

COVID-19 GENERAL RESOURCES AVAILABLE ONLINE

Prepared by Clondalkin Family Support Network & Clondalkin Young Minds

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Third Edition

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1 How to use this resource

- This is designed for use on a computer, laptop, tablet or smart phone
- In Word – click View in the top banner and then Navigation Pane – scroll through the headings and subheadings that appear on the left to select the information of interest
- Press the control button and left click at the same time to access an online link – in blue
- Double click to open a PDF
- It will be updated regularly throughout the COVID 19 emergency period

2 General

2.1 South Dublin County Council

- **Community call – COVID-19 Support: 1800 240519 covidsupport@sdublincoc.ie**
If your neighbours or relatives are required to stay at home – check with them to see if they need supports. And if you are in that category yourself, don't hesitate to ask for help - whether it's with shopping, fuel delivery, collecting medicines or any other necessities of daily life. The Local Authority helpline is there as a safety net, to ensure that everyone is looked after
- It is for everyone.....people cocooning, self-isolating, parenting alone...
- General information, constantly updated for duration of COVID on this web page
<https://www.sdcc.ie/en/news/coronavirus-covid-19-information.html>

2.2 South Dublin County Partnership

Community Check-in: 01 414 9043 or 01 464 9300 Monday to Friday 9-5pm

South Dublin County Partnership with South Dublin County Council have set up this helpline. You can call them for accurate up to date information about services in your area, help with deliveries and shopping, for a chat, and for any other assistance you might be looking for.

2.3 Community call

National helpline: 0818 222 024

COVID-19 Community Call contact details for every local authority in the country are listed this webpage (scroll down to find the list)

<https://www.gov.ie/en/news/ba4e3d-covid-19-ireland-launches-the-community-call-in-major-nationwide-vol/>

2.4 HSE

HSE webpage with all you need to know about COVID -19

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

2.5 Social Welfare & Personal Finances

2.5.1 Citizens information

Links to all COVID-19 entitlements and workers' rights etc during the crisis on the Citizens Information Website

https://www.citizensinformation.ie/en/social_welfare/covid19_and_social_welfare.html

2.5.2 MABS

Helpline: **0761072000** Mon-Fri 9am-8am

COVID-19 specific blog: https://www.mabs.ie/en/how_we_help/mabs_blog/

2.6 Dedicated shopping hours for elderly and vulnerable customers in Ireland

This website will be updated as necessary – provides opening hours, special shopping hours and links for all of Ireland's main supermarkets

www.elderlyhours.ie

3 Helplines: arrangements in place during crisis

3.1 NALA- National Adult Literacy

- Dedicated Coronavirus Helpline: 1800 20 20 65
- Help re reading, writing, spelling; understanding health information; keeping children occupied

3.2 Pieta House

- Helpline: 1800 247 247 Text Help 51444
- Helpline and text service operate 24 hours a day 7 days a week. Our email response operates Monday-Friday from 8am to 8pm.
- Existing clients: phone-based support for all clients throughout crisis; confirm appointment time with your therapist who will work with you over the phone.
- If lines busy, txt HELP to 51444 (std msg rates apply) if you have trouble getting through. Alternatively you email Mary@pieta.ie leaving your name and contact details and they will get back to you.
- Suicide Bereavement Liaison Service: <https://www.pieta.ie/how-we-can-help/bereavement-support-counselling/suicide-bereavement-liaison-service/>

3.3 Dublin Rape Crisis Centre

- The National 24-Hour Freephone Rape Crisis Helpline 1800 77 88 88 is open for those who need to access crisis counselling and support.
- **New resource:** For those who are feeling overwhelmed or triggered, especially in this crisis, please have a look at our **[collection of grounding techniques to help you find calm.](https://www.drcc.ie/2020/03/grounding-exercises/)** Particularly with regular practice, these can be extremely effective.
- Therapists of existing clients have already or will shortly be in touch with to discuss arrangements. If you have not had a call from your therapist and you are due to call in soon, please contact counselling@rcc.ie.
- If you are hoping to arrange an appointment as a new client: Please e-mail at counselling@rcc.ie and we will get back to you as soon as possible..

3.4 Safe Ireland/ Women's Aid

- National Helpline/ multilingual still operating 24/7: **1800 341 900**
- This website provides constantly updated list of contacts throughout the crisis- which lines/ centres are open/ closed at any point in time
<https://www.safeireland.ie/get-help/where-to-find-help/>

3.5 ALONE

- National support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus).
- Professional staff are available to answer queries and give advice and reassurance where necessary.

