

# Wellbeing resources for young people



Contact Tusla for child protection information - report concern for a child here

## Wicklow County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of vulnerable members of our community



FREE Phone **1800 868 399**



Email **CovidSupport@wicklowcoco.ie**



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

For reliable and up-to-date information on COVID-19, visit the dedicated HSE webpage.

## Stay Active and Well

Child and Adolescent Mental Health Services (CAMHS) can be accessed through a GP referral. Freephone 1800 111 888 anytime.



Jigsaw Online and Spunout.ie - mental health information for young people & their guardians.



Pieta House - support for people who are suicidal or self-harming. Freephone 1800 247 247 or Text HELP to 51444.



HSE Your Mental Health - resources and information on looking after your mental health.



Turn2me - free online counselling and support groups.



SafeFood - resources on nutrition and healthy eating recipes.



Wicklow Sports and Recreation Partnership - Tips to stay active & healthy.

## Stay Safe

Call **999/112** or your local Garda Station if an immediate response is required.



Child-friendly Tusla website - created by young people with experience of Tusla services.



Visit Safeireland for support for domestic abuse and safety information.



TeenLine - ISPPC listening service for young people up to age 18. Call 1800 833 634.



Childline - 24-hour listening service for children. Freephone 1800 666 666; text 50101 or chat online.



Barnardos - support for parents during the pandemic. Freephone 1800910123.



HSE Alcohol & Drugs Helpline - freephone 1800 459 459 or email [helpline@hse.ie](mailto:helpline@hse.ie)

## Stay Learning



Kildare & Wicklow Education & Training Board for education updates.



Studyclix - Junior and Leaving Cert past exam questions, marking schemes, sample answers, notes and videos.



Scoilnet - Free access to resources, books and learning activities for primary and secondary level.



Union of Students in Ireland - updates and support for third level students.



National Council for Special Needs - online resources for children with Special Educational Needs.

## Stay Connected



Disability Federation of Ireland - ensuring disability is included in the response to COVID-19.



West Wicklow Youth Project - Youth Work Support and Teen counselling. Contact 083 4445074 or 083 4467007



Crosscare Youth Services & Foróige - providing support and coping resources for young people during the crisis.



As I Am - online resources for people with autism & their families.



Inclusion Ireland - Intellectual Disability supports.



Pavee Point - supporting the travelling community



Migrant Rights Centre Ireland



BeLONg To - support for LGBTI+ young people.



ADHD Ireland - support for people with ADHD