



Self-Care during Covid – 19

Everyone's lives and daily routines are affected by the measures that have been introduced to disrupt the spread of the virus, and keep us all safe.

This resource is designed to signpost you to relevant, reliable resources to help to support you through this time.

It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing. Read more about [minding your mental health during the coronavirus outbreak](#).

If you want one- to-one support please feel free to contact St. Andrews on 016771930

Counselling services are still operating over the phone for those who require this service.

The HSE and Gov.ie have developed support resources that can help at this time and the links below bring you to the relevant websites.

<https://www.gov.ie/en/campaigns/together/?referrer=/together/>

Some Relevant Support Services

Samaritans: Emotional support to anyone in distress or struggling to cope Freephone **116 123** (any time, day or night) Email jo@samaritans.ie

Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm Freephone **1800 247 247** (any time, day or night) Text **HELP** to **51444** (standard message rates apply) Telephone appointments will be provided to replace face to face appointments - [contact your local Pieta House](#) for details

Aware Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar. Freephone Support Line **1800 80 48 48** (from 10am to 10pm every day) Email supportmail@aware.ie anytime, for a response within 24 hours

Stay Healthy

Staying well and healthy is very important during this difficult time. Eating well, taking small amounts of exercise.

Keeping to some sort of schedule boredom which may have you all day. Such structures are also their usual routine. Try to pick [food pyramid](#) as a guide



each day will help stave off grazing on easily accessible foods good for children who may be out of healthier foods if you can. Use the

make a list of the meals you're going to make so it can help you plan for the week. You can find more help with developing your food plans [here](#).

Here is an [example](#) of a five day meal planner that you can follow or amend to suit yourself. <https://www.gov.ie/en/publication/7183c5-healthy-eating-during-covid-19/>



Stay Active

Our normal exercise routine is very likely to have been severely impacted by the current COVID-19 outbreak. The demands of remote working or home-schooling kids may be keeping you busy, you may be working long hours in an essential role or, alternatively, you may be waiting at home for normal life to resume.

Whatever your situation, staying active now has never been more important. Keeping physically active is vital for both your physical and your mental health and wellbeing. Being active can help you deal with anxiety and stress and getting outdoors, if you can, is really important.

Some recommended links to help you stay fit.

- <https://www.gov.ie/en/publication/5a4293-staying-active-during-covid-19/>
- Ciel Bleu offers online Programmes for the older adult <http://www.sielbleu.ie/home/at-home-guides/>
- Athletics Ireland has a range of activities <https://www.youtube.com/user/AthleticsIRL/>
- For Children Joe Wicks is offering PE online every day <https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ>

Families



You are not alone

Please feel free to Call Dara Terry in St Andrew's 016771930 for one to one support

balance working from home, with home schooling, to also becoming a chef, PE teacher, and filling the gaps of friends.

And some of us are finding the time at home and the days long and hard to fill.

Let's Play Ireland is a government-led aimed at promoting play for all children living during the COVID-19 emergency.



lonely

initiative in Ireland

Playing is central to children's physical, mental, social and emotional health and wellbeing. Children learn through play while developing resilience, flexibility and understanding of their world. Play in families enriches childhood. All children and young people have a right to play.

Some Resources for families

<https://www.gov.ie/en/campaigns/lets-play-ireland/>

<https://www.ispcc.ie/parent-hub-articles>

<https://onefamily.ie/how-we-support-families/parenting-supports/>

www.parentsplus.ie



Download the time capsule to do with your children:

<https://www.cuh.ie/wp-content/uploads/2020/04/COVID-19-Time-Capsule-for-Children-April-2020.pdf>

Information re younger children <https://first5.gov.ie/>

Keeping Safe

Safety planning for your family if you get Covid 19.

Are you worried about your safety or that of your children should you get sick?

Please see the Emergency Family Plan booklet. Copies also available outside the centre

[https://www.cypsc.ie/fileupload/DCS%20CYPSC/Booklet%20for%20Family%20Plan%20\(00000003\).pdf](https://www.cypsc.ie/fileupload/DCS%20CYPSC/Booklet%20for%20Family%20Plan%20(00000003).pdf)



Domestic Safety

Are you safe at home? If you are worried for you or your child's safety? If you are worried about staying safe in your home visit www.stillhere.ie

Helplines

An Garda Siochana 999 or 112

Women's Aid 1800341900

Men's Aid Ireland 015543811

Male Domestic Abuse Advice Line 1800816588

Rape Crisis Centre National Helpline 1800778888

Legal Aid Board Helpline 1890615200 or 016469600

Directory of Local Services www.safeireland.ie



[For further help or any questions please feel free to contact 016771930 for further information](http://www.stillhere.ie)