- The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.
- Hours may be extended to meet the demand.

3.6 Seniorline

- SeniorLine is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year on 1800804591
- Website: www.thirdageireland.ie
- Facebook: @thirdageireland
- Twitter: @thirdageireland
- Instagram: @thirdageireland

3.7 Aware

- Support line for people diagnosed with depression or bipolar- 7 days 10am to 10pm 1800 80 48 48 or email support@aware.ie
- General guidelines re maintaining positive mental health during the crisis, especially anxiety and depression
- <https://www.aware.ie/information/mental-well-being-during-covid-19-outbreak/>

3.8 MABS

- Helpline: 0761072000
- MABS has a special blog which they are constantly updating in response to financial issues arising during the COVID-19 crisis - [https://www.mabs.ie/en/how we help/mabs blog/](https://www.mabs.ie/en/how_we_help/mabs_blog/)

4 Parents and Guardians

4.1 Barnardos National Parent Support Service: Response to Covid-19 Pandemic

A dedicated telephone and email support service throughout the crisis period:

- 1800 910 123 10.00am to 2.00pm Monday to Friday
- email: parentsupport@barnardos.ie.

Barnardos staff provide support and advice to parents on the following issues:

- 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

Link:

- <https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/support-for-parents-during-covid-19-crisis/barnardos-national-parent-support-service>

Barnardos continues to provide:

- Post Adoption Support helpline for adoptive parents on (01) 454 6388, open 10am - 1pm, every Tuesday & Thursday
- Childhood Bereavement Service helpline for bereaved families on (01) 473 2110 open Monday to Thursday, 10am-12pm

4.2 Preparing a child for visiting a COVID19 testing centre

Comic strip for preparing young children for strange environment of a testing centre.



Getting-ready-to-go-to-the-test-centre

4.3 COVID related online material for using with children

4.3.1 Sesame Street in Communities

Sesame Street in Communities has special clips to help educate and support small children during the pandemic eg handwashing, coping with emotions, being at home with family nonstop etc

<https://sesamestreetincommunities.org/topics/health-emergencies/>

4.3.2 Brainpop.com

Brainpop.com is an American interactive website which covers adult material such as mental health issues and world news in a child-friendly manner. Suited to age 10+. It currently has an activity page dedicated to Covid-19 with a short cartoon film explaining the virus and lots of interactive activities to help children get used to thinking and talking about the virus in a non-threatening manner.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

4.4 A Guide for Parents on supporting children and young people with daily routines while schools are closed (NEPS)

National Educational Psychological Service Guide for Parents during COVID 19 crisis



NEPS
guide-for-parents-si

4.5 CYPSC Wellbeing Guidelines



Covid-19 Wellbeing
for Children and You

4.6 Guidelines for single and separated parents during the Corona Virus Restrictions:

4.6.1 Law Society of Ireland

<https://www.orpenfranks.ie/family-child-law-committee-guidelines-on-access-during-covid-19/>

4.6.2 One Family:

- **Helpline: Lo-call 1890662212** or [01 662 9212](tel:016629212) e: info@onefamily.ie or Direct Mail (DM) on [Facebook](#).
- Monday to Friday from **10am to 1pm** and **2pm- 3.30pm**.
- Provides information on: social welfare, finances, family law, housing, education, childcare, parenting, and mediation. It also offers a listening service for people who need support parenting alone, co-parenting or separating.

- **Parenting Team** is providing parenting support and mediation support on-line and over the phone.
- They have developed a number of specialised parenting courses that are now available on-line click [here](#) for more details.
- The team is offering parenting advice, tips and support in the [One Family Parenting Group on Facebook](#).

- **The Counselling Team** is providing the full range of counselling services to clients through scheduled phone support. To arrange an appointment call [01 662 9212](tel:016629212) or e-mail: info@onefamily.ie

- **Useful links** re COVID-19 related issues for parents from OneFamily website:
 - Shared Parenting:
<https://onefamily.ie/how-you-can-support-social-distancing-continue-to-successfully-share-parenting>
 - Access arrangements
 - <https://onefamily.ie/how-to-manage-access-contact-visits-in-your-family/>

4.6.3 Treoir

- <https://www.treoir.ie> Facebook: @treoir **Phone: 01 6700 120 for further information**
- Challenges for parenting alone during the Coronavirus crisis:
<https://www.treoir.ie/2020/03/24/challenges-for-shared-parenting-during-covid-19/>
- Lone Parents who were working and also in receipt of any social welfare payment such as a Carer's Payment, Working Family Payment (WFP) or One-Parent Family, can also claim the COVID-19 emergency payment, while retaining existing welfare payment, provided their job has been lost due to COVID-19.

