



MAYO

Mental Health
Association

PRIMARY SCHOOL

DIRECTORY OF MENTAL HEALTH, WELLBEING &
CYBER SAFETY RESOURCES AND TRAINING:
FOR PARENTS



*NOT AN EXHAUSTIVE LIST

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HEART, BODY AND MIND WELLBEING RESOURCES

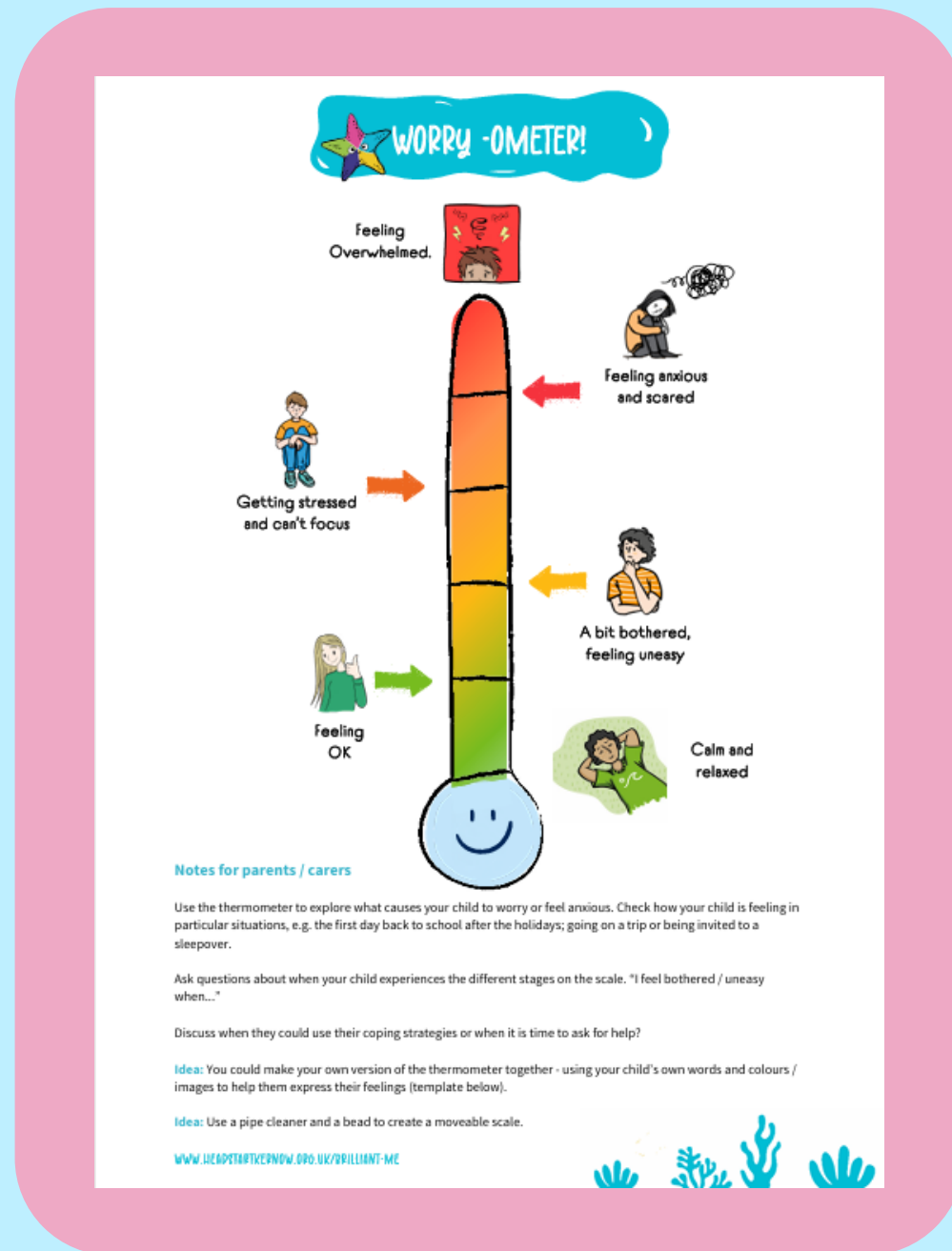


- Wellbeing resources for the family to do together including stories, meditation, finger painting, hopscotch and many more.
- Resources for parent wellbeing also.
- Resources are divided into heart, body and mind activities and are available to download as PDFs.



