

Lusk CC + Planet Youth - A community outreach initiative to promote positive student development

Mental Health

Supports Available

Jigsaw North Fingal: Provides free and confidential mental health support for young people aged 12-25.

- **Email:** northfingal@jigsaw.ie
- **Phone:** (01) 960 3020
- **Website:** jigsaw.ie/location/north-fingal

Pieta House: Offers free therapy for individuals dealing with self-harm, suicidal thoughts, or those bereaved by suicide.

- **24-Hour Crisis Helpline:** 1800 247 247
- **Text:** HELP to 51444 (standard message rates apply)
- **Website:** pieta.ie

Teenline: A free, confidential listening service for teenagers feeling overwhelmed, anxious, or in distress. Available 24/7.

- **Phone:** 1800 833 634
- **Website:** <https://www.ispcc.ie/teenline>

Childline (by ISPCC): A free and confidential support service for children and young people under 18. Available 24/7.

- **Phone:** 1800 666 666
- **Text:** 50101
- **Live Chat:** Available via their website
- **Website:** <https://www.childline.ie>

Bodywhys: The Eating Disorders Association of Ireland, providing support to individuals affected by eating disorders.

- **Website** <https://www.bodywhys.ie/supporting-someone/>
- **Helpline:** (01) 2107906

The Shona Project: An organization aimed at empowering young Irish women, offering resources and workshops to promote positive mental health and self-esteem.

- **Website** <https://shona.ie/>

Fingal Counselling Service: Provides support with feelings & emotions, education and expectations, relationships & sexuality, moods – anxiety, anger, depressing, bereavement & loss including family/peer separation & divorce, worries & concerns, eating distress & body image issues, substance abuse, self-harm & suicide ideation

Crosscare Youth Services: (Swords / Skerries) - We run Youth led programmes responding to the needs of young people from the age of 10 to 24: Youth Cafes & Groups, Education, Training and Employment support, Life Coaching, Summer Programmes, Mental Health and Wellbeing Programmes, Drug and Alcohol Awareness, Film, Photography, Performing Arts

- **Tel:** 01 836 0011
- **Email:** info@crosscare.ie
- **Website:** www.crosscare.ie

Top Tips to try at home

Mental Health

1. **Open Conversations** – Create a safe space for your child to talk about their feelings without judgment.
2. **Routine & Structure** – Encourage a balanced daily routine with time for school, hobbies, rest, and socializing.
3. **Encourage Self-Care** – Promote healthy habits like exercise, eating 3 balanced meals, phone free bedroom, mindfulness, and relaxation techniques.
4. **Model Positive Coping Skills** – Show how you manage stress through healthy outlets like talking, journaling, deep breathing, engaging in activities, reduce screentime.
5. **Know When to Seek Help** – If concerns persist, encourage them to reach out to a trusted adult or a professional.
6. **Promote Physical Activity** – Exercise helps boost mood and reduce stress. A simple walk or sport can be beneficial.
7. **Limit Screen Time** – Excessive screen time, especially on social media, can impact self-esteem and mental health. Encourage offline activities.

Substance Misuse

Supports Available

Top Tips to try at home

- **Have Open, Honest Conversations** – Talk about drugs and alcohol in a non-judgmental way. Be clear on your expectations.
- **Know Their Friends** – Be aware of who they are socializing with and encourage positive peer influences.

- **Set Clear Boundaries** – Establish rules around substance use and explain the reasons behind them.
- **Encourage Healthy Coping Strategies** – Help them find alternative ways to manage stress, such as hobbies, sports, or talking to someone they trust.
- **Be a Role Model** – Demonstrate responsible behavior with alcohol and medication use.

Sleep

Supports Available

Sleep Story: A child sleep consultancy based in Donabate, North County Dublin, offering personalised support to improve children's sleep patterns.

- **Website:** sleepstory.ie

Top Tips to try at home

- **Create a Consistent Sleep Routine** – Encourage a set bedtime and wake-up time, even on weekends.
- **Reduce Screen Time Before Bed** – The blue light from screens can interfere with melatonin production and sleep quality.
- **Promote Relaxing Pre-Bedtime Activities** – Encourage reading, gentle stretching, or breathing exercises before bed.
- **Limit Caffeine & Sugar in the Evening** – Avoid energy drinks, coffee, or sugary snacks close to bedtime.
- **Ensure a Comfortable Sleep Environment** – Keep their bedroom cool, dark, and quiet to encourage restful sleep.

Community/ Hobbies/Sport

Supports Available

Fingal Children and Young People's Services Committee (CYPSC): Coordinates various services and resources for young people in the Fingal area.