5 Keeping children learning

5.1 School on RTE

RTE 2's Home School Hub is set in a primary school classroom with qualified primary school teachers who facilitate curriculum-based lessons with the nation's children to help them learn at home. It is aimed at children from 1st-6th class and can be accessed the following day on the RTE player. There are three parts:

1. **Morning Class:** each morning on RTE 2 from 11am to 12pm, so plenty of time to get a solid breakfast in and maybe a quick walk beforehand.
 2. **Homebased activities:** fun content and projects on [rte.ie/learn](https://www.rte.ie/learn/) and the RTE Player.
 3. **Home School Extra:** each afternoon on RTE 2 from 4.15-6pm: children from all over the country reconnect by uploading and posting video messages and content.
- **Television:** RTE 2 11am-12pm and 4.15 -6pm, Monday-Friday
 - **Online:** <https://www.rte.ie/learn/> - watch live, download activity sheets, upload children's work; each programme is available to review until the following day
 - **Rte player:** each programme is available until the following day plus learning activities

5.2 Recommended free online educational resources

- **[Go Noodle](#)** - a selection of free videos including dancing, exercise, meditation and reflection activities.
- **[PBS Kids](#)** - this site has hundreds of fun spelling games for children.
- **[Google Earth](#)** - The world's most detailed globe. Check out the entire planet.
- **[Starfall](#)** - a free website that helps children learn how to read, and have fun while they learn.
- **[National Geographic Kids](#)** - games, science, animals, quizzes, and more...all designed for kids.
- **[Youtube Kids](#)** - a safer online environment for kids, with millions of fun videos and stories.
- **[Exploratorium](#)** - explore, play, discover: websites, activities, and more.
- **[Turtle Diary](#)** - fun educational and online games for kids.
- **[Seussville](#)** - the online home of Dr. Seuss with stories, rhymes, games, activities, printables and even recipes.
- **[NASA Kids Club](#)** - for the budding astronaut or scientist, or just kids interested in space and missions to Mars
- **[Khan Academy](#)** - a free website with a mission to provide top quality education to anyone who simply wants to learn
- **[Magic Tree House](#)** - join Jack and Annie on incredible missions traveling around the World and through time!

- **Science Bob** - scientific experiments, blogs, videos, project ideas and a lot more for kids interested in the world of science.

5.3 Special Education Resources

Resources to support parents of children who are in special education during the COVID 19 disruptions on the National Council for Special Education website:

<https://ncse.ie/online-resources>

5.4 Free online training in basic coding

<https://www.codecademy.com/>

5.5 Celebrity classes for kids

5.5.1 P.E WITH JOE WICKS

30 minutes | 9am daily Free workout aimed at kids LIVE on YouTube

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

5.5.2 COOK WITH JAMIE

Easy recipes to try in your own time

<https://www.jamieoliver.com/features/6-brilliant-recipes-to-get-kids-cooking/>

STORY TIME WITH DAVID WALLIAMS

David Walliams will release a new audio story every day for the next 30 days for free.

<https://www.worldofdavidwalliams.com/>

5.5.3 MATHS WITH CAROL VORDERMAN

Free maths classes for 4-12 year olds, matched to the (British) national curriculum.

<https://www.themathsfactor.com/>

5.5.4 MUSIC WITH MYLEENE KLASS

YouTube Classes. There's no need for instruments or to feel intimidated. Any age, any ability welcome. Music helps to look after our children's minds and souls, especially at a time when they need it most plus, we may even find the next Elton or mini Mozart!

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

5.5.5 Dance Fit class with Sharon Dev on Youtube

https://www.youtube.com/watch?v=yXOpkTsbjlo&t=&fbclid=IwAR0qxIW2F138zLqCY130UJf-C1Rq1_wJQKzX2kpFT00jvxgeTP0j79cFPHI

6 Keeping children occupied

6.1 COVID19 Time Capsule Workbook

A fun workbook for children:



Covid-19 time
capsule Booklet.pdf

6.2 Webcams

6.2.1 Dublin Zoo

Dublin Zoo has a live webcam which allows animal lovers to watch their favourite animals living their daily lives.

