

### General Mental Health Supports

Organisation	Description	Link
HSE Mental Health Information Line	Information on support & services for mental health	<a href="https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html">https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html</a>
HSE Covid-19 Supports	Mental health supports & services during Covid-19	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-&amp;-services-during-covid-19.html">https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-&amp;-services-during-covid-19.html</a>
HSE Stress Control Course	Online stress control programme provided by the HSE	<a href="http://stresscontrol.ie">http://stresscontrol.ie</a>
GP	Find a GP in your locality	<a href="https://www.hse.ie/eng/services/maps/">https://www.hse.ie/eng/services/maps/</a>
Mental Health Ireland	Minding our mental health during Covid 19 resources	<a href="https://www.mentalhealthireland.ie/get-support/covid19/">https://www.mentalhealthireland.ie/get-support/covid19/</a>
Pieta House	Support for people in crisis & at risk of suicide.	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>
St. Patricks Information & Support Line	Mental health information & support	<a href="https://www.stpatricks.ie/mental-health">https://www.stpatricks.ie/mental-health</a>

### Support Organisations for the Young People in Your Lives

Organisation	Description	Link
BelongTo	Information and supports for Lesbian, Gay, Bisexual & Trans people in Ireland	<a href="https://www.belongto.org/">https://www.belongto.org/</a>
Bodywhys	Support for young people with Eating Disorders	<a href="https://www.bodywhys.ie/">https://www.bodywhys.ie/</a>

## Mental Health Supports & Resources for Young People

Child Adolescent Mental Health Services HSE	HSE Mental Health Service for young people up to the age of 18	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/">https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/</a>
Childline	Call, SMS or chat service for children & young people up to the age of 18	<a href="https://www.childline.ie/">https://www.childline.ie/</a>
Exchange House	Youth services for the travelling community	<a href="https://www.exchangehouse.ie/services_youth.php">https://www.exchangehouse.ie/services_youth.php</a>
Family Carers Ireland	Support for young family carers under the age of 18	<a href="https://familycarers.ie/carer-supports/young-carers">https://familycarers.ie/carer-supports/young-carers</a>
Jigsaw	Free mental Health support to young people aged 12-25	<a href="https://jigsaw.ie/">https://jigsaw.ie/</a>
Helplink	Nationwide online counselling for young people	<a href="https://helplink.ie/counselling/online-counselling-nationwide/">https://helplink.ie/counselling/online-counselling-nationwide/</a>
My Mind	Child & Adolescent counselling & psychotherapy	<a href="https://mymind.org/register?servicetype=24">https://mymind.org/register?servicetype=24</a>
Spunout	Ireland's youth information website for young people	<a href="https://spunout.ie/">https://spunout.ie/</a>
Turn 2 Me	Online counselling for young people aged 12-17	<a href="https://turn2me.ie/">https://turn2me.ie/</a>

## Supports & Resources for Teachers/Youth Workers

Organisation	Description	Link
Bodywhys	Information & talks on Eating Disorders for youth workers & teachers	<a href="https://www.bodywhys.ie/for-professionals/school-talks/">https://www.bodywhys.ie/for-professionals/school-talks/</a>

HSE Health & Wellbeing	Emotional wellbeing resources for primary school teachers	<a href="https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-&amp;-resources-for-primary-school-teachers/mental-health-training-&amp;-resources-for-primary-school-teachers.html">https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-&amp;-resources-for-primary-school-teachers/mental-health-training-&amp;-resources-for-primary-school-teachers.html</a>
HSE Health & Wellbeing	Emotional wellbeing resources for post primary school teachers	<a href="https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-&amp;-resources-for-post-primary-school-teachers/mental-health-training-&amp;-resources-for-post-primary-school-teachers.html">https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-&amp;-resources-for-post-primary-school-teachers/mental-health-training-&amp;-resources-for-post-primary-school-teachers.html</a>
HSE Health & Wellbeing	Resources for promoting wellbeing in post primary school settings	<a href="https://t.co/LiL3xYG1c1?amp=1">https://t.co/LiL3xYG1c1?amp=1</a>
Jigsaw	eLearning to introduce teachers to youth mental health & how to promote this within the school environment	<a href="https://jigsaw.ie/mental-health-elearning-programm/">https://jigsaw.ie/mental-health-elearning-programm/</a>
Jigsaw	Self-care for teachers	<a href="https://jigsaw.ie/self-care-course-for-teachers/">https://jigsaw.ie/self-care-course-for-teachers/</a>
MindOut	Promoting Social & Emotional Wellbeing: A Programme for Young People in Youth Work/School Settings (students aged 15-18)	<a href="https://www.hse.ie/eng/services/news/media/pre/ssrel/launch-of-newly-revised-mindout-programmes-for-schools.html">https://www.hse.ie/eng/services/news/media/pre/ssrel/launch-of-newly-revised-mindout-programmes-for-schools.html</a>
National Youth Council of Ireland	Youth resources	<a href="https://www.youth.ie/resources/">https://www.youth.ie/resources/</a>

## Supports & Resources for Parents

Organisation	Description	Link
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Barnardos	Family support to enhance family wellbeing & strengthen parenting capacity	<a href="https://www.barnardos.ie/our-services/work-with-families/family-support">https://www.barnardos.ie/our-services/work-with-families/family-support</a>
CYPSC	Children & young people services in Ireland	<a href="https://www.cypsc.ie/about-us.8.html">https://www.cypsc.ie/about-us.8.html</a>
HSE	Information on supports for young people with disabilities	<a href="https://www.hse.ie/eng/services/list/4/disability/progressing-disability/about/">https://www.hse.ie/eng/services/list/4/disability/progressing-disability/about/</a>
Mental Health Ireland	Family Wellbeing Toolkit	<a href="https://www.mentalhealthireland.ie/wp-content/uploads/2020/05/Family-Wellbeing-Toolkit-Reduced-Size.pdf">https://www.mentalhealthireland.ie/wp-content/uploads/2020/05/Family-Wellbeing-Toolkit-Reduced-Size.pdf</a>
Family Resource Centres Ireland	Community based support programme for families funded by TUSLA	<a href="https://www.familyresource.ie/">https://www.familyresource.ie/</a>
Family Carers Ireland	Support for family carers	<a href="https://familycarers.ie/">https://familycarers.ie/</a>
One Family	Parenting supports	<a href="https://onefamily.ie/parenting-supports/">https://onefamily.ie/parenting-supports/</a>
National Parents Council	Guidance for supporting children's learning	<a href="http://www.npc.ie/contact">http://www.npc.ie/contact</a>
Parentline	Parent support, information, & guidance helpline	<a href="https://www.parentline.ie/">https://www.parentline.ie/</a>
Shine	Family support & recovery in mental health	<a href="https://www.shine.ie/about-us/">https://www.shine.ie/about-us/</a>
Step Up	Supporting students & parents with the move from primary to secondary school	<a href="http://www.stepup.ie/">http://www.stepup.ie/</a>