**Setting Up a Network of Support**

This document contains information on key supports for students. This document was collated to support Guidance Counsellors in their approach to Whole School Guidance and to ensure Guidance Counsellors have access to a variety of supports.

This document may be appended to the Whole School Guidance plan or may be a ‘standalone’ resource for Guidance Counsellors and other members of staff.

This document is not final nor exhaustive, it will need to be reviewed regularly.

Supports are outlined under the following headings:

* SCHOOL SUPPORTS (p1)
* LOCAL AREA SUPPORTS(p3)
* NATIONAL SUPPORTS( p6)
* NATIONAL DISABILITY SUPPORTS (p12)
* INTERNATIONAL SUPPORTS (p15)
* KEY GOVERNMENT AGENCIES / BODIES (p16)
* SUPPORTS FOR THE GUIDANCE COUNSELLOR (p17)

# **SCHOOL SUPPORTS**

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| **Support** | **How to access / make contact** | **Notes** |
| **Principal** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Deputy Principal(s)** | e.g. Extension 124 / email | *If not in office, usually in corridor near room 20.* |
| **DLP/DDLP** | May be same as above or may be different | Refer students if child protection issue as outlined in whole school guidance plan.[*https://www.education.ie/en/Schools-Colleges/Information/Child-Protection/child\_protection\_guidelines.pdf*](https://www.education.ie/en/Schools-Colleges/Information/Child-Protection/child_protection_guidelines.pdf) |
| **IT Coordinator** | Phone number | Click or tap here to enter text. |
| **Mentor System** | Meet irregularly but coordinated by Mr Ryan. | *Very helpful with last year's 1st years especially those who needed extra help.* |
| **NEPS Psychologist** | e.g., Phone and email | *Calls to school each year in September for initial meeting* |
| **Access Initiatives with local HEIs** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Other relevant student activities e.g., Clubs / Teams** | e.g., Basketball Mondays at 4 in the gym (Mr Reilly)e.g., Rugby Tuesdays and Thursdays at 7am (Ms O Rourke)e.g., Frisbee Fridays at lunchtime (Mr Daly) | *It is very helpful to have a list of what clubs/teams are available so we can refer students who are struggling and help them build a community.* |

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| **Other School Teams e.g., DEIS Team** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Other Staff Members with specialist training** | e.g., Mr Lawrence is highly trained in first aide.g., Ms Ni Rourke speaks Latvian fluently | *Ms Ni Rourke helps with translation at times* |
| **Parent Councils** | Chair emailSecretary email | *Very active and supportive in this school.**Keen to know how they can help.* |
| **Prefect System** | Meet Thursday at lunchtimeCoordinated by Ms Smith.Guidance Prefect: Jimmy Murphy | *The role of the ‘Guidance Prefect’ is to update all Guidance Notice Board and coordinate prospectuses.*  |
| **Chaplain** | e.g., Extension 123 / email | *Available from 8am every day except Wednesday* |
| **Restorative Practice Groups led by peers** | Click or tap here to enter text. | Click or tap here to enter text.<http://www.restorativepracticesireland.ie/information-schools/> |
| **School affiliates e.g., ETB / Edmund Rice Trust etc** | Click or tap here to enter text. | Click or tap here to enter text. |
| **School Completion Activities and programmes** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Student Councils** | Meeting every Monday lunchtime in Room 9.Coordinated by Ms Ryan | *Always looking for new projects / ideas to help students* |
| **Student Support Team**  | Meeting every two weeks at 11am on Wednesdays. | Share this document with members |
| **Tutors** | School Policy is to contact through… | *Very helpful to have a list of these at the start of the school year.**Also, helpful to know about the role of the tutor in this school as documented in the whole school guidance plan pg. 4.* |
| **Union Reps** | Name and contact details | Click or tap here to enter text. |
| **Wellbeing Coordinator** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Whole School Guidance Team** | Click or tap here to enter text. | *A team has not yet come together in this school... maybe prioritise for after Christmas?* |
| **Year Heads** | e.g., email / extension / regular meetings | *Year Head of 1st year regularly checks email* *Year Head of 2nd year rarely checks* |
| **Other** | Click or tap here to enter text. | Click or tap here to enter text. |