<https://www.dublinozoo.ie/animals/>

6.3 Reading

6.3.1 Join your library online and access online materials

<https://www.librariesireland.ie/join-your-library>

6.3.2 Amazon's audio book collection free during the crisis

Audio books for all ages

<https://stories.audible.com/>

6.4 Creative activities

6.4.1 Writing

- Creative writing- <https://www.fightingwords.ie/news/we-want-your-stories-send-your-creative-writing-fighting-words>
- [The Museum of Childhood Ireland](#) are running a worldwide monthly writing project for children. The idea is to mount exhibitions of the children's work when it's safe to do so again. This month's title: **'Family'**. To enter, e-mail: info@museumofchildhood.ie

6.4.2 Animation/ film making

- [The Animation Challenge](#) for Kids from Jane Lee of Fighting Words Cork - a daily challenge using free animation software:
-<https://www.facebook.com/groups/2622866517949804/members/>
-<https://www.youtube.com/playlist...>

6.4.3 Cooking and craftwork

- [Kaleidoscope Family Festival](#) have launched HomeClub - fun videos and activities such as baking and making fun jewellery

6.5 Meditation and relaxation

- Meditation podcast for children from Ballymun Family Resource Centre

<https://www.facebook.com/1485748958365568/videos/518508692143159/>

- Meditate with Bressie
Monday 5pm : breathing mindfulness class
Wednesday: 5pm : body scan practise
Friday 5pm : visualisation meditation

For live streams follow

<https://www.instagram.com/bressie>

<https://www.facebook.com/whereismymindpodcast/videos/>

7 Keeping teens/ adults/ older adults occupied

7.1 Join your library online and access online materials

<https://www.librariesireland.ie/join-your-library>

7.2 Complete an online training course

<http://www.ecollege.ie/#learn>

eCollege courses are temporarily being made available free of charge as an additional support to those impacted by Covid-19 containment measures. They may benefit those

- already doing a FET course who would like to augment their learning,
- who have recently become unemployed or had their hours reduced,
- wishing to upskill and reskill.
- designed to give a flexible response to the specific skills needs of individuals who require training
- certification to assist re-entry or upskill in the labour market.

7.3 Free online services and activities

This Irish website will be constantly updated for duration of Covid crisis. Headings include: Education, Business Resources, Health & Wellbeing, Sports, Entertainment, Music

In the education section: links to publishers of school and college text books all providing free access to text books during the crisis

<https://covid19.shanehastings.eu/giveback/>

7.4 General information/ advice/ inspirational for adults/ teens

7.4.1 Adult mental health & wellbeing during Pandemic: Six Free Worksheets over six weeks

In the Blog section of commercial website Wrkit.com- a weekly series of tips for maintaining mental health and wellbeing during the crisis- one a week over six weeks- prepared by Jason Brennan, Psychotherapist. First two links below

- <https://wrkit.com/blog/2020/03/19/coping-with-big-changes/>
- <https://wrkit.com/blog/2020/03/26/mental-skills-for-mental-health-goal-setting/>

7.4.2 TED Talks for 'Community & Hope' during Pandemic Crisis

https://www.ted.com/about/programs-initiatives/ted-connects-community-hope?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=ted-connects

7.5 Men's sheds, men's health

7.5.1 Men's sheds

https://menssheds.ie/?gclid=EAlaIqobChMIOPjSr8nJ6AIVhbHtCh2vzQJBEAAYASAAEgLjYPD_BwE

7.5.2 Men's health

<https://malehealth.ie/resources/>

7.5.3 Men experiencing domestic violence

www.mensaid.ie Helpline: 01-554 3811

Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

7.6 Meditation, Yoga, Mindfulness

7.6.1 One Moment meditation

<https://www.youtube.com/watch?v=F6eFFCi12v8>

7.7 The Sanctuary

- As a response to the isolation and disruption caused by the virus, the Sanctuary is hosting free online meditation sessions via Zoom three times per week.
- Zoom links below also available on www.sanctuary.ie
- **Monday Morning**
[from 10:00am-10.30am](#)
- **Wednesday Evening**
[from 7:30pm-8:00pm](#)
- **Thursday afternoon**
[from 1.15pm-1.45pm](#)

8 Carers

8.1 Care Alliance Ireland

- Sharing updated information on Twitter [@CareAllianceIrl](#)
- A new online social group to support family carers at this time has been set up at:

<https://www.facebook.com/groups/FamilyCarerOnlineSupportGroupIreland/>

- A video explaining how to join facebook and sign up to the group is on YouTube- link below:
 - <https://youtu.be/teNo7TwDbJ0>

8.2 Carefolk Family app

Designed by an Irish developer and former carer, this app enables easier communication and coordination of care among friends and family: <https://carefolk.com/family> .

