

Resource materials supporting the promotion of well-being and mental health

Resource documents supporting the promotion of well-being and the addressing of difficulties

Anti-bullying

HSE Cool Schools materials

<http://www.hse.ie/eng/services/Publications/services/Children/Cool%20School%20Bullying%20Free%20Project%20Booklets.html>

Tips for Teens

<http://www.hse.ie/eng/services/Publications/services/Children/Cool%20School%20Bullying%20Project%20Tips%20for%20Teens.pdf>

Tips for Teachers

<http://www.hse.ie/eng/services/Publications/services/Children/Investigating%20and%20resolving%20bullying%20in%20schools.pdf>

Responding to bullying: First steps for teachers

<http://www.hse.ie/eng/services/Publications/services/Children/Responding%20to%20bullying%20First%20Steps%20for%20Teachers.pdf>

Bereavement

HSE When someone close dies

<http://www.healthpromotion.ie/uploads/docs/HPM00080.pdf>

HSE You are not alone – Help and advice on coping with the death of someone close

<http://www.healthpromotion.ie/uploads/docs/HSP00493.pdf>

HSE You are not alone: Directory of bereavement support services

<http://www.healthpromotion.ie/uploads/docs/HSP00494.pdf>

Emotional awareness

Samaritans. Developing emotional awareness and learning (DEAL programme)

http://www.samaritans.org/our_services/work_in_schools/work_in_schools.aspx

Centre for Adolescent Health, Melbourne, Australia. Gatehouse project
<http://www.rch.org.au/gatehouseproject/>

Centre for Adolescent Health. Promoting emotional well-being: Team guidelines for whole school change
http://www.rch.org.au/emplibrary/gatehouseproject/Gatehouse_Team_Guidelines.pdf

Centre for Adolescent Health. Teaching resources for emotional well-being
<http://wellbeingaustralia.com.au/Gatehouse%20project%20resources.pdf>

Centre for Adolescent Health. Adolescent Health Profile Student Survey
http://www.rch.org.au/emplibrary/cah/GPAHP_student_survey.pdf

Centre for Adolescent Health. Adolescent Health and Social Environments Program Student Survey
http://www.rch.org.au/emplibrary/cah/AHSEP_student_survey.pdf

Centre for Adolescent Health. Bullying scale questionnaire
<http://www.rch.org.au/emplibrary/Gatehouse%20Bullying%20Questionnaire.pdf>

Health promotion – general

HSE Health promotion publications
<http://www.healthpromotion.ie/publication/fullListing?category=all>

Health promotion – substance misuse

HSE. Straight Talk – a guide for parents on teenage drinking
<http://www.healthpromotion.ie/uploads/docs/HPM00402.pdf>

HSE. Know the facts about drugs
<http://www.healthpromotion.ie/uploads/docs/HPM00053.pdf>

HSE. Legal or illegal highs
<http://www.healthpromotion.ie/uploads/docs/HPM00682.pdf>

HSE. Quit – A guide to giving up smoking
<http://www.healthpromotion.ie/uploads/docs/HPM00346.pdf>

Health promotion – physical health and fitness

HSE. Healthy eating – What’s in it for me (i-tunes)

<http://www.healthpromotion.ie/uploads/docs/HPM00543.pdf>

HSE. Get active your way

<http://www.healthpromotion.ie/uploads/docs/HPM00542.pdf>

Health promotion – sexual health and pregnancy

HSE. Think contraception (leaflet)

<http://www.healthpromotion.ie/uploads/docs/HCP00674.pdf>

HSE. A guide to contraception

<http://www.healthpromotion.ie/uploads/docs/HPM00086.pdf>

HSE. B4U decide Teachers Pack

(order through <http://www.healthpromotion.ie/publication/fullListing?category=all>)

HSE. Sexually transmitted infections

<http://www.healthpromotion.ie/uploads/docs/HPM00039.pdf>

DES. RSE resources at Junior Cycle

<http://www.sphe.ie/downloads/RESOURCES/RSE%20JUNIOR%20CYCLE%20RESOURCES.pdf>

Crisis Pregnancy Programme. TRUST: Resource materials for RSE at Senior Cycle.