# **LOCAL AREA SUPPORTS**

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| **Support** | **Contact Information/How to Access** | **Notes** |
| **Church Contacts** | 1. Name & phone
2. Name & phone
3. Name & phone
 | *Can be useful to keep in touch, especially where key school events are taking place e.g., Walk from Darkness into Light* |
| **Clubs/Sports/Teams information** | Click or tap here to enter text. | *Local yoga instructor also qualified in mindfulness.**Local Boxing club offers ‘Personal Safety’ training for students over 16 years* |
| **Counselling Services/Psychotherapist** | 1. Name and number
2. Name and number
 | Check each year for free services in the area. |
| **Drugs & Alcohol Task Force** | [www.drugs.ie/features/feature/what\_is\_a\_drugs\_task\_force](http://www.drugs.ie/features/feature/what_is_a_drugs_task_force) | There are 10 regional and 14 local drugs task forces covering the Republic of Ireland.The task forces were developed to combat the threat from problem drug use throughout the country using an area-based partnership approach between the statutory, voluntary & community sectors including public representatives. The structure is intended to facilitate the development of effective, targeted, local responses through the utilisation of the knowledge and experience of all sectors in designing and delivering those services and through facilitating the improved co-ordination of service provision.Aims and objectivesThe overall aim of the Government’s drugs policy is to provide an effective, integrated response to the problems posed by drug and alcohol misuse. |

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| **ETB Adult Guidance Services**  | NameEmailWebsitePhone | I can find my local services through [www.ncge.ie/ncge/aegi-contact-details](http://www.ncge.ie/ncge/aegi-contact-details)  |
| **ETB Youthreach – Community Training Centre Coordinators / Advocates** | NameEmailWebsitePhone | Youthreach is an educational training and work experience for young people (age 16-20) who have left school early. The aim is to develop the core skills needed for further learning and to prepare young people to progress to further education/training or to employment. |
| **Family Resource Centres** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Gardai** | 1. Name & phone
2. Name & phone
 | *Garda Colm visits the school principal and is visible in the school every Friday afternoon.* |
| **GP** | 1. Name & phone
2. Name & phone
3. Name & phone
 | Click or tap here to enter text. |
| **GP (Outside regular hours)** | 1. Name & phone
2. Name & phone
 | Click or tap here to enter text. |
| **Health Centre** | Click or tap here to enter text. | *Offers psychotherapy on Tuesday evenings free of charge.* |
| **Home School Liaison Coordinator** | Name NumberEmail | Procedures for communication / meetings / referral within the school |
| **Juvenile Liaison Officer** | Name and phone | *Also works with the other school in the town.* |
| **Occupational Therapist** | Click or tap here to enter text. | *Can call and discuss an issue as needed* |
| **Speech and Language Therapist** | Click or tap here to enter text. | Click or tap here to enter text. |
| **St Vincent De Paul** | NameNumber Email | Helpful at times of year when some families in the school community are in need. |

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| **Youth Clubs / Projects** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Youth Information Officers** |  [www.youthworkireland.ie/what-we-do/youth-information](http://www.youthworkireland.ie/what-we-do/youth-information)  | Youth Work Ireland is the largest youth organisation in Ireland. They are made up of 21 Local Member Youth Services and a national office. We support our members to deliver an [Integrated Youth Services Model](https://www.youthworkireland.ie/images/uploads/general/integrated_services.pdf) to young people in their communities. This means that young people around Ireland can avail of a whole range of services and supports if they need them. |
| **Other** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Other** | Click or tap here to enter text. | Click or tap here to enter text. |
| **Other** | Click or tap here to enter text. | Click or tap here to enter text. |

# **NATIONAL SUPPORTS**

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| **Support** | **How to Access / Contact** | **Notes** |
| **ADHD Ireland** | Phone 01 874 8349 from 9am to 5.30pm Monday to FridayVisit [adhdireland.ie](https://adhdireland.ie/) info@adhdireland.ie | Support and information for young people and adults with ADHD and their carers and families. |
| **Age Friendly Ireland** | [agefriendlyireland.ie/](https://agefriendlyireland.ie/) | A list of all Local Authority Community Response Forums and their contact helpline numbers to support vulnerable members of communities affected by COVID-19 restrictions. |
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| **Alone** | [www.alone.ie](http://www.alone.ie)  | COVID-19 support line for older people. |
| **Aware** | Freephone support line 1800 80 48 48 10am to 10pm every dayVisit [aware.ie](https://www.aware.ie/) Email: supportmail@aware.ie | Information and support to anyone over 18. Issues relating to mood or the mood of a friend or family member, or who has depression or bipolar.Phone 'Support and Self Care Peer Group' for people experiencing:* anxiety
* mild to moderate depression
* bipolar disorder
* mood-related conditions
 |
| **Barnardos** | Freephone 1800 910 123 (from 10am to 2pm, Monday to Friday) Telephone 01 473 2110 (from 10am to 12pm, Monday to Thursday).  | Provide a national telephone support service for parents, in response to the challenges they are facing during the Covid-19 pandemic.Barnardos also provide a children's bereavement helpline service, for all members of the public seeking information and support in relation to bereavement. Referrals will be accepted for children up to the age of 18 who have parental/carers consent. |