8.3 Guidelines for supporting others during the crisis and/ or being supported



Government advice
for giving and receiving

Pdf of Government advice sheet

9 Older people

9.1 Dedicated shopping hours for older and vulnerable customers in Ireland

This website will be updated as necessary – provides opening hours, special shopping hours and links for all of Ireland's main supermarkets

www.elderlyhours.ie

9.2 Helplines

- **Alone:** Mon-Fri, 8am-8pm: 0818 222 024
- **SeniorLine** FREEPHONE between 10am and 10pm every day 1800804591
- **Crosscare Care Call service** 01 8913000

9.3 Age Action & Red Cross Ireland Hardship fund for older people

Emergency fund to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis.

- Once-off grants, up to a maximum of €500, per person/household affected.
- Can include costs of the following examples and other needs as they arise:
 - Small household maintenance, repairs and safety improvements
 - Food and basic provisions and associated delivery costs
 - Upgraded or New Small Appliances (fridge, freezer, washing machine, TV, cooker, etc.)
 - Providing Digital Technology Equipment, for example smart phones or tablets
 - Contribution towards increased energy costs or telephone bills
 - Contribution towards additional home or personal security costs
 - Contribution towards additional travel costs for essential reasons (medical appointments, etc.)
- **Who Can Apply:** Older people in need of assistance, family members supporting an older person, carers of older people, social workers and local voluntary organisations or community groups providing direct assistance to individuals within this target group.
- **How to Apply:**
 - Clearly outline the need, how the grant will alleviate hardship, what it will be used for and details of the costs (up to a maximum of €500).
 - The COVID-19 Hardship Fund Application Form is available at this link:
 - <https://www.ageaction.ie/file/2020-covid-19-hardship-fund-form-finaldocx>
 - Or request a form at
 - hardship2020@redcross.ie
 - **Irish Red Cross at 01 6424600**
 - **Age Action at 01 475 6989**
- Full info through below link:
 - <https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund>

9.4 Dementia

9.4.1 The Alzheimer Society of Ireland

- The following services are still running:
 - [National Helpline](https://www.alzheimersociety.ie) **1800-341-341**

- For practical information and emotional support or information the National Helpline & Chatline are open Monday to Friday 10am–5pm and Saturday 10am–4pm
- or email helpline@alzheimer.ie or Website/Live Chat: [here](#)
 - Live Chat's opening hours are Monday to Friday 10-11am & 3-5pm Saturday 10am -1pm
- [Home Care](#) ;
- [Dementia Advisers](#) ;
 - **Aine Bennett, Adviser for South Dublin and North Wicklow**
Phone: 085 801 9186
E-mail: aine.bennett@alzheimer.ie
- [Online Family Carer Training](#)
 - All online courses are continuing and will continue as normal. To apply to attend an online programme in the future, please click [here](#) for more information.

9.4.2 Dementia.ie

A series of tip sheets about ways to cope with isolation during COVID19 is on this webpage, most suitable for all ages, but with an emphasis on needs of people with dementia and their carers:

<http://dementia.ie/news-events/news/helpful-resources-that-may-help-with-social-isolation-during-covid-19>

10 People with Special needs

10.1 Special Education Resources for Parents

Resources to support parents of children who are in special education during the COVID 19 disruptions on the National Council for Special Education website

<https://ncse.ie/online-resources>

10.2 ADHD

- Guidance for parents of children with ADHD

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

- Guidance for adults with ADHD

<https://adhdireland.ie/covid-19-adhd-adult-survival-guide-self-isolating-and-adhd/>

10.3 Adults/ teens with intellectual disability

Inclusion Ireland has collated accessible information videos and has produced an easy read guide

<http://www.inclusionireland.ie/content/page/corona-virus>

10.4 Downe's Syndrome

General (UK) medical advice.....similar to general public

<https://www.dsmig.org.uk/covid-19-and-down-syndrome/>

10.5 Hearing impaired

Irish Sign Language versions of HSE guidelines re Cocooning

<https://www.irishdeafsociety.ie/coronavirus-isl-support/>

10.6 Autism

10.6.1 Irish resources

<https://www.Asiam.ie>

Many online resources that the autism community regularly access are UK and USA based – two countries whose experience and practice re the Virus are vastly different to our own, so far. The person with autism tends to interpret literally and can be prone to anxiety. They may need support in relation to non-Irish sources of information at this time.