http://www.crisispregnancy.ie/April09_web.htm

Crisis Pregnancy Programme. B4U Decide

<http://www.b4udecide.ie/>

Crisis Pregnancy Programme. Positive options

<http://www.positiveoptions.ie/>

The Real Deal Programme

<http://www.therealdeal.ie/>

Treoir. Resources for unmarried parents

<http://www.treoir.ie/>

Health promotion – mental health

HSE. Concerned about suicide (leaflet)

<http://www.healthpromotion.ie/uploads/docs/HSP00637.pdf>

HSE. Deliberate self-harm (leaflet)

<http://www.healthpromotion.ie/uploads/docs/HSP00636.pdf>

HSE. Mental health in Ireland: Awareness and attitudes

<http://www.healthpromotion.ie/uploads/docs/HSP00612.pdf>

HSE. You can do it but you can't do it alone – Young adult stories of recovery towards mental health

<http://www.healthpromotion.ie/uploads/docs/HSP00723.pdf>

HSE. Your mental health (Polish and Russian versions also available)

<http://www.healthpromotion.ie/uploads/docs/HSP00480.pdf>

HSE. Look after yourself, look after your mental health – Information for lesbian, gay, bisexual and transgender people

<http://www.healthpromotion.ie/uploads/docs/HSP00631.pdf>

Samaritans. Step by step – suicide help resources

http://www.samaritans.org/our_services/work_in_schools/sbs_resources_suicide.aspx

Power, M. and Cleary, D. (2007). *Working things out*. Teachers' resource. Dublin: Dept of Child and Family Psychiatry, Mater Hospital.

Parenting

Barnardos. Parenting positively – Coping with a parents problem drug or alcohol use (for parents of children between 6 and 12)

http://www.barnardos.ie/assets/files/publications/free/Parents%20Drug%20or%20Alcohol%20Use_web.pdf

Barnardos. Parenting positively – Coping with a parents problem drug or alcohol use (for children between 6 and 12)

http://www.barnardos.ie/assets/files/publications/free/Coping%20with%20a%20Parent%20s%20Drug%20Abuse_web.pdf

Barnardos. Parenting positively – Helping teenagers to cope with a parent's problem drug or alcohol use

<http://www.barnardos.ie/assets/files/publications/free/Teenagers%20and%20Parents%20Drug%20use%20web.pdf>

Barnardos. Parenting positively – Helping teenagers to cope with bullying
http://www.barnardos.ie/assets/files/publications/free/Teenagers%20and%20Bullying_web.pdf

Barnardos. Parenting positively – Helping teenagers to cope with domestic abuse
http://www.barnardos.ie/assets/files/publications/free/Parenting_positively_DA.pdf

Barnardos. Parenting positively – Helping teenagers to cope with separation
http://www.barnardos.ie/assets/files/publications/free/Parenting_positively_S.pdf

Barnardos. Parenting positively – Helping teenagers to cope with death
http://www.barnardos.ie/assets/files/publications/free/Parenting_positively_D.pdf

Barnardos. Parenting positively – Teenage wellbeing
http://www.barnardos.ie/assets/files/publications/free/Parenting_positively_WB.pdf

Barnardos. Learning about mental illness
http://www.barnardos.ie/assets/files/publications/free/learning_about_mental_illness.pdf

Responding to critical incidents

NEPS. Responding to critical incidents – Guidelines for schools
http://www.education.ie/servlet/blobServlet/neps_critical_incidents_guidelines_schools.pdf

NEPS. Responding to critical incidents – Resource materials for schools
http://www.education.ie/servlet/blobServlet/neps_critical_incidents_resource_material_schools.pdf

Sexual identity

Pobal. More than a phase – A resource guide for the inclusion of young lesbian, gay, bisexual and transgender learners: Understanding the issues
<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20-%20resource%20guide%20for%20inclusion%20of%20lesbian,%20gay,%20bisexual%20and%20transgender%20learners/LGBT%20Understanding%20Issues.pdf>

