

“ Young people come to us thinking it's all their fault, and that there is something wrong inside them that is causing them to feel this way. ”



Cian's story...

Supporting young people's mental health

Dr. Cian Aherne is the Clinical Manager at our Jigsaw service in Limerick. We recently caught up with him to talk about some of the current challenges young people face, and why your support for Jigsaw is so important...



Together we are... JIGSAW



Your supporter newsletter - Autumn 2021



We care about good governance

We understand that transparency and trust are of great importance to you and all of our supporters.

We are delighted to let you know that in 2021, we have again been awarded the Charities Institute Ireland Triple Lock Standard for charities that uphold the highest standards in governance.

Hi Cian. Could you tell us about some of the things that young people are facing right now?

The most common things we see among young people relate to pressures to perform, to be the best they can be, to do well at school and sports.

Young people are being compared from two or three years of age. And this really builds throughout school, to the point where they don't even realise the impact that it is having.

A lot of our work is about uncovering that context, and figuring out with the young person any events that might be contributing to that anxiety.

Young people come to us thinking that the way they are feeling is their fault. That

there is something wrong inside them that is causing them to feel this way.

I feel it is our job, in lots of ways, to dispel those myths. To make them realise that how they are feeling is a very natural response to the environments that they are being put in, the strains they are being put through, and the negative influences from society.

How do you think Jigsaw makes a difference?

Jigsaw acts as a space for young people to be accepted for who they are.

Some of those who come to our service might have difficulties, for example with a diagnosis of autism, with not doing great at school, or with struggles over

their sexuality or gender identity. Soon after they come to us, they realise that regardless of who they meet and whatever they talk about for that hour, they are going to be accepted.

What is the most rewarding part of your job?

I love it when a young person comes into a service because of a friend's recommendation.

The idea of a young person talking to a friend and saying, "I've been feeling quite anxious". And for the friend to respond and say, "oh you know what, I felt like that too and went to this lovely service, you should so go there".



What would you like Jigsaw supporters to know about the importance of the work they are supporting?

By supporting Jigsaw, you are supporting a charity which sees the need for progressive societies that meet the needs of the next generation.

A place where young people are getting an hour in their week where someone will listen to them, be with them, acknowledge their emotional pain, not try and change them or solve it, but just sit with them in that.

Your generosity means we can continue to be facilitators of social change, and together we can continue to ensure that young people's mental health is valued and supported.

➔ **Thank you!**

We were taken aback by those of you who pulled out all the stops during the pandemic to support young people and their mental health, whether it was through a 5k run or virtual coffee morning.

The energy, enthusiasm and creativity of our community fundraisers is amazing, and we cannot thank you enough!



“The staff at Jigsaw were the same as before the pandemic. They were always there if I needed to make an appointment, or if something popped up.”



A young person who has been supported by our services

↗ **17%**

Increase in referrals to Jigsaw services from June to September 2020 compared to the same period in 2019 (2,440/2,082). The increase largely coincided with the easing of the first national lockdown.

Your donations go a long way to support our research and evaluation work. This means we can better understand how to meet the mental health needs of each young person that comes to us for help. So thank you, so very much.



Become a Jigsaw monthly supporter... create lasting change

Giving on a monthly basis has a powerful impact on the lives of young people.

Your donation helps us to plan ahead for young people and their mental health in ways best suited to their needs.

If you would like to join our amazing community of monthly supporters, please visit [jigsaw.ie/donate](https://www.jigsaw.ie/donate)



For information, support, or just to find out more about what we do, visit [jigsaw.ie](https://www.jigsaw.ie)

Jigsaw, registered charity in Ireland.
Registered charity number 20064846. Charity revenue number 17439.

JIGSAW
Young people's
health in mind