10.6.2 Information with updates for individuals with autism and their families

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

10.6.3 How NHS guideline on critical care applies to autistic people (25 March 2020)

<https://www.autism.org.uk/get-involved/media-centre/news/2020-03-25-nice-guidelines.aspx>

10.6.4 Coronavirus, and helping children with autism – a podcast interview







- Association for Child and Adolescent Mental Health (ACAMH) Special Podcast
- <https://soundcloud.com/user-664361280/coronavirus-helping-children-with-autism>

10.6.5 Tips for parents of children with autism during COVID 19

From www.childmind.org

- <https://childmind.org/article/tips-for-talking-with-your-child-with-autism-about-the-coronavirus/>
- <https://childmind.org/article/supporting-children-with-autism-during-the-coronavirus-outbreak/>
- <https://childmind.org/article/teaching-handwashing-to-children-with-a-developmental-disability/>

10.6.6 Social stories

			
	Supporting-childre n-and-young-peopl	School is closed	Freddy-school-and- the-corona-virus.pd
About social stories			
			
	Lockdown_-Social-S tory-1.pdf	Pandemics-and-the -Coronavirus.pdf	wash-your-hands-s teps-8x11.pdf
3 about COVID 19			
			
Preparing to get tested(Irish resource)		DNC-SLT-Social-Sto ry-Getting-ready-to-	

11 Mental health specific advice

11.1 Grounding exercises on Dublin Rape Crisis website

<https://www.drcc.ie/2020/03/grounding-exercises/>

11.2 Resources from Samaritans

- Phone: 116 123 (available 24 hours a day and free to call from Ireland)
- Samaritans Ireland also offer an email service: jo@samaritans.org.
- Good collection of resources targeted at individuals who might be struggling with their own mental health during the COVID 19 crisis, including video/ cartoon links <https://www.samaritans.org/ireland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>
- Similar collection for people worried about someone else <https://www.samaritans.org/ireland/how-we-can-help/support-and-information/worried-about-someone-else/if-youre-worried-about-someone-else-during-coronavirus-outbreak/>

11.3 Jigsaw

- Currently no face to face work
- Jigsaw has introduced two new ways to talk to a Jigsaw Clinician online, both accessed on the national Jigsaw Online webpage through
- the Ask Jigsaw portal where questions can be put anonymously and are then published on-line with a response
- daily Live Group Chats, about different themes – 10 places for each chat. Book a place up to three hours before chat begins.

The webpage also has

- articles, videos, animations and audio
- and covers coronavirus specific mental health issues

Jigsaw Online Webpage: <https://jigsawonline.ie/coronavirus-and-youth-mental-health/>

11.4 GROW

GROW is a national community based organisation providing support and education around emotional and mental wellbeing **1890 474 474** or info@grow.ie

11.4.1 Regular participants

- An on-line Group is available, provided by GROW in Australia- eGROW. The meeting will happen as a normal group would happen here. The times of the Australian meetings are not always convenient for Ireland, but the time in Ireland is included in the booking section.
- PLEASE Note: If you do decide to take part in an eGROW meeting – your name as assigned to your email address will appear. If you do not want your name to appear, there is an option to create a new (non identifying) email address just for this use when logging onto eGROW. You will need access to this email address to get notification to join the meeting.
- To access these meetings, click this link or copy to your browser:
 - <https://www.grow.org.au/egrow/>
- Choose a day and time. All the information you need to take part will be emailed directly with detailed instructions on what to do.