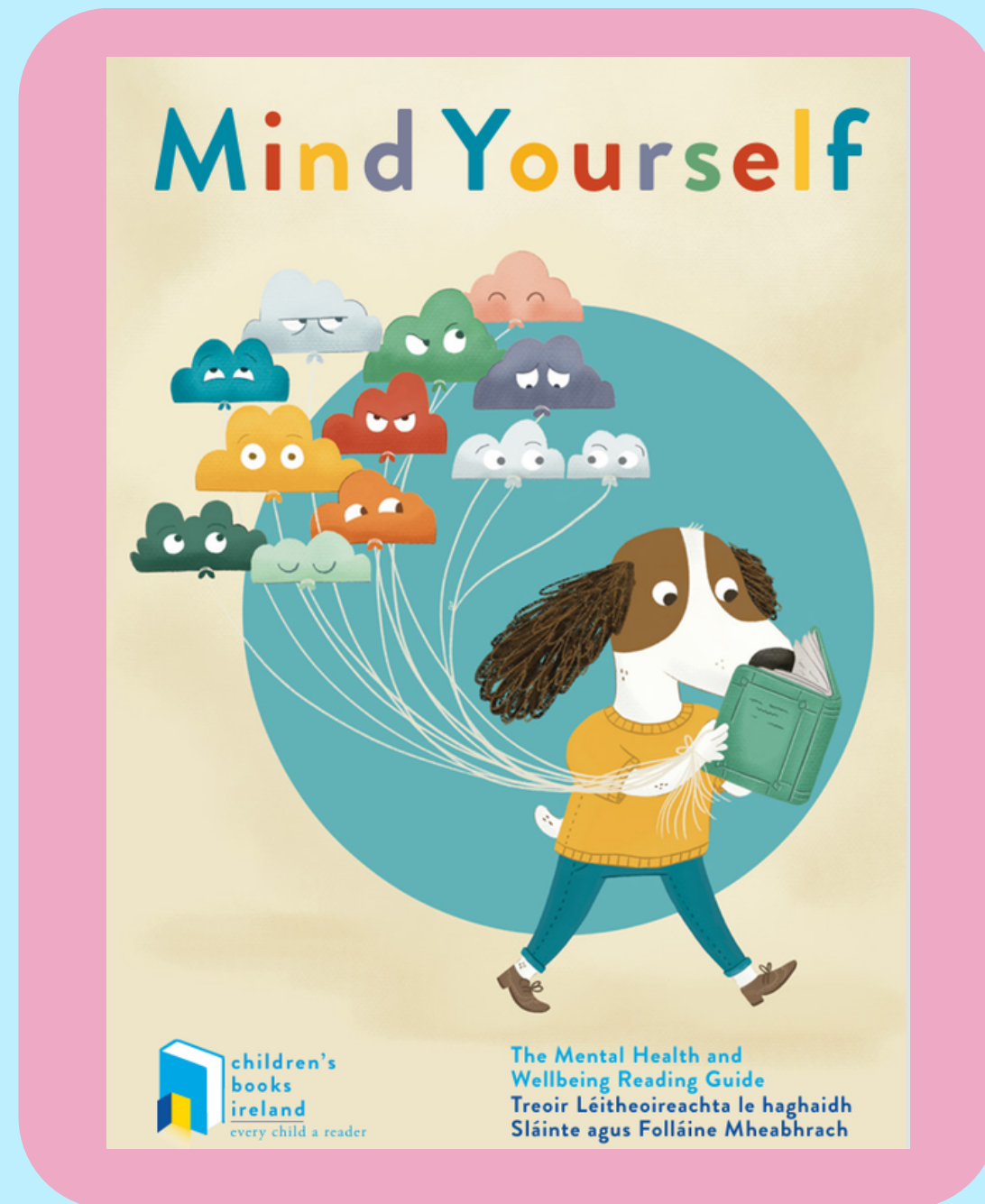
MY BRILLIANT PLACE TO BE ME

 **-BRILLIANT ME PARENTS**



- Designed to help 8-11 year olds explore simple ways to explore and nurture their wellbeing.
- Worksheets and resources to help your child: Become more aware of their emotions and become better able to manage uncomfortable feelings with simple self-soothing strategies.