Pobal. Resource list
<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20->

<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20-%20resource%20guide%20for%20inclusion%20of%20lesbian,%20gay,%20bisexual%20and%20transgender%20learners/LGBT%20Resource%20List.pdf>

Pobal. Language matters

<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20-%20resource%20guide%20for%20inclusion%20of%20lesbian,%20gay,%20bisexual%20and%20transgender%20learners/LGBT%20Language%20Matters.pdf>

Pobal. How to guide for formal education settings

<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20-%20resource%20guide%20for%20inclusion%20of%20lesbian,%20gay,%20bisexual%20and%20transgender%20learners/LGBT%20Formal%20Education.pdf>

Pobal. How to guide for non-formal education settings

<https://www.pobal.ie/Funding%20Programmes/LCDP/InformationforBeneficiaries/Publications/More%20Than%20A%20Phase%20-%20resource%20guide%20for%20inclusion%20of%20lesbian,%20gay,%20bisexual%20and%20transgender%20learners/LGBT%20NonFormal%20Education.pdf>

HSE. Look after yourself, look after your mental health – Information for lesbian, gay, bisexual and transgender people

<http://www.healthpromotion.ie/uploads/docs/HSP00631.pdf>

Glen. Lesbian, gay and bisexual student in post-primary schools: Guidance for principals and school leaders.

<http://www.glen.ie/attachments/50cd0af5-8378-412b-b933-b41ba5d41301.PDF>

Glen. Including lesbian, gay and bisexual students in school policies: Guidelines for principals.

<http://www.glen.ie/attachments/9bdcdd13-cec0-4fb3-b06f-268b123e6845.PDF>

Glen. 10 things you should know about LGBT students: 5 things your school can do

<http://www.glen.ie/attachments/cfa12e9c-12e7-4012-957e-052ef9471ec0.PDF>

Glen. Supporting lesbian, gay, bisexual and transgender students: The role of guidance counsellors

<http://www.glen.ie/attachments/28714a2a-32ca-435f-817e-e6e9b16d0ad0.PDF>

Glen. Supporting lesbian, gay, bisexual and transgender students: The role of teachers

http://www.glen.ie/attachments/Resources_for_Teachers.PDF

Glen. Gay rights in the primary school classroom

<http://www.glen.ie/attachments/9e1ae29f-baf4-4541-97d8-6a1e97382d8c.DOC>

Lesbian, gay and bisexual students: Teachers supporting diversity
<http://www.glen.ie/attachments/1187af2c-480c-46b0-ab8f-6fe935a5d176.PDF>

BeLonG To Youth Project and Equality Authority. Making your school safe
http://www.belongto.org/attachments/233_Making_Your_School_Safe.pdf

Equality Authority and National Youth Council of Ireland (2008). Stereotyping of young people resource pack
<http://www.equality.ie/index.asp?docID=728>

Social, personal, health education

DES (2003). *SPHE Junior Cycle guidelines for teachers*. Dublin: DES
<http://www.sphe.ie/downloads/RESOURCES/SPHE%20TEACHER%20GUIDELINES.pdf>

DES. *SPHE Junior Cycle Syllabus*
<http://www.sphe.ie/downloads/RESOURCES/SPHE%20JUNIOR%20CYCLE%20SYLLABUS.pdf>

DES. *SPHE School Handbook*.
<http://www.sphe.ie/downloads/RESOURCES/SPHE%20SCHOOL%20HANDBOOK.pdf>

DES. *RSE resources at Junior Cycle*
<http://www.sphe.ie/downloads/RESOURCES/RSE%20JUNIOR%20CYCLE%20RESOURCE.pdf>

Crisis Pregnancy Programme. TRUST: Resource materials for RSE at Senior Cycle.
http://www.crisispregnancy.ie/April09_web.htm

