

Important Support Services for Young People

St. Ciaráns' CS Guidance and Chaplaincy Service

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.

Please remember that the Guidance Counsellor and Chaplain are available via the following emails:

Email:

Mr. Wright:- swright@stciaranscs.ie

Mr. Oates:- doates@stciaranscs.ie



Details of Other Services for Young People

The services listed below provide mental health information and support for young people up to the age of 18. 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 are each service is included.

Childline
Call . Chat . Text

Childline provides free listening services to children and young people up to the age of 18.

The Childline helpline is open 24 hours every day.

You can contact Childline by:

- Online chat from 10am to 4am
- Freephone [1800 666 666](tel:1800666666)
- Texting the word "Talk" to 50101
- **Online chat at** childline.ie

JIGSAW

Young people's
health in mind

Jigsaw is a national centre for youth mental health. They focus on intervening early to support the mental health of those aged 12 to 25 years of age.

Jigsaw operates 13 services in communities across Ireland. They offer a place you can visit for free with confidential support from trained mental health professionals.

During Covid-19 closures, the Jigsaw Meath service can be contacted at:

Telephone: [046 9071702](tel:0469071702)

Email: meath@jigsaw.ie

jigsaw.ie



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

Turn2me.org



SpunOut provides information for young people on mental health and many other topics. SpunOut also has an online directory of services.

spunout.ie

Sosad	-	041 9848754
Pieta House	-	01 6010000
Doctor on Call	-	1850 777911
Samaritans	-	1850 609090