MIND YOURSELF READING GUIDE



- A themed reading guide detailing mental health and wellbeing titles for children and young people aged 0–18.
- A 'first aid kit' for worries, sadness, loneliness, anxiety and any number of feelings.
- **Leabhair Gaeilge san áireamh.**

MENTAL HEALTH SERVICES FOR CHILDREN AND YOUNG PEOPLE IN IRELAND

 **-CITIZENS INFORMATION**



- Signposting service for parents looking for help regarding their children's mental health.
- Ranging from supports for mild mental health challenges to more severe challenges.

CREATIVE MINDFULNESS RESOURCES

 [-CREATIVEMINDFULNESS.COM](https://www.creativemindfulness.com)



- Meditations, mini mindfulness episodes, workbook pages and lots more.
- **Tá machnamh ar an anáil ar fáil trí Gaeilge freisin.**
- Developed by Louise Shanagher - mindfulness teacher and children's therapist.



GOOGLE DIGITAL SAFETY RESOURCES

 **-GOOGLE BE INTERNET LEGENDS**

- Digital safety resources for the home.
- Be Internet Legends Family Guide - gives families the tools and resources to learn about online safety and citizenship at home.



HELPLINES, PARENTING COURSES, ADVICE AND WELLBEING RESOURCES

 [-GOV.IE ADVICE](#)
 [-GOV.IE RESOURCES](#)

- A selection of resources for parents including links to Parentline, Family Resource Centres, Children in Hospital Ireland etc.

Resources:

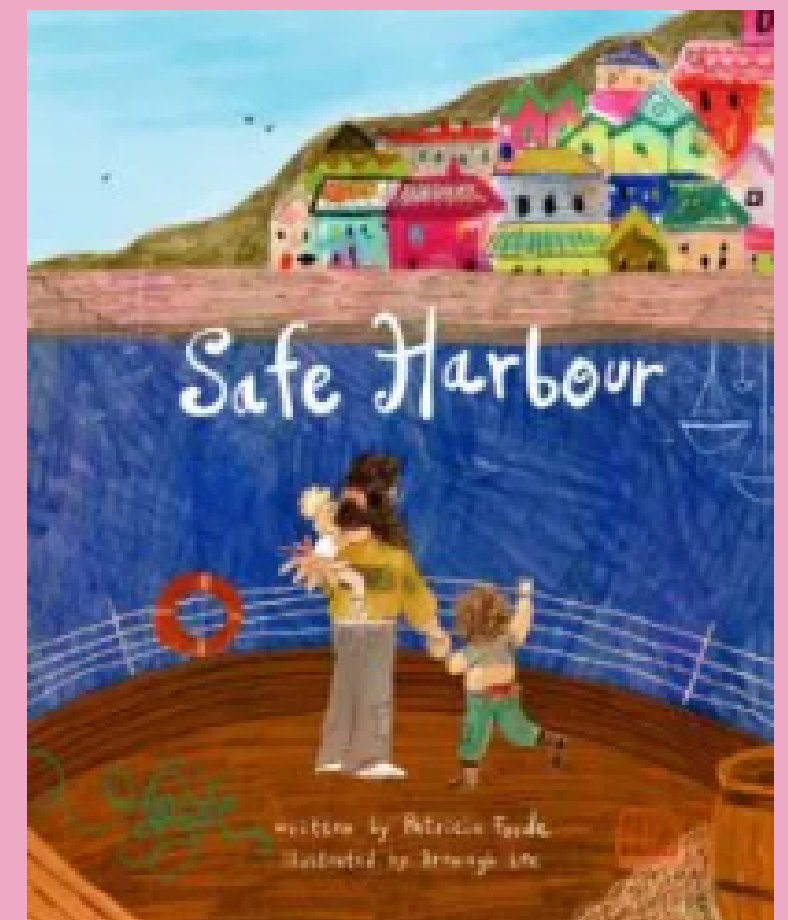
- A range of psycho-educational resources for parents/guardians.
- To support children's learning about relaxation and regulation strategies, resilience, managing emotions, self-care for teachers and more.