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| **Belong To Youth Services**  | Text LGBTI+ to 086 1800 280 (standard SMS rates may apply) Visit [www.belongto.org](http://www.belongto.org) for more information | Provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland between the ages of 14 – 23 years. Chat in confidence with a trained crisis volunteer (anytime day or night) |
| **Bodywhys​****​** | Helpline 01 2107906 Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm​Visit [bodywhys.ie](https://www.bodywhys.ie/support-services-update-coronavirus-covid-19/)​Email: alex@bodywhys.ie for support​ | BodywhysConnect - online support groups for adults with eating disorders. ​YouthConnect - online support groups for young people aged 13-18. ​ |
| **CAMHS**  | Call 1850 24 1850 or 01 240 8720 | CAMHS stands for Child and Adolescent Mental Health Services and is a service that provides assessment and treatment for young people and their families who are experiencing mental health difficulties.While a broad range of services support the mental health of children and adolescents, the term ‘CAMHS’ is usually applied very specifically to services that provide specialist mental health treatment and care to young people up to 18 years of age through a multidisciplinary team.To access a CAMHS service you need to be referred by your GP. |
| **Childline** | Freephone 1800 666 666 (any time, day or night)Text 50101 (from 10am to 4pm every day) Chat online at [www.childline.ie](http://www.childline.ie) (from 10am to 4pm every day) | Ireland's 24-hour national listening service for young people up to the age of 18Childline exempt from consent requirements. |
| **FORÓIGE** | <https://www.foroige.ie/>  | Foróige is a youth development organisation engaging over 50,000 young people and 5,500 volunteers. We are a powerful force for good in communities across Ireland. |
| **GROW Mental Health Recovery** | Information line 1890 474 474.Visit [grow.ie](https://grow.ie/)Email: info@grow.ie | Six-week guide on coping with COVID19, consisting of podcasts, practical resources and information. |
| **Helplink Mental Health** | Visit  [helplink.ie](https://helplink.ie/) | Free/low-cost online counselling services and educational resources. |

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| **HSE Mental Health Recovery Colleges** | Visit [Recovery Education](https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/recoverycolleges/) | Recovery education colleges and services provide mental health recovery education.Timetables have been developed to support people through recovery education. |
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| **Irish Hospice Foundation** | Phone 1800 807 077 Monday to Friday (from 10am to 1pm)Visit [hospicefoundation.ie](https://hospicefoundation.ie/covid19careandinform/bereavement-support-line/) for more information. | A freephone bereavement support line providing information, connection, comfort and support. |
| **Jigsaw Online**  | Freephone 1800 544729 (from 1pm to 5pm Monday to Friday)Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday) Email: help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday) Visit [www.jigsaw.ie](http://www.jigsaw.ie) or [www.jigsawonline.ie](http://www.jigsawonline.ie) for more information | The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults in Ireland |
| **LGBT Ireland** | LGBT+ helpline 1890 929 539 every dayGender identity family support line 01 907 3707 | Online instant messaging support 6.30pm to 10pm Monday to Thursday, 4pm to 10pm Friday and 4pm to 6pm Saturday and Sunday. |
| **Mental Health Ireland** | Information line 01 284 1166 from 9am to 5pm Monday to FridayVisit [mentalhealthireland.ie](https://www.mentalhealthireland.ie/)Email: info@mentalhealthireland.ie | Information and support for people who experience mental health difficulties |
| **Irish Childhood Bereavement Network**  | Visit: <https://www.childhoodbereavement.ie/>Email: icbn@hospicefoundation.ie Phone: 01 6793188 | Resources for Guidance Counsellors supporting bereaved children |

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| **Mobile apps** | **Mindshift (by Anxiety Canada)**MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to act. Users check in each day to track their anxiety and work with tools in the app.Get it in the [App Store](https://apps.apple.com/ca/app/mindshift/id634684825) or on [Google Play](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en)**Headspace**Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey and track your progress and ‘buddy up’ with friends and motivate each other.Get it in the [App Store](https://apps.apple.com/ie/app/headspace-meditation-sleep/id493145008) or on [Google Play](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en_IE)**Clear Fear**For teenage mental health charity Stem4. The app uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app and track your progress.Get it in the [App Store](https://apps.apple.com/gb/app/clear-fear/id1437282350) or on [Google Play](https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear)**HSE Eating Disorder Self Help App*** A self-care app for people:
* with an eating disorder
* caring for someone with an eating disorder
* worried about developing an eating disorder
* diagnosed or are recovering from an eating disorder
* From the HSE National Clinical Programme for Eating Disorders and Bodywhys.

