



Contacts and Supports for Parents and Caregivers During Covid-19 Restrictions

As a result of the Covid-19 Crisis, parents and caregivers are currently facing additional challenges at home and many are unable to access their usual supports and resources. Please find information and contact details below for supports that may be useful to you or someone you know.

SUPPORTS FOR PARENTS	
<p>Barnardos Parent Support Line Parents can talk directly to qualified staff who will offer them practical support and guidance in their role as parents during the Covid-19 crisis.</p>	<p>1890 910 123 10am to 2pm, Monday to Friday</p> <p>Barnardos Support for Parents During Covid-19</p>
<p>Parentline A telephone helpline for parents offering support, information and guidance.</p>	<p>1890 927 277 / 01 8733500</p> <p>10am to 9pm Monday to Thursday and Fridays 10am to 4pm.</p>
<p>Special Needs Parents Association Supports all parents of persons with special needs and disabilities irrespective of age or diagnosis.</p> <ul style="list-style-type: none"> • A good resource to link with other parents 	<p>Special Needs Parents Association Website</p> <p>SNPA Facebook Page</p>
<p>Family Carers Ireland Information, advice and an Emergency Care Plan Booklet for family carers</p> <p>They also run a free and confidential careline to provide support and practical advice.</p>	<p>Family Carers Ireland Website</p> <p>Family Carers Ireland Emergency Care Plan</p> <p>1800 240 724</p>
<p>Women's Aid</p>	<p>1800 341 900</p>

<p>Offers online messaging and support for women and children experiencing domestic violence. They also have a National Freephone Helpline</p>	<p>Women's Aid Website</p>
<p>HSE Infoline Provides information about health services, entitlements and how to access HSE health and social services in your area.</p>	<p>Phone: 1850 24 1850/041 6850300 8am to 8pm, Monday to Saturday.</p> <p>Email infoline1@hse.ie</p>
<p>Community Call A recent government initiative to coordinate local services and make them easy to access for those who need them. Services include:</p> <ul style="list-style-type: none"> • Shopping for food, fuel and other essential household items • Transport to medical appointments • Collection of prescribed medicines 	<p>Community Support during Covid 19</p> <p>0818 222024</p> <p>8am to 8pm, Monday to Sunday.</p>
SOCIAL WELFARE SUPPORTS	
<p>Department of Employment Affairs and Social Protection Income Support Helpline This helpline provides information on available income supports for people impacted by COVID-19. They can advise on the most suitable income supports for your circumstances and provide information on how to make an application.</p>	<p>01 248 1398</p> <p>1890 80 00 24 (Please note rates charged for using 1890 (Lo-call) numbers may vary).</p>
<p>Social Welfare Payments and Covid-19 Regularly updated advice from Citizens Information including what to do if you are currently getting a social welfare payment and are self-isolating/diagnosed with Covid-19.</p>	<p>Social Welfare and Covid-19 Information</p>
<p>Citizens Information Phone Service</p>	<p>0761 07 4000</p>

To discuss your individual circumstances	9am to 8pm, Monday to Friday Or request a call back by emailing: covid19@citinfo.ie
<p>Things to remember: The Covid-19 payment is treated as income from work and may impact means tested Social Welfare Payments such as Carer's Allowance.</p>	
HOUSING	
<p>Many banks have introduced measures to help those affected by the outbreak of Covid 19. This includes a payment break of up to three months on mortgages. Please contact your mortgage provider for details</p>	
If you are a council tenant, please contact your local county council with any housing issues	List of Local Councils and Councillors
MENTAL HEALTH AND WELLBEING	
HSE advice about minding your mental health and wellbeing at this time.	HSE - Minding your mental health during the coronavirus outbreak
HSE list of mental health supports and services	HSE - Mental health supports and services during Covid-19
YourMentalHealth Information Line, open 24/7 to find supports and services.	1800 111 888
<p>The Samaritans Support and information from The Samaritans including practical steps to help yourself cope and advice if you are worried about someone you care about during the pandemic.</p>	<p>Freephone: 116 123</p> <p>Samaritans Supports During Coronavirus</p>
<p>HSE National Counselling Service For adults who were abused as children</p>	1800 234 111