DES. *On our own two feet. Resource materials for the prevention of substance use*
<http://www.drugsandalcohol.ie/5547/1/1928-1887.pdf>

Dept of Education, Northern Ireland. *Pastoral care in schools*
<http://www.deni.gov.uk/ppbehaviour-4.pdf>

Supporting special needs

NEPS. *Behavioural, Emotional and Social Difficulties: A continuum of support*
http://www.education.ie/servlet/blobServlet/neps_besd_continuum_teacher_guide.pdf?language=EN

NEPS. A continuum of support for post-primary schools

http://www.education.ie/servlet/blobServlet/neps_post_primary_continuum_teacher_guide.pdf?language=EN

NEPS. A continuum of support for post-primary schools – Resource page for teachers

http://www.education.ie/servlet/blobServlet/neps_post_primary_continuum_resource_pack.pdf?language=EN

The young person's voice

National Children's Office. Guidelines on how to involve children and young people in your work

http://www.dcy.gov.ie/documents/chilyouthparticipation/Young_Voices_-_Guidelines_on_how_to_involve_Children_and_Young_People_in_your_Work.pdf

National Children's Office. Second-level student councils resource pack

http://www.dcy.gov.ie/documents/chilyouthparticipation/SCI_ResourcePackPF-ENG.pdf

Programmes and projects promoting positive mental health

Gatehouse project

<http://www.rch.org.au/gatehouseproject/>

<http://wellbeingaustralia.com.au/Gatehouse%20project%20resources.pdf>

Mentoring for Achievement Programme

http://www.archways.ie/the_mentoring_for_achievement_programme/

Pillars of parenting

<http://www.pillarsofparenting.co.uk/about/>

Penn Resilience Programme

<http://www.ppc.sas.upenn.edu/prpsum.htm>

Bounce Back!

<http://www.bounceback.com.au/bounce-back>

The Happiness Zone

<http://www.positivepsychology.org.uk/pp-applications/education/121-miriam-akhtar.html>

Making Hope Happen

<http://learn.gen.org/cohorts/hope/>

RSA's Opening Minds

<http://www.rsaopeningminds.org.uk/>

Positive Interventions

<http://www.positiveinterventions.org/>

Organisations and websites supporting mental health

Grow Infoline

Service for people suffering from mental health problems
Phone 1890 474 474
www.info@grow.ie

Aware

Helpline to support people suffering from depression
Phone 1890 303 302
www.aware.ie

Grow

A national network of groups in Ireland which helps people who are suffering from mental health problems and supports them to recover from breakdowns
1890 200 444
www.grow.ie

Black dog

Interactive self-help website for people suffering from mental distress
www.theblackdog.net

Good mental health guide

A guide produced by the Lesbian and Gay Foundation in Britain, aimed at the lesbian, gay and bi-sexual communities
www.lgf.org.uk/media_campaign_articles.php?ID=435

Bodywhys

This eating disorders association provides confidential, non-judgemental support for people affected by eating disorders
Phone 1890 200 444

Recover.ie

Provides a platform for the relaying of mental health information to people with mental health difficulties, their relatives, the general public and healthcare professionals, covering a wide range of topics
www.recover.ie

Schizophrenia Ireland

National organisation upholding the rights and addressing the needs of those affected by enduring mental illness including schizophrenia, schizo-affective disorder and bi-polar disorder.
Phone 1890 621 631

Shine

Advocates for the rights and addresses the needs of those affected by schizophrenia and related illnesses

Phone 1890 621 631

www.sirl.ie

Pieta House

Provides services and support to people who are self-harming or contemplating suicide

Phone 01 6010000

www.pieta.ie

Turn2me

A website support community for anyone wishing to talk about any personal matters or life difficulties directly but anonymously with others

www.turn2me.ie

National Office for Suicide Prevention

Provides information

www.nosp.ie

Services specifically for children and teenagers

ReachOut.com

Uses social media and new technologies to help prevent youth suicide and improve young people's mental health and well-being and offers comprehensive and in-depth information on mental health issues for young people

www.inspireireland.ie/reach-out/

Spunout

Provides information, support and advocacy opportunities to young people

www.spunout.ie

Barnardos

Offers a range of programmes and services to children and their parents, including bereavement counselling service

Phone 01 4549699

www.barnardos.ie

Childline

24 hour service for children and young people up to 18 years

Phone 1800 666 666

www.childline.ie

Rainbows

A peer-support programme operating throughout Ireland to assist children, young people and adults who are grieving a death, separation or other painful transition.

