

★ **Workshop 1: For parents only**

Date: Wednesday 1st October, 2025

Time: 10am - 1pm

★ **Workshop 2: For parents only**

Date: Wednesday 22nd October, 2025

Time: 10am - 1pm

Workshop 3: Parents and a representative from school ★

★ **Date: Thursday 27th November, 2025**

Time: 10am - 12.45am

To be involved in our next programme please discuss any concerns that you have with your child's school, complete the referral form and return it to the below address



Sian Harris
Senior Clinical Psychologist
Psychology Service
Primary Care Centre
Station Road
Ennis
Co Clare
V95 TY4E

THE STANDARD REFERRAL FORM FOR THE
PSYCHOLOGY SERVICE CAN BE FOUND ON THE
HSE WEBSITE:

[HTTPS://WWW2.HSE.IE/SERVICES/DISABILITY/CHILDRENS-SERVICES/SERVICES/REFERRAL](https://www2.hse.ie/services/disability/childrens-services/services/referral)



If you have any questions
please ring:
087 778 6764

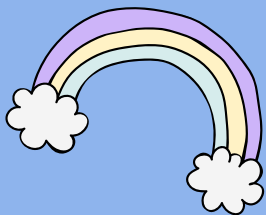


CALM COMPASS: NAVIGATING ANXIETY WITH TEENAGERS



An intervention within Co Clare,
involving the Primary Care
Psychology Service, the National
Educational Psychology Service,
Schools, Parents and Young People
work together





Following the pandemic, being in lock down and struggling to manage the transition to secondary school, we have seen a growth in sensitivity, self-doubt, and anxiety in our teenagers.

Some of the survival strategies that we are seeing include - avoiding school, increased anger and rage, withdrawal from friends and social networks, and increased time on line

In order to best support these young people we would like to:

- Support them quickly rather than waiting for things to become very difficult
- To recognise the importance of our relationships and build a network of adults who can work together to support the young person

We have developed an approach where we work with parents and schools - building understanding and then looking at how to build resilience and coping skills in young people

By working together we can offer a fast intervention and build on all the possible support that exist to keep the young people in school and help them cope with the challenges they face

The programme will involve:

- School and parents identifying young people who are struggling with anxiety and possibly beginning to avoid school - this can be missing days or even half days, a struggle in the morning to get there, complaints of stomach aches and headaches
- Together they will send in the referral to the Primary Care Psychology Service for the teenage anxiety programme
- School will identify a key support person/link person for the child within the school - this might involve an SNA/SET/guidance counsellor/class teacher, etc

The intervention involves:

- Two morning workshops for parents which involve two mornings where we explore how best to support your child
- A third morning workshop with parents and school to look at reviewing what is working and what additional supports are needed
- At the end of the workshop series if further support is required that will be explored

