

Wellbeing resources during COVID-19



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.

Children & Young People

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



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.



BeLONg To - for LGBTI+ young people. Text LGBTI+ to 086 1800 280 to chat with a trained volunteer.



Let's Play Ireland is a Government-led initiative providing play and learning ideas for children.



Help My Kid Learn - providing parents of children age 0-12 with fun learning tips and resources.



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

Supporting Parents



Parents Centre - resources for parents during COVID-19



Middletown Centre for Autism - training opportunities for parents



Parentline - free helpline for parents. Call 1890 927 277



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



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HSE Alcohol & Drugs Helpline - freephone 1800 459 459 or email helpline@hse.ie



Safelreland - support for domestic abuse or contact Women's Aid on 1800 341 900



OneFamily - Support and educational material for parents. Call 1890 066 2212



Ombudsman for Children - protecting the rights of children & young people



Money Advice and Budgeting Service (MABS) advice on money worries



Inclusion Ireland - Intellectual Disability supports.

Supporting Information, Education, Employment and Enterprise

Visit Bray Area Partnership and County Wicklow Partnership for information on partnership company initiatives



Citizen's Information - information on health services, social welfare & rights



Pavee Point - providing employment, social & health support for the travelling community



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



Kildare & Wicklow Education & Training Board for education updates.



The Department for Employment Affairs and Social Protection - information on employment rights and social welfare.



Migrant Rights Centre Ireland

Supporting Mental Health



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



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



ADHD Ireland - support for people with ADHD & their families.



BodywhysConnect - online support groups for people struggling with eating disorders. Call 01 2107906.



Contact Samaritans on 116 123 for a confidential listening service



Mental Health Ireland - resources for wellbeing



Exchange House - providing support for members of the travelling community.



Turn2me - free online counselling and support