Phone 01 4734175

www.rainbowsireland.com

Headstrong

Works with communities to improve mental health services to young people between 12 and 25 years

www.headstrong.ie

Let someone know

A site associated with Bebo, aimed at teenagers in Ireland who feel they are experiencing mental health problems

www.letsomeoneknow.ie/

www.bebo/yourmentalhealth

Teen counselling

Provides a counselling service for adolescents and their families on a wide range of problems including substance abuse

Phone 01 8371892

www.iol.ie/~crosscare/mdeiteen.htm

Young minds

British charity concerned with the improvement of children and young people's mental health

www.youngminds.org.uk

Teenage health freak

Information service for young people on anything to do with illness, sex or growing up

www.teenagehealthfreak.org/

Beat – for young people

Information on all aspects of eating disorders

www.b-eat.co.uk/youngpeople/home

Change our minds

Website aimed at improving emotional health and reducing stress in older teenagers and adults

www.changeourminds.com/index.html

Depression in teenagers

Website dealing with the subject of depression in young people

www.depressioninteenagers.com

FHM for mental health

Aimed towards young men

www.fmhsussex.co.uk/index.htm

Heads away just say

For young people living in Northern Ireland covering common problems to do with home, school and friends

www.heads-away-just-say.com/

Lifesigns

Self injury guidance and network support for those affected by self injury

www.lifesigns.org.uk

Mind, body and soul

Information on healthy eating, alcohol, drugs, smoking, sex and relationships, and emotional health (linked to the National Curriculum in Britain), aimed at 13 year olds and older

www.mindbodysoul.gov.uk

Talking2ourselves

Provides help and information to 12 – 14 year olds who are having mental health difficulties themselves or are worried about a friend or relative

www.talking2ourselves.com/

OCD Youth

For young people with obsessive compulsive disorders

www.ocdyouth.info/default.aspx

Students in mind

British charity for students in higher and further education experiencing mental distress

www.studentsinmind.org.uk

Trinity College mental health initiative

Confidential service available to all Trinity students offering support in coping with personal problems or academic concerns

www.tcd.ie/student_counselling

Youth voice

UNICEF's youth website dealing with children's rights

www.unicef.org.uk/youthvoice/

Organisations and websites offering suicide and bereavement support

1life

Suicide helpline

Phone 1800 247 100

Console

Supports people bereaved through suicide by counselling, support groups and a listening service

Freephone 1800 201 890

www.console.ie

Living Links

Provides practical help, information and support to people bereaved through suicide

Phone 087 4122052

www.livinglinks.ie

Headsup

Offers information on where to go in a crisis by mobile phone

Text Headsup to 50424

www.headsup.ie

Samaritans

Offers a 24/7 support service 365 days a year for anyone in emotional distress

Phone 1850 609 090

www.samaritans.org/

Living links

Offers confidential practical support and advice to families bereaved by suicide

Phone 087 9693021

www.nsbsn.org

Suicide bereavement support

Offers support, support groups and information to those bereaved by suicide

Phone 021-4553802

Drugs and alcohol issues

Frank

Offers information about drugs and where to get help

www.talktofrank.com

HSE national drugs and HIV service

Offers information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. Staff refer to a database of over 300 services nationwide. The helpline service confidential and free

Phone 1800 459 459

www.drugs.ie/

Drugs awareness programme

Provides information, support and counselling in relation to drugs, substance misuse and addiction

