



Student Wellbeing

Your Supports at Coláiste Chiaráin



Three Levels of Support

01 EVERYDAY SUPPORTS

- Safe classrooms
- Wellbeing lessons (SPHE, CSPE, PE)
- Clubs & societies
- Class tutor/teacher check-ins
- Information on where to get further help

02 EXTRA HELP

- Mentoring & Small group programmes
- Counselling
- Attendance and behaviour plans
- School Completion Programme (SCP)
- Chaplaincy with Deacon Tony

03 EXTERNAL HELP/AGENCY

- Longer-term counselling
- Referrals to outside agencies

Who should I talk to for support?

FRIENDS/PEER MENTORS

Student support network

SNAS/SUPPORT STAFF

Daily help, someone to talk to

SEN/LEARNING SUPPORT

Learning help

GUIDANCE COUNSELLOR

Advice, counselling, career guidance

YEAR HEAD/COORDINATOR

Helps find the right support

TUTOR/TEACHER/CHAPLAIN

First stop for most worries



Who Can Help?



MS GUINAN



MR HURLEY



MR PHELAN



DEACON TONY

What happens when I ask for support?

Seeking Help: A Step-by-Step Guide



TALK

Share your concerns with someone



LISTEN

Decide on the best support



SUPPORT

Receive check-ins or specialist help



SUPPORTED AND STRONG

Overcoming challenges with assistance

Everyone struggles sometimes. 
ASKING FOR HELP IS A STRENGTH.