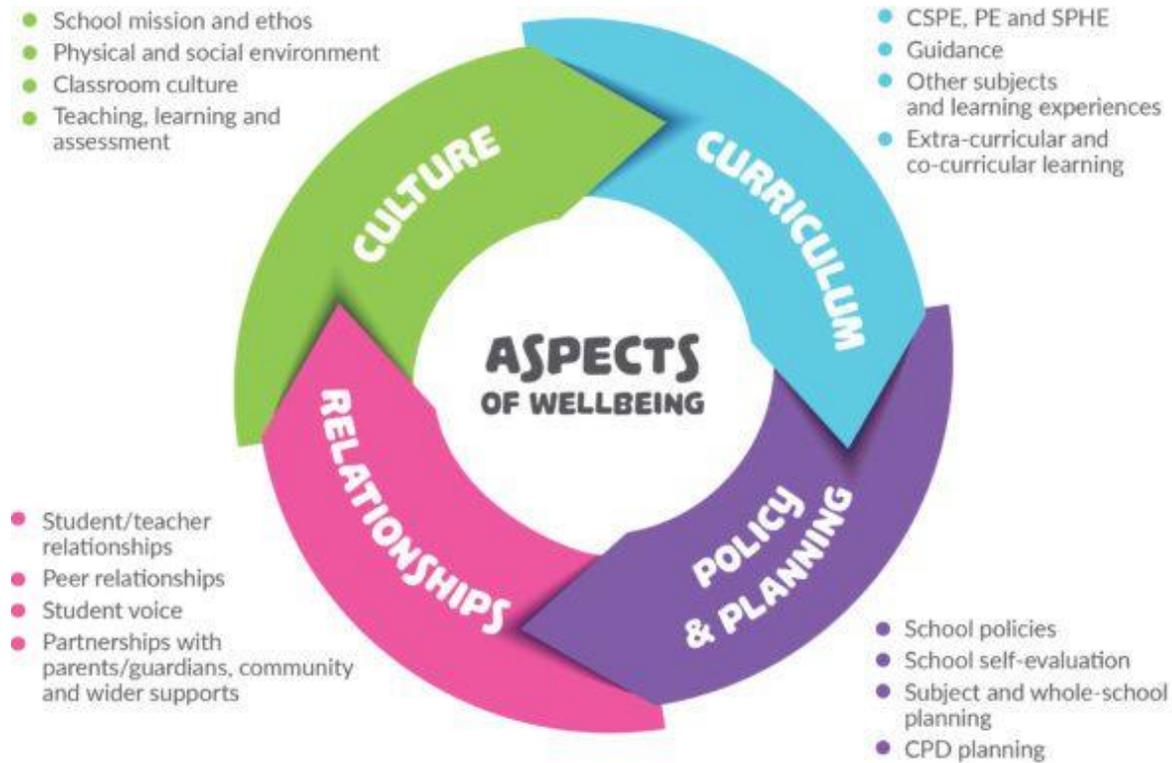


## Wellbeing Programme



Junior Cycle has placed Wellbeing at its core. There is overwhelming evidence to prove that students learn more effectively if they are happy in their work, believe in themselves and feel that school is supporting them. ESRI research found that children with higher levels of emotional, behavioural, social and school wellbeing had higher levels of academic achievement subsequently at the ages of 11, 14 and 16. Schools are obliged to dedicate a minimum of 400 hours to wellbeing.

## Four Aspects of Wellbeing



## Emergency Situations

**Please find contact details below for some services which you may need to avail of.** If you feel you are at immediate risk of harming yourself or someone else please contact emergency services on 999 or 112 right away. For other support services please see the below:

text about it

50808

50808 is a first of its kind for Ireland: 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 - big or small, Crisis Volunteers are available 24/7 for anonymous text conversations. The service is funded by the Health Service Executive (HSE). **TEXT 50808**



Pieta provides a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no referral is needed.

**CALL FREE ON 1800 247 247 TEXT HELP TO 51444**

SAMARITANS

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide. **CALL FREE ON 116 123**

**Childline**  
Call . Chat . Text

If you are under 18 you can talk with Childline in confidence, about anything that might be on your mind by phone, web chat or text.

**CALL FREE 0800 666666 or Text HELP to 50101**