

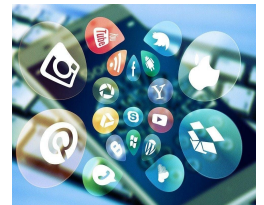
Looking after your Mental Health during the Covid 19 School Closure

This can be a worrying time for students, their parents/guardians, other family members, teachers and all members of our school community. It is important to take care of your mental, physical and emotional wellbeing.

Tips to Practice Self-Care during the Coronavirus School Closure – For Students

Tip 1: Reduce your Social Media Time

Social media platforms are filled with news, facts and even rumours related to the Coronavirus. Spending too much time scrolling through this information can make you feel scared and anxious. Take a break from social media.



Tip 2: Switch up your Newsfeed

Some of us may find it very difficult to disconnect from social media. If that is you, why not change up your newsfeed to receive more positive news? Accounts like [@the_happy_broadcast](#) on Instagram only posts positive news concerning the coronavirus and inspiring messages that can give you lots of good vibes and enlightenment.

Tip 3: Start a new TV show, a new Book or a new Podcast

There are plenty of ways to lift your spirits during this time. Why not start reading a book that you had your eye on for ages or start watching a new Netflix series? Chloe Boland from Spunout.ie shares the following recommendations for teens on Netflix: [“One Day at a Time”](#), [“The Good Place”](#), [“The Bold Type”](#), [“The Fosters”](#) and [“RuPaul’s Drag Race”](#). She also highlights the following as among some of her favourite podcasts: [“I’m Grandma”](#) and [“Bite back” with Roz Purcell](#)





Tip 4: Get Creative

Being creative is a great way of releasing stress. It can help you to switch off from the constant news updates in relation to the Coronavirus. Doing some colouring can help you to relax and put your mind at rest. You do not have to have amazing artistic ability to colour. You could also try out some creative writing, drawing, painting or even cooking, whatever works for you. Practice Mindfulness. Your SPHE and RE teachers are sending you links to apps all the time.

Tip 5: Get Some Exercise

Yes, training is cancelled, and gyms are closed. However, that does not mean that you cannot get in some exercise. You could go for a jog in your local park or even walk your dog. These are great ways to clear your head. YouTube has lots of videos on easy to follow yoga, pilates and aerobic exercises that you could do at home.

Tip 6: Stay Connected Keep in touch with your friends and family. Our school may be closed but this does not mean that you cannot contact your school mates through social media and have a good chat with them. (Source: Chloe Boland Article – Spunout.ie)

Even though our school is physically shut, please remember that the Student Support is available from the following during school hours.

You can contact :

Mr O'Brien:	Principal	principal@stjosephsfairview.ie
Mr Stack:	Deputy Principal	dprincipal@stjosephsfairview.ie
<u>Your Year Head</u>		
Ms Mc Donnell:	1st Year	o.mcdonnell@stjosephsfairview.ie
Ms Duanne:	2nd Year	a.duanne@stjosephsfairview.ie
Ms Barry:	3rd Year	f.barry@stjosephsfairview.ie
Mr kelly:	TY	m.kelly@stjosephsfairview.ie
Mr Sheahan:	5th Year	d.sheahan@stjosephsfairview.ie

Ms O Donnell: 6th Year : c.odonnell@stjosephsfairview.ie
Others
Ms Martin: Guidance/Counselling guidance@stjosephsfairview.ie
Ms Flynn: Guidance/Counselling hflynn@stjosephsfairview.ie
Ms McNulty: SET and Learning Support mmcnulty@stjosephsfairview.ie
Lauren Brennan: Student Support l.breenan@stjosephsfairview.ie
Phone: lauren 0831212326

**Parents - if there is anything we can help you with please
Please call/ text or email David McGuinness 0858448342
hslo@stjosephsfairview.ie**

Important Support Services for Young People

**The services listed below provide mental health information and support
for young people.**

A number of these services have important information and advice on their websites for young people who are struggling with their mental health. The contact details for each service are included.

- **Childline** provides free listening services to children and young people up to the age of 18 and is open 24 hours every day.
- Freephone 1800 666 666, text the word "Talk" to 50101 or online chat at childline.ie (10am-4pm)
- **Jigsaw** is a national centre for youth mental health.
- They offer a place you can visit for free with confidential support from trained mental health professionals.
- Telephone: 01 6583070 or Email: dublincity@jigsaw.ie

Jigsaw has been working hard to provide a range of online, mental health support to young people during the pandemic. One of these great resources is the online group chat <https://jigsawonline.ie/young-people/live-group-chats/> where participants apply to join a chat until three hours before the *chat* opens. Young people can choose a suitable topic and chat with peers and a Jigsaw clinician.
<http://jigsawonline.ie/>

BeLonG To youth services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people between 14 and 23 years in Ireland.

Services include: •

- support groups for young people and parents
- Informal one-on-one chat service
- professional counselling
- drugs and alcohol support service.

The services are confidential, free-of-charge and welcoming to all young people.
Contact: belongto.org



Turn2me.org

- helps young people get through tough times. They provide mental health information for young people and parents.
- Contact: Turn2me.org

SpunOut

- provides information for young people on mental health and many other topics. SpunOut also has an online directory of services.
- Contact: 0861800289 for free counselling with a trained volunteer.



The Samaritans

Do you need to talk to someone right now?

Free call Samaritans 116 123 GET URGENT HELP

Crinan Youth Project



Crinan Youth Project is a registered charity that provides a range of interventions to empower young people to end their dependence on drugs and alcohol

72 Sean McDermott St., Dublin 1

01 8558792