

Email to parents:

In response to COVID-19 a team of researchers in the University of Limerick are conducting a study <https://tinyurl.com/UL-COSPACE> to explore how students aged 4 – 18 years and their families are coping during COVID-19, in order to identify what advice and supports are needed to protect their mental health during a period of rapidly evolving pressures. The study has been featured on RTE's Drivetime and in the Irish Examiner.

We are delighted to share the first study snapshot which provides some insight into how families are coping during COVID-19 across Ireland. You can find these findings here <https://www.i-teach.ie/first-update> .

We are still looking for parents to complete an anonymous survey <https://tinyurl.com/UL-COSPACE>. Thank you in advance for supporting this research. If you have any questions you can email Jennifer.mcmahon@ul.ie.

The study entitled Co-SPACE (COVID-19 Supporting Parents, Adolescents and Children during Epidemics) is linked to a study of the same name in the UK being led by University of Oxford. The first survey will take about 25 mins, and you will be asked to participate in follow up surveys (voluntary) of about 15-20 minutes at monthly intervals. The study is anonymous and has full ethical approval from UL.

With your help in completing this survey, we can learn about the needs of children and young people and ensure that better and more effective supports are available in the future. Please also share with any other parent who might be interested.

If you would like to learn more about how to support your child during this crisis, you can find information here: https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf and also on gov.ie <https://www.gov.ie/en/publication/73ed20-covid-19-coronavirus-information-for-parents/>

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