- **Coordinator:** Una Caffrey
- **Mobile:** +353 (0)87 095 8575
- **Email:** una.caffrey@hse.ie
- **Address:** Tusla- Child and Family Agency, 180-189 Lakeshore Drive, Airside Business Park, Swords, Co. Dublin
- **Website:** cypsc.ie/fingal/resources.298.html

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Top Tips to try at home

- **Encourage Participation in Local Activities** – Help them explore clubs, teams, or youth groups in your area.
- **Model an Active Lifestyle** – Join them in activities like family walks, cycling, or gym sessions.
- **Limit Screen Time** – Encourage more offline, hands-on hobbies like sports, music, or creative arts.
- **Support Their Interests** – Let them try different activities to find what they enjoy.
- **Foster Social Connections** – Encourage playdates, group outings, or volunteering opportunities to build friendships.

Online Safety

Supports Available

Top Tips to try at home

- **Have Regular Conversations About Online Safety** – Discuss privacy settings, online behavior, and risks like cyberbullying.
- **Use Parental Controls Where Necessary** – Set up filters and restrictions on inappropriate content.
- **Encourage Critical Thinking** – Teach them to question what they see online and avoid sharing personal information.
- **Set Screen Time Limits** – Help balance online and offline activities to avoid excessive social media use.
- **Model Healthy Digital Habits** – Show responsible phone and internet use yourself.
- **Check their devices regularly** – have conversations about responsible use of social media, online. Refer to Coco's Law, impact on future, protection online.
- **Keep Devices out of the bedroom** – stats reflect high use of online at night.

School Refusal

Supports Available

Parentline: Offers support to parents dealing with various issues, including school refusal. Volunteers are trained to assist with anxiety and school attendance challenges.

- **Phone:** 01 8733500
- **Website:** parentline.ie/school-refusal

Children and Young People's Services Committees (CYPSC): Provides resources and support for emotionally based school avoidance (school refusal).

- **Website:** cypsc.ie/resources/emotionally-based-school-avoidance-school-refusal-resources.3635.html

School Related Anxiety and Attendance Difficulties - Parent Support Group: An Ireland-based peer support group for parents/guardians of children experiencing school-related anxiety and attendance issues.

- **Facebook Group:** [School Related Anxiety and Attendance Difficulties - Parent Support Group](#)

The Journal Article on School Refusal: Provides strategies for parents dealing with school refusal, offering insights into managing this growing issue.

- **Article:** [School refusal: Some strategies for parents dealing with this growing issue](#)

Top Tips to try at home

1. **Understand the Root Cause** – Identify if anxiety, bullying, or academic struggles are causing avoidance.
2. **Create a Step-by-Step Return Plan** – Gradually reintroduce school attendance with support from teachers or counselors.
3. **Offer Positive Reinforcement** – Praise and reward small efforts, like getting dressed for school or attending part of the day.
4. **Maintain Open Communication** – Validate their feelings while reassuring them that they are capable of coping.
5. **Seek Professional Support if Needed** – Contact school guidance counsellors, therapists, or support groups for additional guidance.

Study Skills /Motivation

Encourage a positive attitude towards education and school. Look for the positives in a school day and discuss regularly what is going on with the different school subjects and projects.
<https://www.studyclix.ie/>

There are lots of free resources on this website and it is possible for students to purchase a heavily discounted account for both Junior Cycle and Senior Cycle aids.

Top Tips to try at home

- **Help Them Set Small, Achievable Goals** – Break down work into manageable tasks to avoid feeling overwhelmed.
- **Create a Dedicated Study Space** – A quiet, clutter-free area can improve focus and productivity.
- **Encourage Time Management** – Use planners, to-do lists, or the Pomodoro technique (25-minute study sessions with short breaks).
- **Make Learning Fun & Relatable** – Connect subjects to their interests or use interactive resources like apps and videos.
- **Praise Effort, Not Just Results** – Encourage a growth mindset by focusing on progress rather than just grades.
- **Remove the phone device/put on airplane mode.**

Bereavement

Supports Available

- This great new book by our colleagues in St Francis Hospice for bereaved teenagers and young adults that is available free! A hard copy can be posted from website [Finding your way through grief: For teenagers and young adults | St. Francis Hospice \(sfh.ie\)](http://www.sfh.ie) or you can get an online copy with this link [St. Francis Hospice Booklet \(fliphtml5.com\)](http://www.fliphtml5.com)
- Julie Stokes "You will be Okay" Described as a comforting, practical and go to expert toolkit for children dealing with loss and grief. [You Will Be Okay : Julie Stokes : 9781526363893 \(bookdepository.com\)](http://www.bookdepository.com)
- Irene Renzenbrink "An Expressive arts approach to Healing Loss and Grief" An easy read. The theories of loss are excellently addressed. The ideas of expressive arts are excellent. [An Expressive Arts Approach to Healing Loss and Grief – Jessica Kingsley Publishers - UK \(jkp.com\)](http://www.jkp.com)