[Read more about the HSE Eating Disorder Self Help App](https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/news/). | These mobile apps can help manage anxiety. They have been approved for listing here by the HSE Mental Health Group.The app developers are solely responsible for their compliance and fitness for purpose. These apps are not supplied by the HSE and the HSE is not liable for their use. |
| **My Mind** | [mymind.org](https://mymind.org/)Call: 0766 80 10 60. Email: hq@mymind.org  | Provides free online counselling, psychotherapy services for children, adolescents and adults under the COVID-19 project. Clients of age 16 and above can use free of charge online counselling. However, the suitability of online sessions for children under 16 is limited, work in some cases may be more focused on parents(parental support), not directly with minors |

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| **NALA** | <https://www.nala.ie/> | Helps adults with:- Reading, writing and spelling- Filling in forms, for example for social welfare benefit- Fun learning ideas for kids- Understanding health information- Understanding financial information |
| **National Traveller Mental Health Service** | Call 01 8721094 and press 1 (from 9am to 5pm every day)Visit [exchangehouse.ie](https://exchangehouse.ie/) | Telephone and online services and supports are available while face-to-face and group services have stopped. |
| **National Youth Council of Ireland** | <https://www.youth.ie/>  | NYCI is the representative body for voluntary youth organisations in Ireland. They use their collective expertise to act on issues that impact on young people. |
| **Online counselling supports** | Crisis Text line (text 50808)Text HELLO to 50808 | Provides a safe space where you are listened to by a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you have said, and invite you to share at your own pace. You will 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. |
| **Pieta House** | Freephone 1800 247 247 every day 24 hours a dayText HELP to 51444 - standard message rates applyVisit [pieta.ie](https://www.pieta.ie/) | Telephone and text-based support counselling for people who are suicidal or engaging in self-harm. |
| **Samaritans** | Freephone 116 123 Email: jo@samaritans.ieVisit [www.samaritans.ie](http://www.samaritans.ie) for details of the nearest branch | For confidential, non-judgmental support  |
| **Senior Line** | Call 1800 804 591 from 10am to 10pm everydayVisit [thirdageireland.ie](http://www.thirdageireland.ie/seniorline) | Confidential listening service for older people provided by trained older volunteers. |
| **Shine** | [www.shine.ie/covid-19](http://www.shine.ie/covid-19) Email : phil@shine.ie | Remote support and an outreach service to people who use Shine services by phone and email. |

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| **SpunOut.ie** | Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply) · Visit [www.spunout.ie](http://www.spunout.ie) for more information | SpunOut.ie provides a wide range of articles and information for young people aged between 16 – 25 years, on many different topics, including mental health |
| **Stress Control** |  [HSE Health and Wellbeing](https://www.hse.ie/eng/about/who/healthwellbeing/about-us/free-online-stress-control-classes.html) for more information. | The programme is for 3 weeks on Mondays and Thursdays and may commence again in the future. |
| **Suicide or Survive (SOS)** | [suicideorsurvive.ie](https://suicideorsurvive.ie/)   | Free online wellness workshops and programmes |
| **Text 50808** | Text HELLO to 50808, anytime day or night.Visit [www.text50808.ie](http://www.text50808.ie/) for more information. | 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. |
| **The Alzheimer Society of Ireland** | Freephone 1800 341 341 Monday to Friday 10am to 5pm and Saturday 10am to 4pmEmail: helpline@alzheimer.ie | Information and emotional support and information on supports and services. |
| **Together 4 Cancer Concern** | Freephone 1800 200 700Visit the [HSE National Cancer Control Programme](https://www.hse.ie/eng/services/list/5/cancer/news/together%204%20cancer%20concern.html) for more information. | Telephone support with cancer counsellors. Links to nationwide community cancer support centres and a team of clinical psychologists. |
| **Traveller Counselling Service​****​****​** | [travellercounselling.ie](https://travellercounselling.ie/)​ | Online counselling to members of the Traveller community who need support during this time. ​ |
| **Turn2Me** |  [turn2me.ie](https://turn2me.ie/)  | Provides a 3-tiered approach to supporting mental well-being - self-help, support groups and professional support for young people aged between 12 – 17 years. Online services include counselling and support groups  |
| **Union of Students in Ireland​** | [usi.ie](http://usi.ie/)​ | Tips and resources to keep your mind healthy. ​ |
| **Yourmentalhealth.ie** | [Yourmentalhealth.ie](https://www2.hse.ie/mental-health/) Information Line available at 1800 111 888 (any time, day or night) | Find supports and services using age profile or location of service. |
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# **NATIONAL DISABILITY SUPPORTS**

