

Covid-19 Wellbeing Resources

December 2020

Staying healthy and well is important, particularly now when we all need to mind ourselves and each other a little more. We have included a list of resources for children, young people and families while we work together to stay safe.

For a directory of services please visit [Cork CYPSC](https://www.cypsc.ie) or go to the websites below for updates, information and advice:

Health Service Executive

- www.hse.ie
- Find health services in your area.
- [@HSElive](https://twitter.com/HSElive) or **1850 24 1850** for information

Department of Health

- www.gov.ie/health-covid-19
- [@roinnsainte](https://twitter.com/roinnsainte)

Department of Education & Skills

- www.education.ie
- [@Education_Ire](https://twitter.com/Education_Ire)



Safe.

Quick Reference for Supports for Children, Families, & Vulnerable People

In an emergency, or for immediate assistance, dial 999

Tusla The Child & Family Agency

- www.tusla.ie
or @tusla
- [Cork Duty Social Work Contacts](#)
- [Report a Concern for a Child](#)
- [Family Support](#)

Local Authority Covid-19 Community Response Forums

[Cork City Council](#)

Tel: (021) 4924000

[Cork County Council](#)

Tel: (021) 4276891

Domestic Abuse Protecting Women & Children

- [Safe Ireland](#)

Tel: (090) 6479078

- [Womens Aid](#)

1800 341 900











www.cypsc.ie

Mental Health Supports for Children and Young People

Contact Points for Children, Young People and Parents. See more at [gov.ie/together](https://www.gov.ie/together) for advice, ideas


[HSE website](https://www.hse.ie) and www.yourmentalhealth.ie. If you, or someone else needs immediate assistance, dial 999 or 112.

Childline	1800 666 666 Message on childline.ie Text TALK to 50101 (01) 6767960 Mon-Fri 9am-1pm	Support children and young people up to 18 years of age. Support Line available to parents who need support. Check www.ispcc.ie as the number changes daily.
TeenLine	1800 833 634   www.ISPCC.ie	National active listening service for children and young people up to the age of 18 in Ireland.
Spunout	Text SPUNOUT to 0861800280 www.spunout.ie	Website and text support for young people aged between 16 and 25 years.
Jigsaw Online	1800 JIGSAW (544 729)   SMS: 086 180 3880 www.jigsaw.ie Email: help@jigsaw.ie	JIGSAW provides free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old. Talk to Someone
BeLonG To	Text LGBTI+ to 086 1800 280 www.belongto.org	Support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland.
Turn 2 me	turn2me.org  	One to One online counselling for people 18+
Samaritans	Freephone 116 123 Email: jo@samaritans.ie	Providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Click here for more information.
Pieta House	1800 247 247   Text HELP to 51444 www.pieta.ie/	Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide.

Learning and Education

Schools have moved to an online learning focus and it is important that children and young people have opportunities to continue learning. All students are advised to check out their individual school or college websites. Below are some additional online resources that may be useful for parents or caregivers during this time. Ideas for planning and scheduling at home during school closures can be found here. The Department of Education and Skills can be referred to for further information. For online safety tips and resources go to www.besafeonline.ie. Parents or adults can contact the **National Adult Literacy Agency on 1800 20 20 65** for support with learning ideas for kids, or help with reading, writing and understanding health information.

Pre-School	Early Childhood Ireland ECI	Early Childhood Ireland	ECI is providing information and support in relation to Covid-19 to its members.
	National Council for Curriculum and Assessment	NCAA   Aistear – Early Childhood Framework	Support materials for parents of babies (birth-18 months) and preschool children (2½-6). Some of these tip sheets are available in different languages.
Primary School	County Childcare Committee	Cork County Childcare	CCCs are committed and available to provide support and advice to early years providers, parents and child-minders.
	HSE 'Happy Talk'	Happy Talk  	Resources to encourage language development – click here to view Happy Talk Resources.
	Help My Kid Learn	helpmykidlearn	To support 0-12 year olds to learn by age.

