**Mind Your Wellbeing as You Learn from Home**

The following links offer help on how to look after your wellbeing during remote learning.

* [**NEPS (National Educational Psychological Service)**](https://www.education.ie/en/The-Department/Announcements/information-for-schools-preschools-and-third-level-institutions-on-the-coronavirus.html#15)

NEPS provide support to students and their families to help navigate the difficulties of working and studying from home.

* [**HSE**](https://www2.hse.ie/mental-health/?gclid=Cj0KCQjwsYb0BRCOARIsAHbLPhG7VQ69nlq6GdZI9PGGzdK4iveH0L0psgwumW60HBnL3CFS-tSCke4aAqWaEALw_wcB&gclsrc=aw.ds)

The HSE have good practical advice to help us mind our wellbeing during Covid-19