SAFE HARBOUR – IRISH CHILDHOOD BEREAVEMENT NETWORK



- Safe Harbour is an illustrated storybook for children who have been bereaved by suicide.
- Developed by bereavement experts and people with lived experience.
- Two versions available: one in which the child's father dies (Book A) and one in which their mother dies (Book B).
- Audiobook, podcast series and activities also available.
- **Tá an leabhar ar fáil trí Gaeilge freisin.**



DIRECTORY OF MENTAL HEALTH SUPPORTS FOR CHILDREN AND THEIR FAMILIES



- Contact details of support services for families including national and local supports.
- Breakdown by region and age.
- Free to download.



EMOTIONAL WELLBEING PARENT SUPPORT BOOKLET

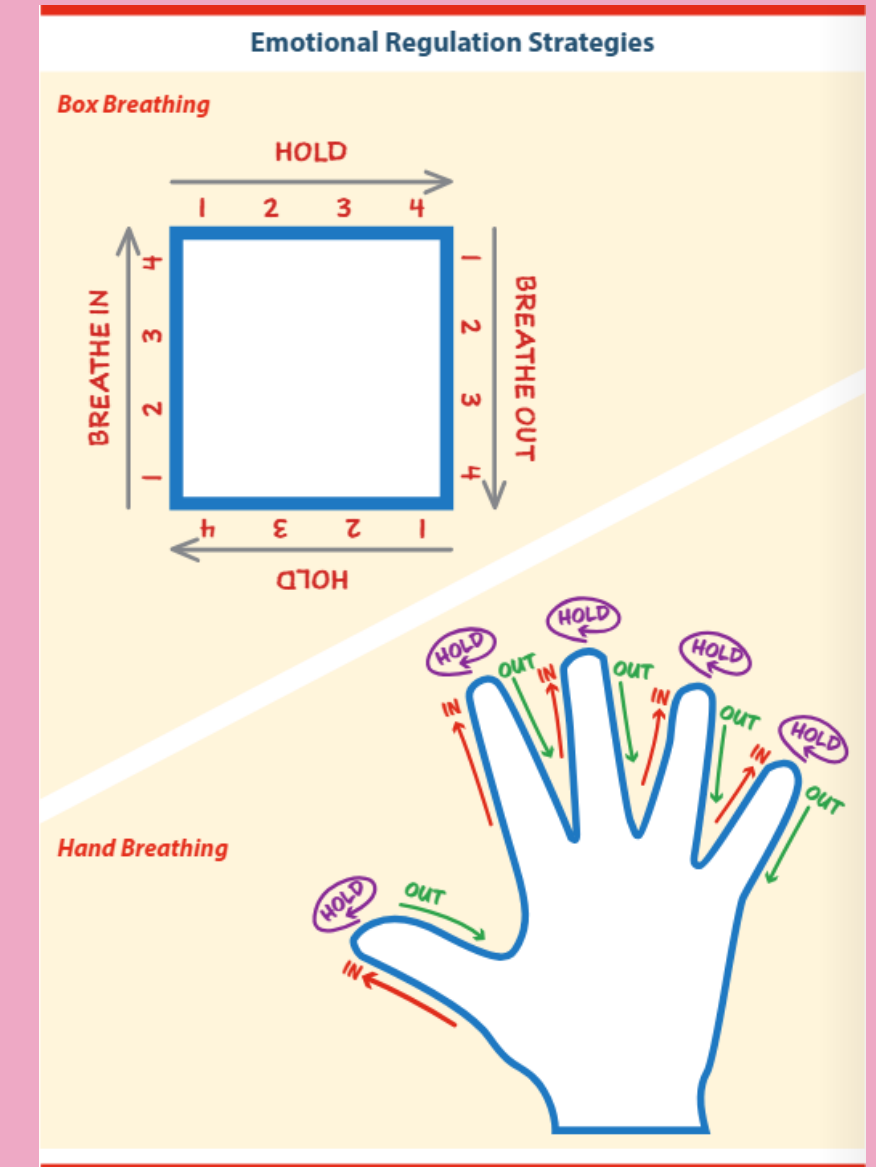
 **-OUTSIDETHEBOX**

Supporting Your Child's Emotional Well-Being



Fiona Forman, M.Sc. Applied Positive Psychology

- Free download for parents to support your child's emotional wellbeing.
- Including a 'Wheel of Emotions', 'Worry Decision Tree' and 'Mood Boosters'.
- Suitable for printing.



PARENT HELPLINE

- A national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent.
- Parent helplines open Monday-Thursday 10am-9pm and Fridays 10am-7pm.
- Common topics: Anger, aggression, anxiety, school avoidance, social media, bullying.

