



## Supporting your mental health as you start college

This article will support you to adjust to a more independent life outside of school.

## 5-A-Day for your mental health

Did you know that there are five things you can do daily for your mental health? Check out this article and video for more.

## Social anxiety in college

Jess seeks advice from Conor (Jigsaw clinician) on feeling lonely in college.

## One Good Friend

(Age 18+)

This new elearning course can help you to develop knowledge, confidence and skills in supporting a friend's mental health and wellbeing.

## Support your friends mental health

Friends can often be the first port of call when times are tough. So how can you support a friend?

Supports for students



## Online services

### Jigsaw Live Chat

An anonymous instant messaging & email service for young people

### Group Chats

Live online texted-based discussions on mental health themes, facilitated by a clinician.

### Accessing Jigsaw's online services

Recording of our webinar detailing how to access Jigsaw's online services

# Supports for staff working in FET & HE



## Supporting the mental health of LGBTI+ young people

A collaboration with BelongTo.



## Rallying around young people

Jigsaw developed the R.A.L.L.Y. approach as a way One Good Adults can support young people's mental health.

## One Good Coach

This online course for those who work or volunteer with young people within a sporting context



## One Good Adult for FET Staff

Self-paced elearning course to increase your confidence in supporting young people's mental health in your work with young learners in the Further Education and Training (FET) sector.

## Youth Mental Health Promotion at Jigsaw

WATCH: What is Youth Mental Health Promotion in tertiary education settings?

**Keep an eye on our website for new resources, developments or articles to support young peoples mental health.**

Contact us by email at [mentalhealthpromotion@jigsaw.ie](mailto:mentalhealthpromotion@jigsaw.ie)

**JIGSAW**  
Young people's  
health in mind