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| **Agency/Body/Department** | **Contact** | **Notes** |
| **AHEAD Ireland** | <https://www.ahead.ie/> Email: ahead@ahead.ie  +353 1 7164396 | Creating inclusive environments in education and employment for people with disabilities. |
| **Camphill Communities of Ireland** | <https://www.camphill.ie/> Phone: 045 483735Email: info@camphill.ie Local contact info: <https://www.camphill.ie/Contact-us>  | Camphill Communities of Ireland is part of an international movement working with people with intellectual disabilities and other kinds of special needs.Camphill communities provide supports including: * Training centres providing further education and training
* Mutual help communities for adults with varying degrees of intellectual disability and other support needs
* Working residential communities for adults
* Enterprise projects with work experience opportunities for residents from the communities and day attendees
* Independent, supported accommodation.
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| **Employ Ability**  | <https://employability.ie/> Phone: 01 4603081Email: info@employability.ie  | Employ Ability CLG is an employment support service for people who have a disability or health issue and live in **South – West Dublin**. |
| **Enable Ireland**  | <https://www.enableireland.ie/> Phone: 01 872 7155Email: communications@enableireland.ie | Enable Ireland provides services to children and adults with disabilities and their families from over 40 locations in 15 counties, working with the individual and their family on a plan for each life stage.Benefits & Entitlements: <https://www.enableireland.ie/resources/benefits-entitlements> FAQs: <https://www.enableireland.ie/resources/faqs>  |
| **Headway** | <https://headway.ie/> Freephone: 1800 400 478Email: helpline@headway.ie  | Headway is an Irish registered charity and an internationally accredited brain injury services organisation that supports adults (18+) who are affected by brain injury. |
| **Inclusion Ireland** | Visit [inclusionireland.ie](https://inclusionireland.ie/)  | The National Association for People with an Intellectual Disability. Easy-read guides on coronavirus. These include one about good mental health for people with intellectual disabilities. |
| **National Council for Special Education (NCSE)** | <https://ncse.ie/> Phone: 01 6033200 | The National Council for Special Education (NCSE) was set up to improve the delivery of education services to persons with special educational needs arising from disabilities with particular emphasis on children... Information and resources for schools available at <https://ncse.ie/for-schools>  |
| **National Disability Authority (NDA) &** **The Centre for Excellence in Universal Design** | <https://www.nda.ie/> Phone: (0)1 6080400Email: nda@nda.ie <https://universaldesign.ie/> Phone: (01) 6080 456Email: info@ceud.ie  | The NDA are an independent statutory body that provides information and advice to the Government on policy and practice relevant to the lives of persons with disabilities. Resources: <https://nda.ie/resources/> Part of the NDA, the Centre is dedicated to enabling the design of environments that can be accessed, understood and used regardless of a person's age, size, ability or disability. |
| **National Institute of Intellectual Disability Studies**  | <https://niids.ie/> Phone: 045 844 215Email: info@niids.ie |  The National Institute of Intellectual Disability Studies comprises a network of consultants with knowledge of Irish disability services and HIQA regulations. NIIDS provide [Tutor Led Training](https://niids.ie/Services/Tutor-Led-Training), [Online Training (eHub)](https://niids.ie/Online-Learning--eHub-) and [Workforce Development Services](https://niids.ie/Services/Workforce-Development)to the disability sector among other supports.  |
| **Rehab Group & National Learning Network (NLN)** | <https://rehab.ie/> Phone: 01 205 7200 Email: [info@rehab.ie](https://www.rehab.ie/%22mailto%3A)**National Learning Network**<https://rehab.ie/national-learning-network/> Email: info@nln.ie Phone: 1890 283 000 |  The Rehab Group is a charity that provides services for over 10,000 adults and children and champions the value of diversity and inclusion for people with disabilities or disadvantage in their communities throughout Ireland and the UK.National Learning Network (NLN) provides a range of flexible training programmes and support services for people who need specialist support in 50 centres around the country. |
| **Specialisterne Ireland** | <https://www.specialisterne.ie/> Contact: <https://www.specialisterne.ie/contact-us/>  | Specialisterne Ireland was set up in 2013 to support people on the autism spectrum to gain and maintain employment in an Irish context. |
| **WALK** | <https://www.walk.ie/> Phone: (0)1 465 03 88Info re WALK Programmes contact Des Henry info@walk.ie  | WALK empowers people with disabilities to live self-determined lives in an equal and inclusive society via supports in Employment, Training and Community.  |
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# **INTERNATIONAL SUPPORTS**