Post-Primary / Secondary School	RTE	rte.ie/learn	Virtual classroom for primary school children.
	National Parent's Council – Primary Links	National Parents Council -Primary Tel: (01) 887 4034 Email: info@npc.ie	A confidential service available to all parents of children in pre-school and Primary school. Including e.g. Learning at Home, Internet Safety and Friendships and Relationships
	National Parent's Council – Post-Primary Links	National Parents Council – Post Primary Tel: (01) 862 3346 Email: manager@npcpp.ie 	The NPC Post Primary is the voice of, and advocate for, all parents and guardians of young people in Post-Primary education.
	Studyclix	Studyclix.ie	A U.S. based website to help children continue to practice literacy and numeracy. No account is needed to practice the exercises.
	Scoilnet	Scoilnet	DES official portal for Irish education. Useful resources for primary and secondary school students to access curriculum support
	National Council for Special Education	NCSE	Online resources for home learning during the Covid-19 restrictions.
Third Level	The Union of Students in Ireland	USI	Covid 19 response information. Includes tips for learning on line, advice for overseas students, information on income and accommodation

Keeping Children Safe and Protected

This is a stressful time and you may have concerns about your safety, or the safety of someone else. The following is a list of resources to help you keep yourself and others safe. Advice and supports are available from [Womens Aid](#) on 1800 341 900 or [Rape Crisis Help](#) on 1800 778 888.

Child Protection & Welfare

Tusla, the Child and Family Agency

[Tusla](#)

Dedicated State agency responsible for improving well-being and outcomes for children.

[Report a Concern for a Child](#)

Family Supports

Family Resource Centres

[Family Resource Centres](#)

Information, advice and support to target groups and families, counselling, personal development & education supports.

Crime & Crime Prevention

An Garda Síochána

[An Garda Síochána](#)

Ireland's National police and security Force.

[Contact your local Garda Station](#)

In an emergency always call 999/112

Domestic, Sexual and Gender Based Violence Supports

Tusla, Domestic, Sexual and Gender Based Violence Services

[DSGBV Services and Supports](#)

List of services and supports in Dublin, Wicklow and Kildare for children and women experiencing domestic abuse.

Advocacy & Information Supports


Citizen Information Board

[Citizen Information Board](#)

Responsible for supporting the provision of information, advice and advocacy on social services



Connected and Respected



While we have all had to adjust to restrictions on our freedom of movement during this crisis, it's important that children's fundamental rights, social participation, connectedness and diversity is still respected and supported. The organisations below can support children, young people and their caregivers in a range of ways.



Children's Rights	Children's Rights Alliance	Tel: (01) 9020494 Email: help@childrensrights.ie Children's Rights	Free legal information helpline and advice clinics for children, young people, their families and those who work with them.
	Ombudsman for Children's Office	Tel: 1800 202040 Ombudsman for Children	The OCO investigates complaints about services provided to children and young people by public organisations. Hosting a social media competition in April 2020 for children to tell the OCO how the lockdown is affecting rights every day, see #whatimiss
	Empowering Young People in Care	01-8727661 (general) 01-9631272 (advocacy) E: info@epiconline.ie EPIC	National service advocating for the rights of children and young adults in the state care and aftercare system, enabling their voice to influence positive change.
	Migrant Rights Centre Ireland	Tel: (01) 8897570 Email: info@mrci.ie Migrants Rights  	Offers a virtual drop in center to protect the rights of and to empower people including parents & young people who are migrants to Ireland. Deals with employment, immigration & social welfare related queries and more. Open Mon to Fri from 10am to 1pm and from 2pm to 4pm.

Parenting Support

The Parent-Child relationship is one of the key ways in which children and young people feel connected to their family and respected in their home. However parenting through this pandemic is a stressful time for many parents who are adjusting to significant changes in work, income and childcare and perhaps financial and relationship difficulties, illness and family bereavement. The services below offer an excellent range of supports to parents to keep their parent-child relationship supportive, positive and connected.

