

Coláiste Abbáin  
Adamstown  
Co. Wexford



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## Promoting Positive Wellbeing for our Students

Dear students,

We are living through extraordinary times at the moment. We understand that this may be a difficult time for everyone with disruption to our normal routines: education, social life and extra-curricular activities and in many cases not being able to see relatives and friends.

While it is difficult for everyone we would like to highlight some important supports

- 1) Follow the advice of the HSE on Minding your Mental Health during the Coronavirus outbreak:

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

- This includes:
  - Set limits for your exposure to news and social media
  - Keep healthy routines
    - exercise
    - regular sleep
    - healthy, balanced diet
    - practice relaxation techniques
    - read a book
    - mindfulness colouring
  - Stay connected with friends and family using: social media, video calls, phone calls. Talk can decrease stress and worry.
- Use the following link for Relaxation and Mindfulness exercises:

<http://www.beaumont.ie/marc>

- Jigsaw online provide a wide range of useful online resources to support your mental health. Please find a link to '5 a day for your mental health' as one example.
- <https://jigsawonline.ie/young-people/five-a-day-for-your-mental-health-2/>

- 2) When it comes to distance learning, all you can do is your best. Remember that you are not alone, literally every teenager in the world is in the same situation as you. We are all just trying to figure things out as we go.
- 3) If you are upset, distressed or anxious during this school closure there is always help and advice available!

- You should confide in parents/ guardians/ family members/ trusted friends who can help.
- Firstly, you and your family should contact your GP (family doctor).
- If it is a weekend or out of hours and you can't contact your family doctor- you should ring Caredoc on [1850 334 999](tel:1850334999).
  
- Samaritans on Freephone 116 123; e-mail [jo@samaritans.ie](mailto:jo@samaritans.ie) or text 087 2609090
- Pieta House (Wexford) [053- 9122787](tel:0539122787), 24 Hour Suicide Helpline [1800 247 247](tel:1800247247) or text 51444.
- Other useful websites include:
- [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)
- [www.spunout.ie](http://www.spunout.ie)
- [www.reachout.com](http://www.reachout.com)

During this stressful time please be kind to yourselves and others. The staff at Coláiste Abbáin look forward to seeing you happy and healthy when the school re-opens.

Yours faithfully,

Mr Tom Tynan

Guidance and School Counsellor