health centre</a></li> <li>• <a href="#">Out of hours GP service</a></li> </ul> <p><b>Hospital emergency services</b><br/>Go to or call the emergency department of <a href="#">your local general hospital</a></p> <p><b>Telephone emergency services</b><br/>You can contact emergency services on <b>999</b> or <b>112</b>.</p> <p><b>Samaritans</b><br/>The Samaritans telephone service is available 24 hours a day or confidential, non-judgmental support:</p> <ul style="list-style-type: none"> <li>• Freephone <b>116 123</b></li> <li>• Email <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a></li> <li>• Visit <a href="http://www.samaritans.ie">www.samaritans.ie</a> for nearest branch</li> </ul> <p><b>Messaging support service</b><br/>A new mental health messaging support service is available 24 hours a day, 7 days a week. It provides in-the-moment anonymous support when you need it most. This service aims to connect you with a trained volunteer in less than 5 minutes. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better. Text <b>YMH</b> to <b>086 1800 280</b> (Standard SMS rates may apply)</p> |
| <b>Year head /form tutor:</b>       |  |
| <b>Home School Liaison Officer:</b> |  |
| <b>School Completion Officer:</b>   |  |
| <b>Teacher(s):</b>                  |  |
| <b>Other staff member(s):</b>       |  |

## My other supports

### Childline (ISPCC)

- Ireland's 24-hour national listening service for young people up to the age of 18
- freephone **1800 666 666** (any time, day or night)
- text **50101** (from 10am to 4pm every day)
- chat online at [www.childline.ie](http://www.childline.ie) (from 10am to 4pm every day)

### BeLonG To Youth Services

BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland.

- text LGBTI+ to **086 1800 280** to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- visit [www.belongto.org](http://www.belongto.org) for more information

### Jigsaw

The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults in Ireland.

- freephone **1800 544729** (from 1pm to 5pm Monday to Friday)
- text CALL ME to **086 180 3880**, giving your preferred day and time for a call (from 9am to 5pm Monday - Friday)
- email [help@jigsaw.ie](mailto:help@jigsaw.ie) (for responses from 9am to 5pm Monday to Friday)
- visit [www.jigsaw.ie](http://www.jigsaw.ie) or [www.jigsawonline.ie](http://www.jigsawonline.ie) for more information.

### Barnardos

Barnardos provide a national [telephone support service for parents](#), in response to the challenges they are facing during the COVID-19 pandemic. Freephone **1800 910 123** from 10am to 2pm, Monday to Friday. Barnardos also provide a [children's bereavement helpline service](#), for members of the public seeking information and support in relation to bereavement. Telephone **01 473 2110** from 10am to 12pm, Monday to Thursday.

### SpunOut.ie

SpunOut.ie provides a wide range of articles and information for young people, on many different topics, including mental health.

- text SPUNOUT to **086 1800 280** to chat to a trained volunteer (standard message rates may apply)
- visit [www.spunout.ie](http://www.spunout.ie) for more information

### More online supports

The [YourMentalHealth](#) website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services any time, day or night: **1800 111 888**.

### Turn2Me & MyMind

Turn2Me provides a 3-tiered approach to supporting mental well-being; self-help, support groups and professional support. Online services include counselling and support groups.

[www.turn2me.ie](http://www.turn2me.ie)     [www.mymind.org](http://www.mymind.org)

The support offered by various agencies listed above are for individuals who are feeling worried or anxious about various issues. **Source:** [Supporting the Wellbeing of Students: Guidance for Post-Primary Schools and Student Support Teams during School Closures and Public Health Restrictions arising from COVID-19](#)