11.4.2 Community education 6 week programme: ‘Creating Hope and Staying Positive during Covid-19’

- This new initiative aims to help people cope with the restrictions surrounding the Coronavirus. It will provide information, advice, podcasts, coping techniques and fun tasks, centred around looking after our mental health during times of social isolation over the course of the next six weeks.
- Each week has a new topic: ‘Accepting What Is’; ‘Connecting in Isolation’; ‘Adopting a Positive Mindset’; ‘Create Balance and Routine’; ‘Challenge and Self-Care’ and ‘Deal With Anxiety’.
- The programme can be accessed on www.grow.ie

11.5 Anxiety

Simple set of tips with visuals re managing anxiety – suits all ages



When-anxiety-feels
-overwhelming-2.pdf

11.6 Obsessive compulsive disorder (OCD)

Very accessible BBC clip about the particular risks for people with OCD during this crisis – fear of contamination, compulsive handwashing

<https://www.bbc.com/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>

11.7 Eating Disorders

Advice sheet from Beat and HSE



Your health during
Coronavirus - Eating

12 Addiction supports

12.1 Alcoholics Anonymous

It has been decided to introduce AA Meetings online. There are strict guidelines in place for groups wishing to avail of this service and these will be fully enforced at all times. These steps are necessary to protect the anonymity and confidentiality of members wishing to attend. Please go to the Updates Section of the website for further information.

<https://www.alcoholicsanonymous.ie/>

12.2 Narcotics Anonymous

Some existing groups holding online meetings, details and updates at this link

<https://www.na-ireland.org/covid-19/>

12.3 Merchants Quay

- Daily updates at <https://mqi.ie/covid-19-update-to-services/>
- Providing take-out food service between 8.00am and 2.00pm and 3.00pm and 9.00pm from the Friary on Cook Street, behind Riverbank.
- Providing take-out harm reduction services between 8.00am and 2.00pm and 3.00pm and 9.00pm from our Riverbank building.
- Doctor and nursing services remain operational -following HSE guidance in regards to medical service provision.
- Community engagement patrols are continuing on a reduced basis.
- The Family Support service remains operational by phone and online.
- Detox & Rehabilitation Services in St. Francis Farm, Tullow and High Park, Drumcondra are currently operating as normal, taking precautions to restrict visits to the sites and are not currently conducting assessments or new admissions.

12.4 HSE Drugs and Alcohol Helpline

- Confidential freephone helpline on **1800 459 459**, Monday to Friday, 9:30 am to 5:30 pm.
- Email any time on helpline@hse.ie
- A free confidential space, providing support, information, guidance and referral on anything to do with substance use and alcohol, with a particular focus on your needs in the situation and helping you to name what outcome you want for the future.

13 Faith related links

13.1 Catholic Church

- Where to find Mass online
 - <https://www.dublindiocese.ie/list-of-churches-with-webcams-to-watch-listen-to-daily-mass/>
- Prayers and Resources for use during COVID 19
 - <https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/>
 - <https://www.evangelisation.ie/2020/03/25/for-hospital-chaplains-priests-healthcare-workers-families-prayers-resources-and-resources/>
- Holy week: RTE Schedule:
 - <https://www.dublindiocese.ie/rte-schedule-of-liturgies-during-holy-week/>

13.2 Church of Ireland

- The Church of Ireland as a whole, provides a weekly listing of Online Worship
 - <https://www.ireland.anglican.org/news/9557/broadcast-online-worship-opportunities>
- Some individual parishes are delivering daily services: Morning and Evening Prayer and Compline online, by Facebook Livestream and YouTube. Some are holding services by Zoom conferencing. Check with local parish
- Prayer and Service resources are prepared weekly on the United Dioceses website, this will include resources for each day in Holy Week:
 - www.dublin.anglican.org
- Latest on what is happening in local parishes throughout the crisis:
 - <https://dublin.anglican.org/news/2020/03/27/sunday-march-29-broadcast-and>

13.3 Christian Resources for Children

- BBC video and audio content with Holy Week Bible stories for children
 - <https://www.bbc.co.uk/teach/school-radio/easter-resources-ks1-ks2/zjy22sg>

14 Bereavement and Grief during the Pandemic

All agencies below have begun to place information relating to COVID19 circumstances on their websites and all will continue to develop this as the crisis continues

14.1 Hospice Ireland

Hospice Ireland has some material on this website and will develop this further throughout the crisis- it is a good first 'go to' webpage:

<https://hospicefoundation.ie/bereavement-2-2/>

At the moment, they have-

- A short film/ presentation and 4 page advice sheet about planning a funeral in these exceptional times
 - <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/planning-a-funeral-in-exceptional-times/>



Planning a funeral is exceptional times.

