**Information and support for Parents and Young People**

Sadly our community has had a recent tragedy that will impact you and your children in different ways, and some young people may be more affected than others. Young people will, most likely, access support from those closest to them, which means their friends, peers, their family/extended family and other trusted adults in their lives, e.g. Football coaches/players, Teachers, Youth Workers etc.

Normal feelings during this time include shock, disbelief and confusion. Young people might experience pain and sadness or anxiety, tension and despair and even hopelessness. It is really important for you to encourage them to talk to you and for you to listen to their thoughts and feelings. Do your best to maintain some kind of routine at home and try to keep an eye on online activity. Possibly try to find a space, without distractions, to listen to your child about how they are feeling. Acknowledge your child’s feelings, that it is ok to feel this way at this time and allow them to express their feelings.

In the current circumstances of covid-19, remember that community supports and services are still operating. In the Cavan area, this includes the following supports and services which can be accessed by phone or online:

**Local Supports available to you:**

* HSE Psychology Services – contact 049 4353100
* Pieta House Suicide Bereavement Liaison Officer - contact Kathryn on 085 870 6591.
* Pieta House Crisis Counselling Service – contact Grainne on 090 6424 111.
* Focus Family Resource Centre, Killeshandra Counselling Service – contact Angie or Kay on 086 6099965 or 0494364065, or email focusfrc@gmail.com
* Teach Oscail Family Resource Centre, Cavan – contact Tara on 049 4372730 or email info@teachoscailfrc.ie and also ltreanor@teachoscailfrc.ie
* Tusla Prevention Partnership & Family Support - contact Antoinette on 049 436 9800.
* Youth Work Ireland –  <https://www.facebook.com/BounceBackYouthService>/  Instagram: <https://www.instagram.com/ywi_cm/> or Snapchat: bouncebackys

If you have previously accessed HSE Psychology or Mental Health Services, don’t be afraid to pick up the phone and contact the staff if you are concerned about your son or daughter.

You can also call your GP or Doc on Call on 1850 777 911, or if you are really concerned, go to the Emergency Department in Cavan General Hospital.

**National supports available:**

* Contact Samaritans 116 123 (24/7 helpline for all ages)
* Pieta House 1800 247 247 (24/7 helpline for all ages)
* Crisis Text Line, Text TALK to 086 1800 280 (24/7 text service for young people aged 13 - 35)
* ISPCC Childline, 1800 66 66 66 or free text to 50101 (24/7 helpline for young people up to 18 years)

**Online supports:**

* www.spunout.ie
* www.jigsaw.ie
* www.yourmentalheath.ie