Parentline	LoCall 1890 927 277 or (01) 8733500 Parentline	Confidential, free helpline for parents which offers support, guidance and information on all aspects of parenting. Open Mon-Thurs 10am to 9pm and Fridays 10am to 4pm.
Barnardos	1800 910 123 E: parentsupport@barnardos.ie www.barnardos.ie Bereavement: (01) 4732110 Post Adoption Support: (01) 454 6388	Support and advice to parents on a range of parenting related issues. Childhood bereavement helpline open Tues & Thurs 10am – 12pm. Post- adoption and fostering helpline open Monday to Thurs 10am to 12pm
Tusla Family Support	Tusla Family Support Tusla Parenting 24 Seven	Contact numbers per region on website under ‘family support’ and a range of support services for families experiencing difficulties. Parenting 24 Seven, key message on what works best for children & families at different ages & stages
One Family	1890 662 212 or (01) 662 9212 Email: Support@onefamily.ie One Family	Supports for parents who are parenting alone, separated or in blended families. Website includes ‘how to manage Access/Contact visits in your family during the Corona Virus’ & more.
Treoir	Tel: (01) 6700 120 Treoir  	Website addresses challenges for separated parents & shared parenting during the Corona virus
Law Society of Ireland	Family Law Committee Guidelines	Guidelines provided for separated parents during the Corona Virus Restrictions.

<p>Diversity Diversity</p>	<p>Life during the Coronavirus can be even more challenging for children and young people who belong to a minority population, such as people with physical and intellectual disabilities, Traveller and Roma, refugees and asylum seekers or the LGBTI community. Here are some great support services that can provide tailored advice during this time.</p>	
<p>LGBT</p>	<p>LGBT Ireland</p>	<p>1890 929 539 Email: info@lgbt.ie LGBT Ireland  </p> <p>National confidential listening and helpline support for Lesbian, Gay, Bisexual and Transgender people and their families and friends.</p>
<p>Travellers</p>	<p>BelonG To</p>	<p>(01) 670 6223 Email: info@belongto.org BelonG To</p> <p>Open Mon-Fri from 9am to 5pm to support and provide information for LGBTI+ young people</p>
<p>Roma</p>	<p>Exchange House Ireland</p>	<p>01-8721094 E: info@exchangehouse.ie Exchange House</p> <p>National Travellers service organisation offering counseling support to Travellers about the Corona Virus, housing, mental health, social welfare and other issues. Line open 7 days a week, 9am to 5pm</p>
<p>Disability</p>	<p>Pavee Point Travellers Centre</p>	<p>086-4169042 (if urgent) Email: info@pavee.ie Pavee Point</p> <p>National voluntary organisation for Travellers and Roma. Providing COVID-19 information and resources for the Traveller community, including social media videos.</p>
<p>Disability</p>	<p>Information line for Roma Families</p>	<p>087 1264606 Mon–Fri 9am-5pm</p> <p>Information for Roma Families re Covid19 available in English, Romanian and Romanes also.</p>
<p>Disability</p>	<p>Disability Federation Ireland</p>	<p>(01) 454 7978 Email: info@disability-federation.ie Disability Federation of Ireland</p> <p>National voluntary services advocating the rights of people with disabilities. Useful Frequently Asked Questions for disability services on home page re: service provision in time of COVID-19. Recommend all people with disabilities prepare a health passport in case of medical care need.</p>

Participation	Inclusion Ireland	Tel: (01) 855 9891 Email: info@inclusionireland.ie Inclusion Ireland	National voluntary association for people with an intellectual disability. Provision of an 'easy to read' document on the Corona Virus, guide to creating a health passport and video preparation for a test.
	Crosscare Youth Services	Crosscare   (see website for details of local youth services)	Local youth clubs are currently offering digital youth work to young people, as well as remote information and advocacy services.
	Foroige Youth Services	E: info@foroige.ie Foroige	Local clubs offers young people a range of youth activities, volunteering, participation forums, projects and programmes. Recent online focus group with young people regarding life during the Covid-19 pandemic, infographic & report on website home page.
	National Youth Council of Ireland	National Youth Council	Offers guide to 'Digital Youth Work Guidelines' to using social and digital media effectively and safely with young people.

Thank you to our CYPSC Colleagues in Dublin for sharing this document.

For information on Children and Young People's Services Committees (CYPSC), visit our national website www.cypsc.ie. You can also visit the [Cork CYPSC](#) webpages for contact information.

The resources and links included here are not exhaustive, and are intended only to signpost to ideas for supporting children and young people and their families in the Covid-19 public health emergency. Information is updated daily on the main governmental, World Health Organisation, and HSE websites. National health or safety advice takes precedence over this listing.