- a short film/ presentation targeted at sympathisers
 - <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>
- a 4 page advice sheet– 'Grieving in Exceptional Times'



IHF
Grieving-in-exceptional

- a 4 page advice sheet – 'Helping Children Grieve during COVID19 Restrictions'



Helping-Children-Grieve-COVID19-WEB.

- a 4 page advice sheet – 'Helping Children Grieve during COVID19 Restrictions'



Supporting-Teenagers-to-grieve-during

14.2 Rainbows Ireland

Support for bereaved children and separated parents- normal services closed but responding to calls for urgent advice and support at 087 3510898 – if the phone is busy, speak slowly and clearly, leave contact number; or email: ask@rainbowsireland.ie or support@rainbowsireland.ie

14.3 Barnardos

Barnardo's Childhood Bereavement Service helpline for bereaved families on (01) 473 2110 open Monday to Thursday, 10am-12pm

14.4 The Dougy Center

The USA National Centre for Grieving Children and Families. General website:

www.dougy.org

So far they have the following COVID19 specific material:

- A 4 page leaflet re supporting children and teens when someone is dying, amended for COVID 19 circumstances when child may not be able to visit the dying relative or attend funeral
 - https://www.dougy.org/docs/Supporting_Children_and_Teens_When_Some_one_is_Dying.pdf
- A 4 page leaflet – supporting grieving children and teens during COVID 19
 - https://www.dougy.org/docs/Grief_during_COVID-19.pdf

They also have general worksheets and activities for grieving children which can be downloaded for use at home;

- <https://www.dougy.org/grief-resources/help-for-kids/>
- <https://www.dougy.org/grief-resources/help-for-teens/>
- <https://www.dougy.org/grief-resources/help-for-young-adults/>

14.5 WYG – What's Your Grief

A USA based organisation. Their webpage already has several articles re death, dying and grief in COVID19 times. They add an article per week and you can sign up for notifications.

<https://whatsyourgrief.com/>

Topics on current page include:

- <https://whatsyourgrief.com/funerals-when-you-cant-be-together/>
- <https://whatsyourgrief.com/cant-be-with-a-dying-family-member/>
- <https://whatsyourgrief.com/how-to-live-stream-a-funeral/>

14.6 Winston's Wish

A UK Based charity – some guidance re supporting children who can't attend a funeral during COVID19 crisis

- <https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>
- <https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

14.7 Cruse: UK based charity

Very general advice re bereavement during COVID 19, across a lot of themes- they might develop resource further as crisis continues

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

15 For professionals

15.1 Resources available for domestic violence during the crisis

15.1.1 Domestic Violence Posters in 7 languages



Domestic Violence
Poster English.pdf



Domestic Violence
Poster Chinese.pdf



Domestic Violence
Poster French.pdf



Domestic Violence
Poster Hindi.pdf



Domestic Violence
Poster Polish NEW.p



Domestic Violence
Poster Romanian.pd



Domestic Violence
Poster Russian.pdf

15.1.2 Contacts re domestic violence

The Safe Ireland website provides a constantly updated list of where is active/ open during the COVID 19 crisis

<https://www.safeireland.ie/national-domestic-violence-agency-keeping-an-update-on-services-available-for-women-and-children-in-absence-of-government-directive/>

- Woman's Aid (Multilingual Service) 1 800 341 900
- AOIBHNEAS Women & Children Refuge (01) 867 0701
- Sonas Hotline (01) 866 2015
- Saoirse Women's Refuge (01) 463 0000
- Dublin Rape Crisis Centre 1 800 778 888

15.2 ACES Connection Network

If you join this USA based Network of ACE informed practitioners you can sign up for daily/ weekly communications- some very American but most are applicable beyond the States. Current focus on building resilience through COVID19 experience

<https://www.acesconnection.com/>

15.3 Psychological Society of Ireland Guidelines for Online Therapy



PSI Guidelines on
use of Online Thera

15.4 Working with older people

15.4.1 Cocooning

Guidelines for implementing cocooning

http://www.thirdageireland.ie/assets/site/files/default/covid-19_guidance_for_extremely_medically_vulnerable_v1.pdf

15.4.2 Age-action/ Red Cross special hardship fund

Full info through below link:

<https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund>

15.5 Mental health workers

The Mindremake Project website provides links to free PDF manuals, workbooks, guides for groups and individual therapy or self-help.

<https://mindremakeproject.org/>