



An Roinn Oideachais
Department of Education

Directory of Wellbeing Supports and Resources for Post Primary School Parents

January to June 2021

The following is a list of supports and resources available for parents. Click on underlined sections for further information on resources and services.

National Educational Psychological Service (NEPS)

On-line Wellbeing Guidance and Advice

Wellbeing guidance and advice for parents, including the following:

- understanding the response to stress in children and young people
- managing stress and anxiety
- reluctant attenders/school refusal behaviour
- self-regulation for students
- panic attacks
- managing thoughts feelings, behaviours

Support for Students

NEPS psychologists will work with teachers and parents regarding their concerns about specific children and offer advice and support to address these needs. While public health measures are in place NEPS will endeavour to minimise in person contact without compromising the quality of the service. This means some elements of work will take place face to face and other elements remotely. When schools are closed all work will take place remotely. Contact your school principal for appointments.

Supporting Children to Cope with Loss and Grief

Booklet on supporting bereaved students and staff returning to school during COVID-19 public health restrictions and includes signposting to services and supports.

TESS

Primary to Post Primary Transition **My Child, My Vision**

HSE Health Promotion for Schools

Parent Wellbeing

Stress Control Online: Online programme helps participants deal with their stress and learn skills to support their mental wellbeing, It is made up of six online sessions of an hour and half each. To join go to <https://stresscontrol.ie/> to register.

Minding Your Wellbeing: Online Programme, made up of five online sessions of 20 minutes each, focusing on self-care practices for promoting wellbeing. Available on HSE Health and Wellbeing Youtube <https://www.youtube.com/channel/UCGWXSPzwl8-lqDbHMMg42hw>

Resources for parents on a range of health topics available to order or download on www.healthpromotion.ie

- Healthy Eating
- Physical Activity
- Mental Health
- Sexual Health
- Drugs and Alcohol

HSE Understanding Self - Harm

This booklet provides useful advice to parents, carers and teachers who may be concerned about a young person self-harming. These booklets can be ordered from www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/selfharmparents.pdf

PDST - Post Primary Distance Learning Resources

The Post Primary SPHE Resource portal contains links to 100's of resources that schools can draw on to support student wellbeing including:

- SPHE Resources including some new to PDST
 - Resources for students with SEN
 - Downloadable Post Primary SPHE Resources
 - Mental Health Resources; Internet Safety
 - Podcasts to support wellbeing
 - Signposts to resources, supports and agencies that support wellbeing
- Links to access support around LGBTI+ Youth Service

Junior Cycle for Teachers

There is a selection of Junior Cycle parents information leaflets on the JCT Website here agus ás Gaeilge anseo. They are also available in Polish and Romanian

The same links will also bring parents to subject information leaflets.

- Supporting Post-primary Parents is found [here](#) under the tab *Communicating with Parents*.
- **Junior Cycle Subject** and **Parents Information Leaflets** both found [here](#) under the Publications tab.

The National Council for Special Education (NCSE)

Behaviour Support Pack for Children and Young People with Additional Needs

Downloadable resource to support parents to:

- understand behaviours of concern
- support parents to implement strategies to promote positive behaviour and learning at home.

Getting Back To What We Know

Suite of resources and supports for young people with complex needs to help them with the following:

- understand and learn new routines and transitions e.g. handwashing, school transport etc
- support the development of functional life skills
- support the development of occupational wellbeing
- support the development of language and communication skills

Visiting Teacher specialist support for pupils - blind/vision impaired or deaf/hard of hearing

Visits by the Visiting Teachers to support students, parents, and staff to meet the needs of pupils who are blind/vision impaired or deaf/hard of hearing.