

The following is a list of supports on one document which may be of help to you during the current situation we are in globally. If you are struggling of having difficulty in your life, you should talk to a parent/guardian or a trusted adult whom you know. If this is not possible, please reach out to your teachers, tutor, SNA, Year Head or Guidance Counsellor. If you are feeling down during the summer months, this list of supports might be of help or assistance to you.

Support For Students

Jigsaw are hosting group support twice daily. You need to register at least three hours before at <https://jigsawonline.ie/young-people/live-group-chats/>.

Day	Time	Topic
Monday	12pm	Managing stress
Monday	4pm	Coping with feeling low
Tuesday	2pm	Dealing with family conflict
Tuesday	7pm	Managing feelings of isolation
Wednesday	12pm	Staying positive
Wednesday	4pm	Managing stress
Thursday	2pm	Dealing with family conflict
Thursday	7pm	Staying positive
Friday	12pm	Coping with feeling low
Friday	4pm	Managing feelings of isolation

Organisations which may be of assistance

Jigsaw

Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Jigsaw also offer an online group chat service.

Visit www.jigsawonline.ie

Childline (ISPCC)

Ireland's 24-hour national listening service for young people up to the age of 18

Free phone **1800 666 666** (day or night) Text **50101** (from 10am to 4pm every day)

Chat online at www.childline.ie (from 10am to 4pm every day)

BeLonG To Text Support

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

Text **LGBTI+** to **086 1800 280** to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)

While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference

Visit www.belongto.org

Bodywhys

Helpline **1890 200 444** (Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm)

Visit www.bodywhys.ie for email alex@bodywhys.ie for more information

Middletown Centre for Autism

Middletown Centre was established to support the promotion of excellence throughout in the education of children and young people with Autistic Spectrum Disorders. The Centre is offering a series of twice weekly live webinars. These sessions will feature members of our own multi-disciplinary team and international speakers on a series of themes.

Visit <https://www.middletownautism.com/news/mca-webinars-3-2020>

Mobile apps to support your mental health

These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

Clear Fear

Clear Fear is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

Headspace

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even ‘buddy up’ with friends and motivate each other along the way.

All these apps can be downloaded through [App Store](#) or on [Google Play](#)