



**An Roinn Oideachais
agus Scileanna**
Department of
Education and Skills

Directory of Wellbeing Supports and Online Resources for Post Primary School Parents on the Return and Settling into School

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The following is a list of supports and resources available for parents as schools reopen and students settle in. Click on underlined sections for further information on resources and services.

TESS - Primary to Post Primary Transition

Useful suggestions and leaflets for First Year students.

HSE Wellbeing - Stress Control Training

6 x 1.5 hour online sessions in an evidence based programme teaching practical skills to deal with stress.

National Educational Psychological Service (NEPS) –

On-line Wellbeing Guidance and Advice

Wellbeing guidance and advice for teachers as schools reopen, including the following:

- wellbeing guidance on return to post primary school
- 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. Where COVID-19 restrictions apply this may be done by phone, email or video link rather than face-to-face. Contact your school principal for appointments.

Supporting Children to Cope with Loss and Grief

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

PDST - Post Primary Distance Learning Resources

The Post Primary Wellbeing Resource Portal has a number of resources for parents. The portal features 100's of resources to support distance learning during school closures and includes health and wellness related Podcasts. E.g.

Parental worry; "Am I doing enough?"

Advice from a clinical psychologist.

Parents' guide to a better Internet.

A Web Wise resource

Talking to Teenagers about Relationships and Sex

Advice for Mams and Dads

Don't Lose the Head.

Dealing with alcohol and drugs in the family.

Ask about Alcohol.

A parents' guide.

Straight Talk.

A guide for parents on teenage drinking

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 well-being
- 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.

Trusted information on health topics from HSE websites.

- [Ask about alcohol](#) How alcohol affects your health and wellbeing
- [Explore Sexual Health & Wellbeing](#) Includes Tips for Parents, Sample Questions and Answers, etc.
- [Get Up, Get Out and Get Active](#) Information for Family Members of all ages and relevant professions
- [Healthy Ireland](#) Government-led Initiative aimed at improving the Health and Well-Being of everyone living in Ireland
- [Quit smoking](#) 8,330 People have quit smoking this year with the Quit Plan
- [yourmentalhealth.ie/](#) Mind your mental health during the coronavirus outbreak
- [Drugs.ie](#) COVID-19 impact on people who use drugs.

See the [Gov.ie In this together](#) site for more information