Phone 01 8360911

www.dap.ie

Alcoholics Anonymous

Phone 01 4538998

www.alcoholicsanonymous.ie

Alateen

Support for young people aged 12 to 20 who are affected by a problem drinker

Phone 01 8732699

www.al-anon-Ireland.org/alanon

Narcotics Anonymous

Self-help organisation for recovering addicts

Phone 01 6728000

www.na.ireland.org

Gamblers Anonymous

Self-help organisation holding meetings around the country

Phone 01 8721133

www.gamblersanonymous.ie

Smoker's Quit Line

Advice and support on how to stop smoking

Phone 1850 201 203

Abuse, domestic violence and rape

Aoibhneas

Provides facilities, professional help and support to women and men suffering from domestic violence in the home

Phone 01 8670701

www.aoibhneas.org

CARI – Children at risk in Ireland

Provides many services including therapy for children, young people and families who have been affected by child sexual abuse

Phone 1890 924567

www.cari.ie

Women's Aid

Offers confidential information, advice, support and understanding to women who are being physically, sexually or mentally abused in their own homes

Phone 1800 341 900

www.womensaid.ie

One in four

Offers a voice to and support for women and men who have experienced sexual abuse or violence and to their families and friends

01 6624070

www.oneinfour.org/

Amen

Provides a confidential helpline, support service and information for male victims of domestic abuse

Phone 046 23718

www.amen.ie/

Pregnancy and sexual health

Positive options

Provides information and contact details for organisations that can help women with an unplanned pregnancy

www.positiveoptions.ie

Irish family planning association

Offers medical, counselling, information and education services to women and young people, including the contact details of sexually transmitted infections (STI) clinics throughout Ireland

Phone 01 8069444

www.ifpa.ie

Cura helpline

Offers support and help to women with a crisis pregnancy who do not want to consider abortion

Phone 1850 622 626

www.cura.ie

Life helpline

Provides counselling to women with crisis pregnancies who do not want to consider abortion

Phone 1850 281 281

www.life.ie

Sexual identity

Gay switchboard

Provides non-directive, non-judgemental, befriending, support and general information services to the gay, lesbian and bisexual community and to anyone with issues relating to their sexuality or their parents, family and friends

Phone 01 8721055

www.gayswitchboard.ie

Belong to

Supports lesbian, gay, bisexual and transgender (LGBT) young people

Phone 01 8734184

www.belongto.org

Southern gay men's health project

Provides support, information and a contact point for gay and bisexual men in the south of Ireland

Phone 021 4278470

www.gayhealthproject.com/

Services for parents

Parentline

Confidential helpline for parents and guardians

Phone 1890 927 277

HSE Infoline

For information on all health and social services available throughout Ireland, including information on entitlements and how to access local services.

Phone 1850 241 850

www.hse.ie/en/healthservices

Barnardos

Publishes a wide range of publications for parents and children, many of them free to download

www.barnardos.ie

Parents Plus

Offers parenting programmes for early years, children aged 6 to 11 and adolescents, developed by the Department of Child and Family Psychiatry in the Mater Hospital Dublin

www.parentsplus.ie

For information on how to locate counselling services

The Irish Association for Counselling and Psychotherapy

Phone 01 2723427

www.irish-counselling.ie

The National Counselling Institute of Ireland

Phone 061 216288

www.ncii.ie

International websites

Reach Out! (Australia)

Provides information, support and resources to improve young people's understanding of mental health issues, to develop their resilience, to increase their coping skills, and to facilitate help-seeking behaviour

www.reachout.com.au

The low down (New Zealand)

An interactive website providing information and support to help young people to gain a better understanding of depression

www.thelowdown.co.nz/

Breathing space (Scotland)

For young people in Scotland who are worried, feeling down or depressed

www.breathingspacescotland.co.uk/

Papyrus (UK)

UK resources and supports for those dealing with suicide, depression or distress – particularly teenagers and young adults

www.papyrus-uk.org/index.html

RD4U – The Road for You (UK)

A website designed by young people for young people, supports people after the death of someone close

www.rd4u.org.uk