

Who can help?

Use the asset map of your environment to identify places where these young people might be able to get help.



Sarah is 14 and is finding it hard to get back into the routine of school after lockdown. She has some subjects that she enjoys but spends most of the day wishing that she was playing football or at home. She has started to skip some classes and is getting into trouble. This is causing some arguments with her parents. She has started to stay out late at the weekend and has started drinking alcohol with her friends during these times.



Since school reopened, John has found it hard to relax. He worries about his health and what will happen if someone close to him gets ill. He often lies awake at night scrolling on his phone for information. He doesn't go out to see his friends much and he is starting to feel lonely. He has tried to speak to his mum but he doesn't really know what to say.



Leslie is feeling the pressure of the Leaving Certificate year. They are still catching up on work missed during lockdown and they are struggling to make decisions about what they want to do next year. This is causing some tension with their parents and they are struggling to get to sleep some nights.