



Coláiste Na Maoile Ruaidhe

Mulroy College

Baile Na nGallóglach, Milford,
Leitir Ceannainn, Letterkenny,
Co. Dhún na nGall Co. Donegal

Web: mulroycollege.ie Phone: 074 9153346 E-mail: mulroycollege@donegaletb.ie



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Bord Oideachais agus
Oifis na Dhúin na nGall
Donegal Education and
Training Board

20th December 2022

Dear Parent/Guardian

As we are nearing the end of our school term I am writing to you to send the very best wishes to you all for this Christmas and the New Year period.

For many this time will be difficult. Although we are all glad of a slower pace and a break from work/school, we will be keeping those we have lost close to our hearts and in our thoughts each day.

As we continue to support each other, I would ask of us all, to reach out to anyone over this holiday period that might be struggling, to give them a little hope and reassure them they are not alone.

We have all leaned on each other this term and felt the importance of coming together and not feeling alone when emotions are difficult to deal with.

For our youth, this is even more important. Continue to check in with your children, talk, listen and reach out for help if needed.

Please be reminded of the support material and useful information for anyone dealing with difficulties over this period that is posted on our website.

There is also a list of support services below many of which will run a service over the Christmas period should anyone wish to avail of them.

I would also like to thank you all for the incredible trust and support you have given us in Mulroy College at this time.

All students finish school on Tuesday 20th December with the exception of 6th years who will finish at 11:30am on Wednesday 21st December. Buses have been requested to collect all 6th years at 11:30am on Wednesday but please speak to your local bus driver to ensure arrangements are in place.

I wish everyone well over the holiday period and the very best for the coming year ahead.

Yours sincerely

Fiona Temple

Fiona Temple

Fiona Ní Theampaill
Príomhoide

Fiona Temple
Principal

Séan Mac Phaidín
Leas Príomhoide

Séan Mc Fadden
Deputy Principal



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The HSE Support Line HSE phone line will be live on the dates below:

Phone 087 1405138 - Open 9-5pm on working days over Christmas period: 19th-23rd Dec 2022/28th,29th & 30th Dec 2022 and 3rd-6th January 2023.

Counselling in Primary Care Service

This service is for short term counselling and is available locally through the GP service, while typically for those with medical cards only, **it has now been extended to anyone who needs to be prioritised for a counselling service as a result of the critical incident.** Referrals to this service are made via the GP.

Donegal Mental Health Services

Referrals to CAMHS and Adult Mental Health Services for people with significant mental health difficulties are made via the GP. **A priority assessment service is in place for those impacted.**

Donegal Bereavement Service and National Counselling Service

The Bereavement Service is available for adults over 18 years who present with traumatic or complex bereavements (typically noted six months post bereavement).

Referrals can be made to: Donegal Bereavement Service, 69 Ballyraine Road, Letterkenny. Tel: 074 91 67250. The service is currently available currently in Letterkenny, Ballyshannon and Carndonagh.

Adult Psychology Services

A Psychology service is provided in Dungloe, Letterkenny, Inishowen and Donegal Town for Adults who present with emotional difficulties or mental health issues that fall below the threshold for Donegal Mental Health Services.

Referrals to: Senior Clinical Psychologist, Adult Psychology Service, County Clinic, St. Conal's Campus, Letterkenny. Tel: 074 91 04641.

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Child Psychology Service

This is available in Buncrana, Letterkenny, Dungloe and Donegal Town for children and young people up to 18 years who present with emotional and behavioural difficulties.

Referrals to: Senior Clinical Psychologist, Child Psychology Service, County Clinic, St. Conal's Campus, Letterkenny. Tel: 074 91 04641.

Jigsaw Donegal

Jigsaw is a brief and early intervention support service for young people aged between 15 and 25 years who have emotional difficulties that are below the threshold of that accepted to mental health services. Referrals to: Clinical Coordinator Jigsaw, Pearse Rd, Letterkenny. Tel: 074 97 26920. <https://jigsaw.ie/talk-online/live-chat/>

Get free, text-based support with a clinician online through 1:1 webchats if you're between 12-25 years old.

Pieta House

Pieta house is a voluntary service based in Letterkenny. It targets teenagers and adults who have been self-harming or who have been feeling suicidal. You can contact at any hour of the day by phoning **Freecall 1800 247 247**. Or if you can simply text **HELP** to **51444**. Or contact Pieta Therapy Services 0818 111126.

Community Based Supports

Foróige Youth Workers are available across the county to provide support, guidance and a listening ear to young people that have been affected by the recent tragic events in Creeslough. Our service can be provided individually or on a group basis at a time and location convenient to young people. **Contact Susan McLoughlin 086 6064291 or susan.mcloughlin@foroige.ie** for more information.

Donegal Youth Service (DYS), are offering One to One listening ear sessions with any young person in Creeslough and the wider Donegal area following the recent tragedy. Sessions can be delivered in a place and time suitable to the young person. Trauma informed Mental Health Resilience sessions are also available to groups. **Contact Frankie Mc Greevey at 0749129630**

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Letterkenny Youth and Family Service (LYFS) is available to support anyone who needs a warm friendly chat about issues affecting them. Our Social Prescribing Service helps to link you with sources of support and social activities within your community. Available Mon- Fri, 10am- 1230pm. **Contact by call/text/whatsapp 0749123078/0831335700**

Donegal Women's Centre has a team of trained Listeners who can offer phone support or in-person listening appointments to women aged 17+. Our generic counselling service is available to both women and men over the age of 17. The Centre is open Mon to Thurs 9am – 5pm and Fri 9-4pm. Self Referrals or via any professional. **Contact 074 9124985 or donegalwomenscentre@gmail.com**

Family Resource Centres

Dunfanaghy Community & Family Resource Centre is a community organisation, committed to providing individuals and families with a range of activities and resources aimed at supporting and nurturing family and community life. Services include Social Prescribing, counselling, and admin support. **Contact: 0749136548 or dunfresource@gmail.com**

Cara House Family Resource Centre provides a space to drop in for a listening ear and cup of tea/coffee. Currently offering free transport to/from Creeslough and Letterkenny for necessities, including shopping, pension collection. Helping Hands Service – workers can provide general assistance and maintenance work. **Contact 074 9123986 or info@carahouse.ie**

Mevagh Family Resource Centre provides a safe confidential environment for anyone to drop in to have a chat about any concerns going on in their lives. We can provide signposting and support to relative agencies if required. Service provides various support groups and can provide private spaces for people to come together for support. Contact **074 9155055 or info@mevaghfrc.com**.

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