

Online Supports and Resources

Free videos, podcasts and resources collated by Dr Karen Treisman to support relaxation and emotional regulation/ supporting children and adults around anxiety, worry, stress, and fears; including specific Covid issues (updated on a very regular basis).

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Stress Control

This programme includes six modules which will be broadcast at scheduled times for 3 weeks ([2pm](#) and [8.30pm](#) Mondays and Thursday).

The programme covers topics including:

- how stress affects our bodies and our thoughts,
- skills to overcome panicky feelings,
- and tips to getting a good night's sleep.

<https://stresscontrol.org/>

Centre for Mindfulness Research

Practice Audio downloads

<https://www.bangor.ac.uk/mindfulness/audio/index.php.en>

Parentline

Parentline is a free, national, helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Parentline volunteers are extensively trained in listening and counselling skills.

(non violent resistance which may be useful for parents currently is also part of ParentLine's trained support)

Help lines are open [from Monday to Thursday 10am](#) to 9pm and Fridays [10am to 4pm](#).

www.parentline.ie / [1890 927277](tel:1890927277))

Barnardos Telephone and Email Support

Barnardos [telephone and email](#) support service to provide **advice to parents** on a wide range of issues that may have come up during this time.

This service is staffed by Barnardos project workers who are trained professionals. Some issues that parents may need support on include:

- **How to talk** to your children about the corona virus
- Setting a good **routine**
- Managing **children's behaviours** and sibling dynamics
- Managing **aggression** and family discord
- **Home schooling**/managing school expectations.
- Fostering natural learning opportunities in the home
- Healthy eating
- Accessing **fun and educational** activities for families and individual children
- Managing your child's worries
- **Self-care** for parents
- Helping parents manage their own worries and anxieties
- Managing children's **online activity**

Parents make contact with this service by phoning [1800 910 123](tel:1800910123) between 10.00am and 2.00pm Monday to Friday or by emailing parentsupport@barnardos.ie.

AWARE

Aware are running Phone-In Support & Self Care groups (over 18)

The offering this week is for 4 meetings over 4 days at 4 different times. The details are on the website

<https://www.aware.ie/support/support-groups/>

People register online through the website and will be an email reminder.

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Jigsaw mental health webinars

Jigsaw are running webinars for young people and parents.

[8 pm Monday, 27 April](#): '[Supporting young people to stay positive and motivated.](#)' with Laura and Orlaith is for parents.

[3 pm Tuesday, 28 April](#): '[Minding your mental health during Covid-19](#)' with Jen and Linda is for young people.

Jigsaw support line: freefone 1800 JIGSAW (544 729).

It will provide free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults who live in the Republic of Ireland.

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EPIC

[Advocacy Phone Support Service](#) for children in care and care leavers

Open Tuesdays & Thursdays, 2-4 pm on [01-9631272](tel:01-9631272) or request a callback from an Advocacy Officer by texting [087-9036598](tel:087-9036598)

Income Support

Update on payments awarded for COVID-19 Pandemic Unemployment Payment And Jobseeker Payments <https://www.gov.ie/en/news/728c73-update-on-payments-awarded-for-covid-19-pandemic-unemployment-paymen/>

Supports for Older People

ALONE <https://alone.ie/>

Age Action <https://www.ageaction.ie/>

Friendly Call Cork

Friendly Call Cork is a free service providing a daily phone call to older people or individuals who may feel lonely, isolated and vulnerable in Cork City; the service specifically targets people with chronic illness or who cannot engage in an active way in the community.

To set up the service, Contact Brenda Barry on [021 430 1700](tel:0214301700) or [087 636 6407](tel:0876366407), email Brenda.Barry@partnershipcork.ie

Advice and Information

Ombudsman for Children's Office: Advice and information for children and young people struggling to understand what is happening and how to cope is available from the Ombudsman for Children's Office at www.oco.ie.

The parenting unit of the Department of Children and Youth Affairs has compiled a comprehensive directory of online resources, which can be found [here](#).

The Dublin Children and Young People Services Committee have great tips and links for children's wellbeing while we work together to stay safe and well. Some examples of how they are communicating Covid19 information in their communities can be found [here](#).

The [Children's Rights Alliance](#) This website will be updated with links and information with regard to the resources that our members have created and are available to all

Tusla's Parenting24seven – key messages on what works best for children and families at different ages and stages: <https://www.tusla.ie/parenting-24-seven/>

Family Law HUB

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UCC Family Law Hub, is a comprehensive public resource of up-to-date information and guidance for people seeking advice and support on family law issues, including access to justice, custody arrangements, income and maintenance, children in care, disability and carers support, and broader supports for those experiencing domestic violence. The *Family Law hub*: <https://www.ucc.ie/en/covid19familylaw/> -