

# LIST OF RESOURCES

## KEEP COMMUNICATING

Weaving Well-Being: Fiona Forman - [Webpage](#)

3 Important Lessons on Mindful Communication - [Article](#)

Talking to Children and Young People about Covid-19 - [Article](#)

Walk away from the Relationship Monster - [Article](#)

Mental Health Ireland Connect, Communicate & Reassure - [Resource Pack](#) Fun Ideas to Keep you Entertained during Lockdown - [Article/List](#)

## WORK TOGETHER

TUSLA Parenting Information & Resources - [Webpage](#)

12 Websites Every Irish Parent Should Know About - [Article](#)

One Family Parenting Resources - [Website](#)

Mental Health Ireland Covid-19 Resources - [Webpage](#)

Classroom & Home-school Resources - [Website](#)

National Council for Special Education Resources for Parents - [Webpage](#) Shane Hastings

List of Free Products & Resources during Covid-19 - [Website](#) What If Schools Taught Kindness? - [Article](#)

Coping With Changes in the Home Amid Covid-19 - [Article](#)

## STRENGTHEN RESILIENCE

Mental Health Ireland Five Ways for Tough Times - [Webpage](#)

The Space Inbetween - [Blog](#)

HSE Covid-19 Information - [Website](#)

Gov.ie Covid-19 Updates - [Website](#)

Gov.ie Mental Health Supports during Covid-19 - [Website](#)

A Simple Mindful Gratitude Exercise - [Article](#)

Weaving Well-Being: Fiona Forman - [Webpage](#)

Mental Health Ireland Routine Template - [Downloadable PDF](#)

List of Family & Emergency Supports - [Downloadable Word Document](#)

