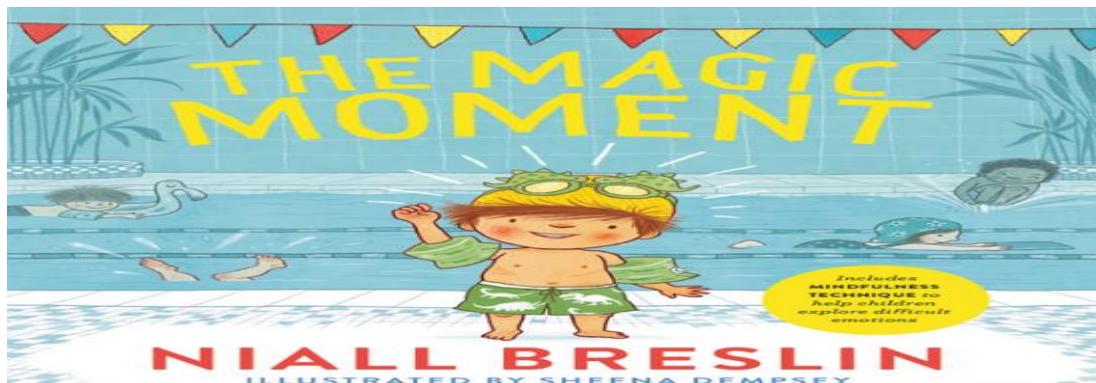


Weekly updates 20.06.2020

Mental Health

This week I will start with a children's book [The Magic Moment](#) . The book was written by Niall Breslin. According to Dr Malie Coyne the book '*Teaches children a really simple and effective mindfulness technique for managing big feelings*'

https://www.easons.com/take-five-niall-breslin-9780717185535?gclid=Cj0KCQjwuJz3BRDTARIsAMg-HxWX60oZQkcTV35mgwdliozDeljwZclrM4E3zFC0Rdfd9EHgo8if4AaArHpEALw_wcB



The **HSE** launched a crises text line **50808**. It is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small How does it work? **50808** provides a safe space where you're listened to by a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place <https://crisistextline.ie/>



text about it

50808



Findings from a national survey, conducted by BeLonG To Youth Services reveal that **93%** of LGBTI+ youth are struggling with anxiety, stress or depression during COVID-19. This is in comparison to 53% of the general youth population named in the Young Social Innovators Covid-19 Youth 'Check In' Survey 2020. Click [HERE](#) to read the full report.

The podcast from the **Psychological Society of Ireland** this week is on *Emotional Intelligence & Stress* Eva Doherty leads the discussion. Click here [HERE](#) to access the podcast.



The Childrens Rights Alliance (CRA)

On 15 June 2020, Fianna Fáil, Fine Gael and the Green Party published 'A Programme for Government – Our Shared Future'. The Childrens Rights Alliance has reviewed the document and summarised the commitments made in it for children and young people. Click [HERE](#) to access the review.

The CRA have a webinar on Thursday the 25th of June on '*The Future of Early Year*' I cannot share the link as it is saying it is sold out. However I have contacted the CRA and they are checking if it is possible to increase the numbers. I will keep you posted as soon as I here further from them.

The Irish Network Against Racism (INAR)

This website has Information and Resources for Minorities and Anti-Racists. The page aims to collect all information relevant to anti-racists and minorities in one place, to make it easier to stay up to date, find relevant policy updates, initiatives and campaigns you can get involved with. There is lots of information relevant to COVID 19. Click [HERE](#) to access the site.

Supporting Children Campaign

The Minister for Children and Youth Affairs, Dr Katherine Zappone, launched *Supporting Children*, a campaign to encourage everyone to be mindful of vulnerable children and young people in these challenging times. The *Supporting Children* campaign includes the launch of a new gov.ie website, which will be an information hub for children, young people and their families on how to access the many supports and services provided by the Department of Children and Youth Affairs (DCYA), Tusla, the Child and Family Agency and their funded organisations. Click [HERE](#)

Technological University Dublin - 1916 Bursary

Technological University (TU) Dublin is opening applications for bursaries. The bursary aims to provide support to applicants from a socio economically disadvantage background that are also from a group(s) underrepresented in higher education, including:

- First time – new entrant Mature Student applicants
- Applicants with a Disability, particularly applicants with a physical / mobility impairment or applicants with a sensory disability, applicants who are Deaf / Hard of Hearing, applicants who are blind or visually impaired
- Irish Travellers (10% of the bursaries reserved for this category)
- Entering TU Dublin on the basis of a further education award
- Lone parents (20% of the bursaries reserved for this category)
- Ethnic Minorities
- Currently or previously in the Care of the State / Tusla
- Socio economic groups underrepresented in Higher education

Wellbeing 'In This Together'

The joint Department of Health, Healthy Ireland and HSE campaign continues to give mental health and wellbeing advice across the country and local authorities, through Healthy Ireland, are also rolling it out on a regional basis.

New videos covering the following topics have been added [here](#):

1. Positive Posture while working from home: Anna O'Brien, Senior Physiotherapist, HSE
2. Tips for quitting smoking: Miriam O'Shea, Smoking Cessation Officer, HSE

Stay Safe. Protect each other. Wear a face covering.

Everyone in Ireland has helped to reduce the spread of COVID-19 and worked together in difficult circumstances to save many lives. Now that our services and communities are re-opening, we all want to stay safe and keep protecting each other from coronavirus. We do this by cleaning our hands, social distancing and covering sneezes and coughs.

We can also do this by wearing a face covering. Face coverings help prevent people who don't know they have the virus from spreading it to others. They should be worn anywhere it's difficult to stay 2m apart, like shops or public transport, or when visiting anyone who is more at risk. This includes

people aged over 70, or people who are medically vulnerable.

Wear a face covering to show your support for others, and to help in our fight against coronavirus.

The Department of Health and the HSE will be supporting people to do this with an advertising campaign on radio, social media, posters, search advertising and publicity. The TV ad will start next week, on the 23rd June.

Please find attached a partner pack for face coverings. Feel free to share and display this information.

Listen to the [radio ad here](#). You can find information on face coverings [here](#). You can download the poster on how to use face coverings [here](#) with a high resolution version available [here](#).

Visits to Residential Care Facilities During the COVID-19 Pandemic

You can find information from the HSE Health Protection Surveillance Centre (HPSC) on visiting people who live in residential care facilities during the COVID-19 pandemic from 15 June 2020 [here](#).

Visitors at Home During the COVID-19 Pandemic

You can find information from the HSE Health Protection Surveillance Centre (HPSC) on visitors at home [here](#).

Family Carers Ireland

Family Carers Ireland is running a virtual Carers' Coffee Club for family carers every Thursday from 11am to 11:30am where health and wellbeing experts offer support and advice and take questions via Facebook Live. There is no need to register and those wishing to join in should simply visit [facebook.com/familycarers](https://www.facebook.com/familycarers) on Thursdays at 11am. All previous sessions can be viewed at [facebook.com/familycarers/live](https://www.facebook.com/familycarers/live). For more information on this initiative or for general support please contact the Freephone National Careline 1800 24 07 24.

Public Health Information:

For the most up to date information and advice on Coronavirus, please see:

Department of Health DOH: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

Health Service Executive HSE: <https://www2.hse.ie/coronavirus/>

Health Protection Surveillance Centre HPSC: <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>

