



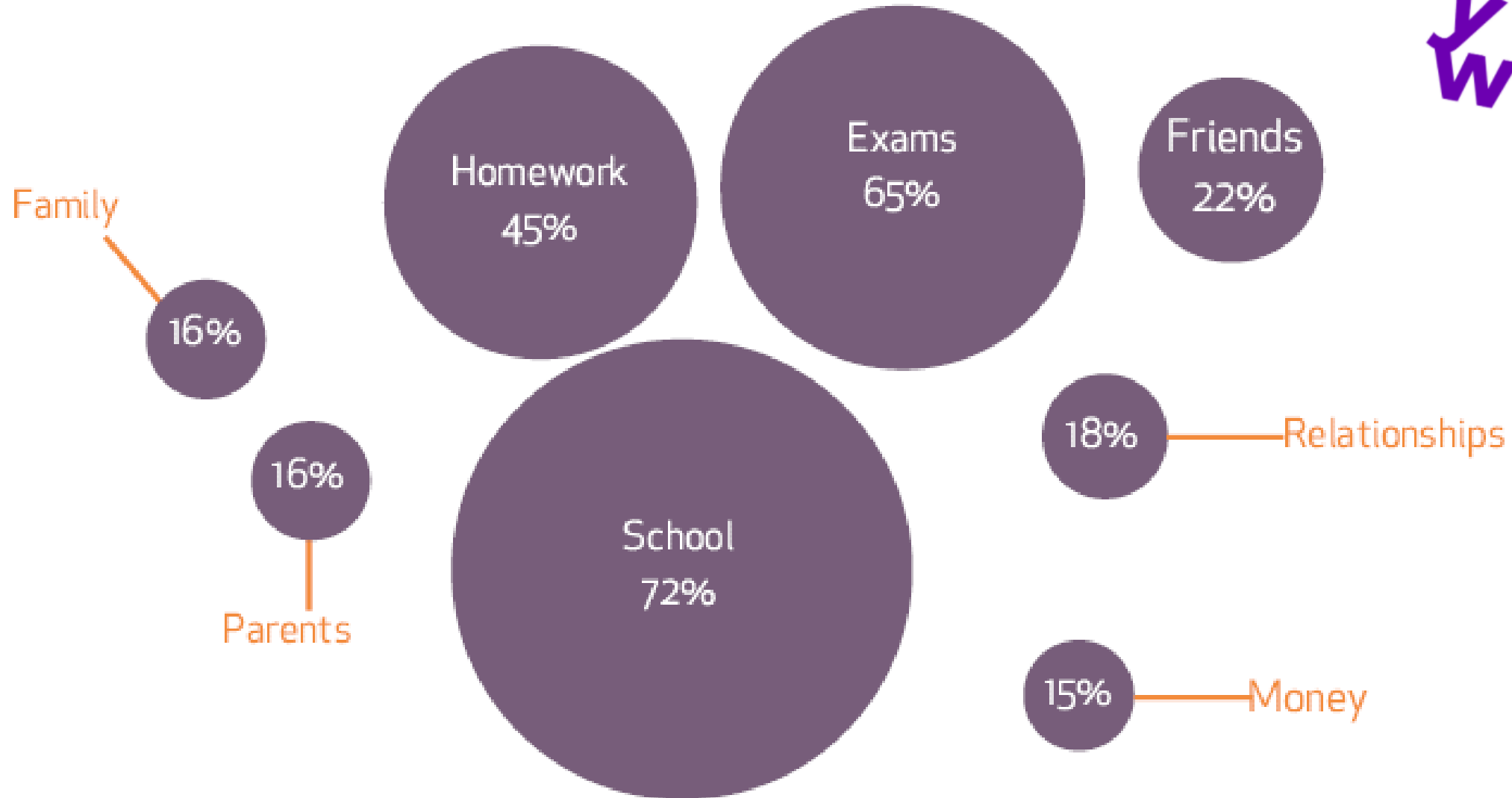
# JIGSAW

Young people's  
health in mind



# What do we know about youth mental health?

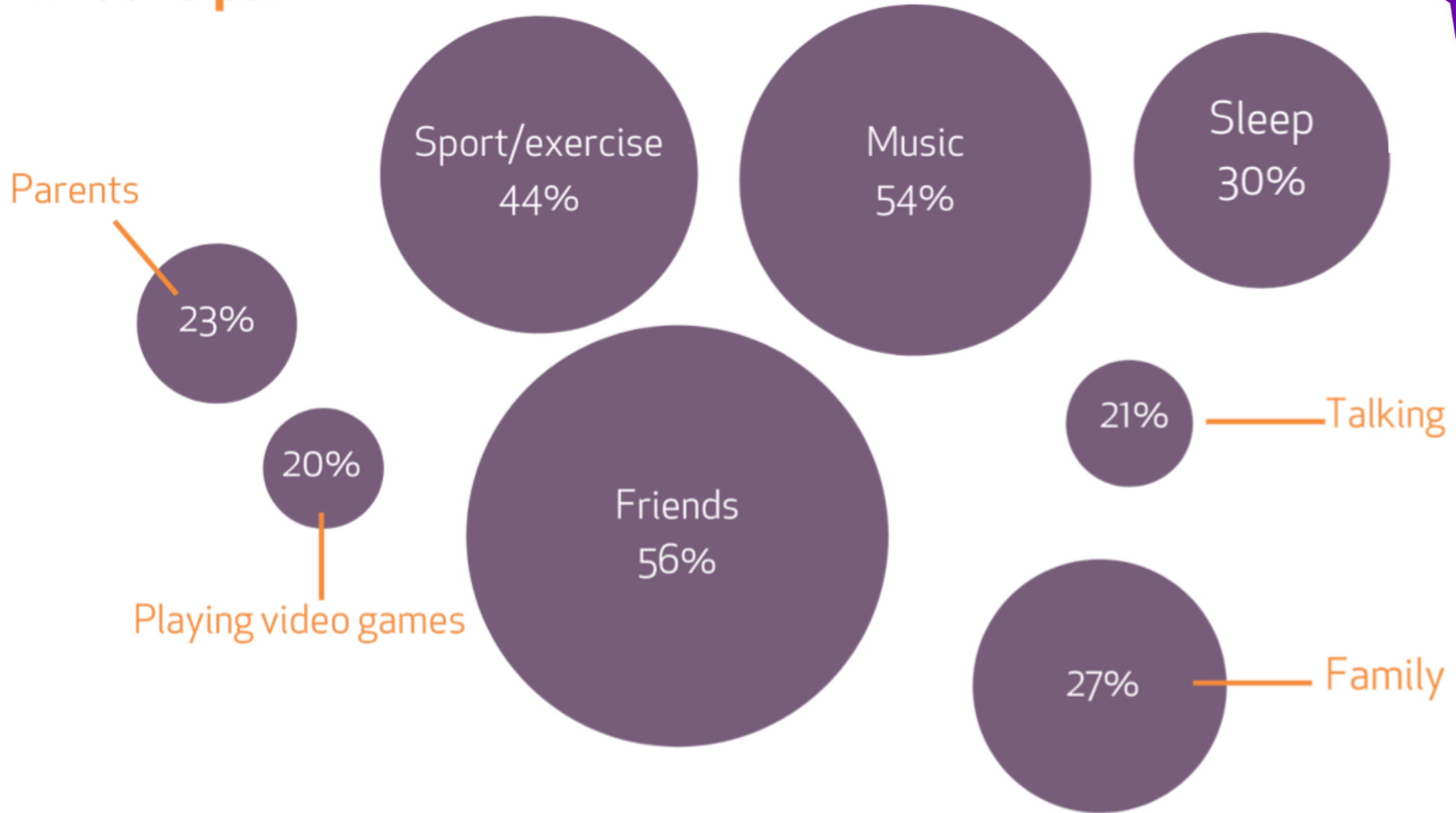
## What hurts?



*my world.*

# What do we know about youth mental health?

## What helps?



*my world.*

Two white ceramic mugs are positioned side-by-side on a light-colored, textured surface. The mug on the left is in the foreground, and the mug on the right is slightly behind it. Both mugs feature the text "ONE GOOD ADULT." printed in a bold, sans-serif font. The word "ONE" is in dark blue, "GOOD" is in a lighter blue, and "ADULT." is in orange. The background is blurred, showing indistinct shapes and colors, suggesting an indoor setting.

**ONE  
GOOD  
ADULT.**

**ONE  
GOOD  
ADULT.**

# Why have we decided to take part in the One Good School initiative?



# A whole-school approach



**ONE**<sup>TM</sup>  
**GOOD**  
**SCHOOL**



# What's going to happen?



# How can you get involved?



# What are the next steps for our school?



# Finding the right help for you



1. **Jigsaw.ie** has articles, videos and other resources, written by Jigsaw Clinicians for young people, teachers and parents <https://jigsaw.ie/>

2. **Jigsaw Online Group Chats** are live online discussions on mental health themes, facilitated by a Jigsaw Clinician. See <https://jigsawonline.ie/young-people/live-group-chats/> for timetable and registration

3. **Jigsaw Live Chat** is a new way to get support if you're aged between 12 – 25 years-old. Our trained staff host 1:1 webchats, Monday-Friday from 1-5pm Login and talk about what's on your mind or send us an email anytime. Find out more at <https://jigsawonline.ie/young-people/jigsaw-live-chat/>

# Parent online courses



ELEARNING | INFORMATION

## Self-care course for parents

The aim of this 45 minute course for parents or guardians is to work out the best way to look after their own wellbeing.

[Read more](#)



ELEARNING | INFORMATION

## Mental health awareness course for parents

The aim of this 40 minute course for parents or guardians of primary or secondary school students to raise awareness about youth mental health.

[Read more](#)



**THANK YOU**