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| **Support** | **How to Access / Contact** | **Notes** |
| **Euroguidance** | <https://euroguidance.ie/useful-links> <https://euroguidance.ie/tools-help> <https://ncge.ie/ncge/international-guidance>  | Mobility Support and International Guidance NetworksDetail on euroguidance network and other international guidance networks* Information on national organisations that support mobility
* Useful tools and services
 |
| **NCGE** | <https://www.ncge.ie/ncge/international-guidance>  | **Several international organisations support the development of good practice in guidance, exchange of ideas and information and collaboration on innovative guidance projects.** |
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# **KEY GOVERNMENT AGENCIES / BODIES**

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| **Agency/Body/Department** | **Contact** | **Notes** |
| **Department of Education** | [www.education.ie/en/Contact-Us/](http://www.education.ie/en/Contact-Us/)  | Relevant contact info available on website |
| **National Centre for Guidance in Education(NCGE)** | <https://www.ncge.ie/contact-us>  | Relevant contact info available on website |
| **Department of Children and Youth Affairs** | Phone: 01 6473000 Email: contact@dcya.gov.ie  |  |
| **Gov.ie** | [www.gov.ie/en/help/departments/](http://www.gov.ie/en/help/departments/)  | Full list of Gov Departments, Agencies and Local Authorities |
| **HSE** | Phone: 01 240 8720  | Email Form: [www.hse.ie/eng/hselive/contact-us-by-email/](http://www.hse.ie/eng/hselive/contact-us-by-email/) |
| **JCT** | Phone: 01 477 4008 Email: info@jct.ie  |  |
| **NCCA** | Phone: 01 661 7177 Email: info@ncca.ie  |  |
| **NEPS** | Phone: 01 889 2700 Email: neps@education.gov.ie |  |
| **PDST** | Phone: 01 4358587 Email: info@pdst.ie  | Health and Wellbeing contact Phone: 053 9239105 Email: healthandwellbeing@pdst.ie |
| **Teaching Council** | Phone: 01 651 7900 Email: info@teachingcouncil.ie  |  |
| **Tusla** | Phone: 01 7718500 Email: info@tusla.ie  |  |

# **SUPPORTS FOR THE GUIDANCE COUNSELLOR**

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| **Support** | **Contact** | **Notes** |
| **NCGE** | Phone : 01 8690715 E-mail : ncgeinfo@ncge.ie |  |
| **Spectrum Life** | [www.gov.ie/en/publication/6ddc2-employee-assistance-and-wellbeing-programme-covid-19-response-plan-for-safe-reopening-of-schools/](http://www.gov.ie/en/publication/6ddc2-employee-assistance-and-wellbeing-programme-covid-19-response-plan-for-safe-reopening-of-schools/)   | The new employee assistance scheme provides:· Dedicated free-phone confidential helpline available 24 hours per day, 7 days per week 365 days per year.· Bespoke wellbeing portal· Spectrum Life webinars· Promote staff wellbeing in the workplace with a focus on prevention· Mental Health Promotion Manager available for wellbeing promotion· Short-term counselling for individuals |
| **Another Guidance Counsellor in same school?** | e.g., Extn:999Mobile: 08xxxxxxxx | e.g., Second Guidance Counsellor works Monday-Wednesday from 9 – 12 |
| **School Principal / Deputy Principals?** | e.g., Extn 123 | *Staff welcome to drop in any time* |
| **Guidance Counselling Supervision: 5 sessions per year, paid for by Department of Education. Access through IGC Branch / Monaghan Education Centre.** | Supervisor Name: \_\_\_\_\_\_\_\_\_Phone Email | *Meetings will be held on….* |
| **Professional body** | e.g., IGC |  |