 **PARENTLINE**



parentline
01 873 3500

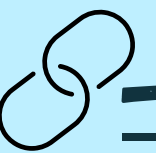
PARENT POWER

 **-PLANET YOUTH**



- Information from the Planet Youth survey for parents of children in national school.
- Guidance on key topics such as bedtimes, hobbies and screen time.
- *Guidelines for Parents booklet available in English, **Gaeilge**, Arabic, Russian, Lithuanian, Slovak, Polish and Portuguese.*

SUÍ MINDFULNESS VIDEOS

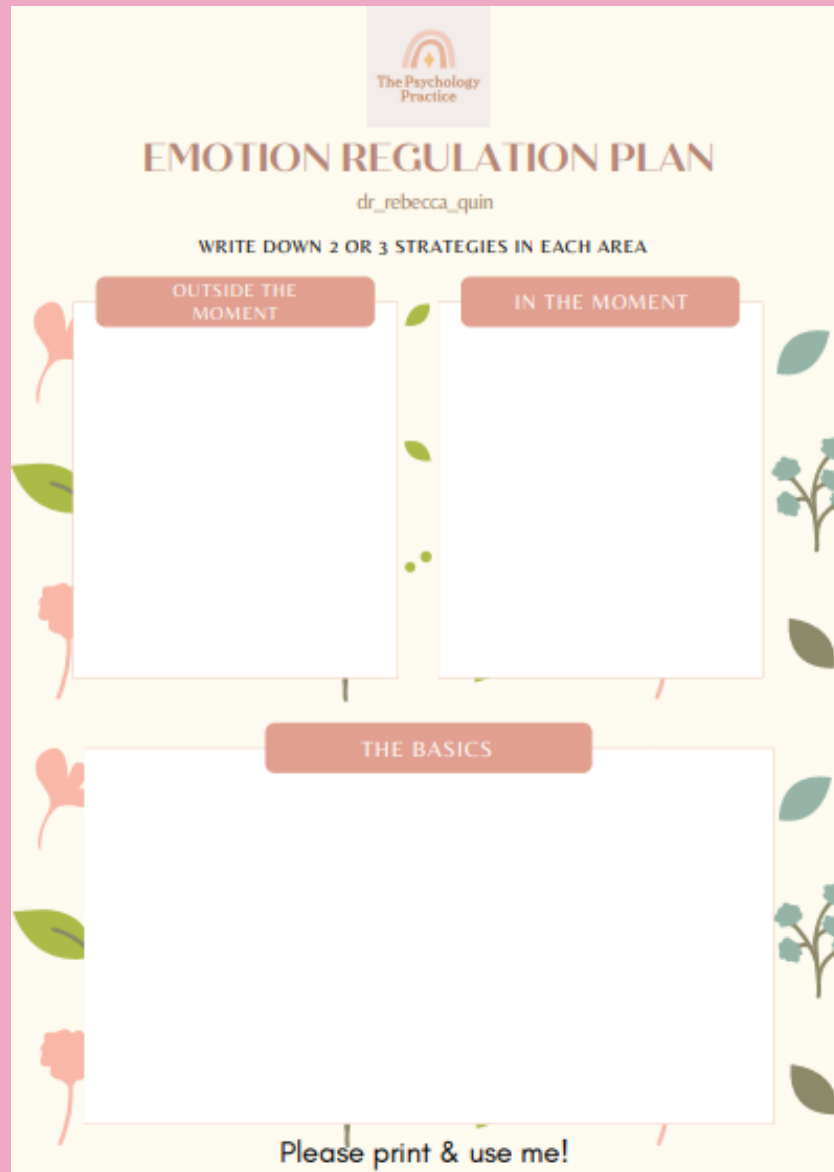
 **-MINDFULNESS MATTERS**

- Free breath practices designed for emotional release.
- Suitable for 4-7 year olds.
- Developed by Westport-based Derval Dunford & Mick Hogan.
- Featured on RTE Junior.



THE PSYCHOLOGY PRACTICE RESOURCES LINKTREE

 **-THE PSYCHOLOGY PRACTICE**



The Psychology Practice
dr_rebecca_quin

EMOTION REGULATION PLAN

WRITE DOWN 2 OR 3 STRATEGIES IN EACH AREA

OUTSIDE THE MOMENT	IN THE MOMENT

THE BASICS

Please print & use me!

- A range of resources for school-age children who are experiencing low level emotional and behavioural difficulties.
- Including resources and tips for school and home.



MELTDOWN

ADD YOUR TRIGGERS INTO THE BOXES ABOVE

WALK IN MY SHOES (WIMS) RESOURCES – ST. PATRICK'S MENTAL HEALTH SERVICE



- Free wellbeing resources for children of primary school age.
- Including guided mindfulness practices, mindful colouring and other activities.



GUIDES FOR PARENTS



- Internet safety guides and resources to help parents get to grips with their children's internet use, including social media, apps, AI etc.
- **Cuid acú ar fáil trí Gaeilge freisin.**



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ONLINE SAFETY PROGRAMME FOR PARENTS



- Register for a free online safety webinar with a short Q&A after.
- 45-minutes duration.
- Two webinars per month.
- Short video lessons also available for parents. Each under 5 minutes long, including the topics: Parental Controls, Screen time and Critical Thinking Online.



CYCLE AGAINST SUICIDE WEBINARS



- A selection of free webinars on topics including school refusal, social anxiety disorder, understanding neurodiversity and perfectionism in children.

PARENTING HUB



- A series of free webinars for parents.
- Topics include resilience, anxiety, ADHD, parent separation etc.



SUPPORTING AN ANXIOUS CHILD PROGRAMME



- FREE online programme for parents/carers of children aged 5-11.
- To help parents/carers explore anxiety and better support their child or young person.
- *Supporting an Anxious Teen programme also available – for parents/carers of children and young people aged 12-18.



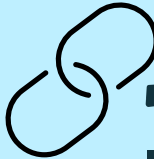
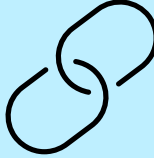
NATIONAL PARENTS COUNCIL ANTI-BULLYING TRAINING



- Support your child regarding the issue of bullying.
- To inform you about the Anti-Bullying Procedures for Primary and Post Primary Schools.
- Can be held on Zoom or in person.
- Each session runs for one and a half hours and is provided FREE of charge.



NATIONAL PARENTS COUNCIL INTERNET SAFETY TRAINING AND ONLINE INTERNET SAFETY TRAINING

 **-NPC.IE**
 **-ONLINE**

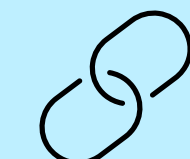
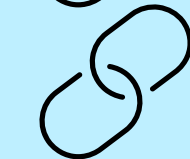
- Strategies to help your children be responsible, effective and safer Internet users.
- The topic of cyber bullying will be covered also.
- In your school or remotely.
- A fee applies (€50/€75).

Online Training:

- Can be done at any time that suits you.
- No cost.



NATIONAL PARENTS COUNCIL MENTAL HEALTH AND WELLBEING TRAINING AND ONLINE TRAINING

 **-NPC.IE**
 **-ONLINE**



- Programme in conjunction with St. Patrick's Mental Health services, which can be run in your local school.
- Explore the factors that influence mental health and wellbeing, and learn how to nurture resilience in your child.
- A fee applies (€50/€75).



Online Training:

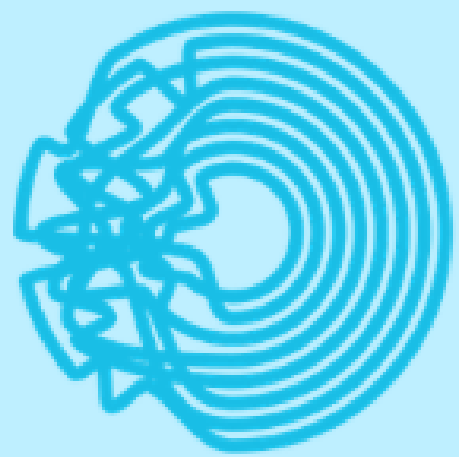
- Can be done at any time that suits you.
- No cost.

NATIONAL PARENTS COUNCIL TRANSITION TO SECONDARY SCHOOL TRAINING



- A one and a half hour session exploring:
 1. Choosing a school for your child
 2. Preparing your child for post-primary school
 3. Subject choice
 4. People you might meet in post-primary school, etc.
- Can be held on Zoom or in person.
- A fee applies (€50/€75)





MAYO

Mental Health Association



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**Health
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