We are Jigsaw…
leading the change in youth mental health.
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CHY Number: Chy 17439

Youth Mental Health Workshops

“Fantastic, very well delivered and worthwhile for any professional and anyone who deals with young people.”

“I felt this was the best workshop I have been at for years. Well done to all concerned!”

“Wow. Thank you. Amazing!”
What is Jigsaw?

Jigsaw is the National Centre for Youth Mental Health. Our mission is to bring about significant change in how Ireland thinks about, responds to and supports young people’s mental health.

We believe in early intervention

By catching problems early on, we support a young person’s journey from a place of vulnerability to a place of resilience.

We know that Jigsaw makes a difference to the lives of young people – those crossing the threshold to our services are leaving stronger and better able to cope with the difficulties that arise in their young lives. But we also know that isolation and anxiety remain everyday realities for many more young people. In every community up and down the country, they continue to seek support and somewhere to turn to. In Jigsaw, they have somewhere.

Our Jigsaw Services give young people a place they can visit for free and confidential support from trained mental health professionals. They are a safe and welcoming place, where young people can go and get what they need to develop good mental health.

We work closely with communities, providing workshops that help build confidence and understanding to support young people with their mental health.

What do our workshops offer young people and their communities?

Our workshops increase community awareness and understanding of youth mental health, and strengthen the knowledge and confidence of people who work or volunteer with young people.

We offer a number of workshops for:

- young people
- young adults in 3rd level education and informal and community settings
- parents and guardians
- those who work and volunteer with young people
- health professionals.

You’ll find more on all of our workshops in this booklet. For the latest information, visit www.jigsaw.ie
**Workshops at a glance...**

**Raising awareness in the local community...**

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<td>Professionals and organisations working in an area where a Jigsaw Service is located</td>
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<td>It’s time to start talking</td>
<td>13-17 year olds</td>
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<td>One Good Coach: Promoting young people’s mental health</td>
<td>Sports coaches</td>
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“Excellent workshop, very informative and enjoyable. I learned loads! Thanks so much.”
What key message will you take from today?

“I can make a difference. I can be One Good Adult.”

**Workshops at a glance...**

**Strengthening the capacity of those who work or volunteer with young people**

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<td>Understanding youth mental health</td>
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<td>Adults who work or volunteer with young people</td>
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“I learned a lot – wish I had known all this months ago!”

“Really like how practical this course was. Thank you.”
Raising awareness in the local community...

“Lovely workshop. I usually find workshops are repetitive but this was refreshing and contained some lovely ideas and initiatives.”
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What is Jigsaw?
This brief session of approximately 40 minutes is for professionals and organisations working in an area where a Jigsaw Service is located.

It offers an overview of the work of Jigsaw, its scope of practice, and its core goals. It also explains the key research and rationale for why it is important to focus on youth mental health and outlines Jigsaw’s referral pathways and processes.

It’s time to start talking
This 40 minute workshop for 13-17 year olds encourages young people to talk with someone they trust when feeling stressed, worried or down.

As a result of this workshop, participants will:
- Gain an understanding of mental health
- Become aware of what helps and what hurts their mental health
- Gain an awareness of the importance of talking to a trusted adult when they feel down, worried or stressed
- Learn how and where to get help.

Supporting young people’s mental health
This one hour workshop is for parents, guardians and other adults interested or concerned about young people’s mental health.

As a result of this workshop, participants will:
- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people
- Understand how to recognise some of the signs that a young person may be struggling with their mental health
- Learn the value of listening as a way of supporting young people
- Learn how to promote young people’s mental health
- Increase knowledge of the supports available in their local area.
**5-a-day for mental health**

This one hour workshop aims to provide young adults, aged 17-25 in 3rd level education settings, with the strategies necessary to build and take care of their own mental health.

As a result of this workshop, participants will:

- Gain an understanding of mental health
- Become aware of mental health as a resource for living
- Learn a range of practical strategies that they can implement to improve and manage their own mental health on a day-to-day basis
- Learn how and where to get help
- Become aware of the supports available in their local area.

**My mental health: What helps**

This two hour interactive workshop is for 16-25 year olds engaged in informal education and community settings.

As a result of this workshop, participants will:

- Gain an understanding of mental health
- Have a greater awareness of what helps and hurts their mental health
- Become aware of mental health as a resource for living
- Identify strategies that they can implement to improve and manage their own mental health on a day-to-day basis
- Learn how and where to get help
- Become aware of the supports available in their local area.

“This was a fantastic course. I could have stayed for another hour listening and discussing!”
Self-care for One Good Adults

This one hour workshop is aimed at adults who support, work or volunteer with young people in their community.

As a result of this workshop, participants will:

- Have a greater understanding of the importance of their role as One Good Adult
- Have a greater awareness of the consequences of neglecting self-care when supporting young people
- Identify their own self-care needs and early warning signs
- Develop a personal self-care plan.

One Good Coach: Promoting young people’s mental health

This 50 minute presentation is aimed at adults who coach or train young people in a wide variety of sports.

As a result of this workshop, participants will:

- Have a greater understanding of mental health
- Have a greater understanding of the importance of their role as One Good Adult
- Have a greater awareness of how to promote and support young people’s mental health in their role as coach
- Learn about their local Jigsaw and how young people can access the service.

“I have gained many skills from today that I can apply in my work. Also I can apply self-care to my day-to-day life.”
Strengthening the capacity of those who work or volunteer with young people

“I found this evening very helpful in understanding my ability to help the young people I work with and I feel I can now make a difference.”
**Understanding youth mental health**

Participants must complete Understanding Youth Mental Health before taking part in Minding Youth Mental Health.

This one-day interactive workshop is for those who work or volunteer with young people.

Participants generally include (but are not limited to) youth workers, teachers, sports coaches, health professionals and a broad range of workers from community-based organisations, as well as home school liaison staff, school completion staff, Community Gardaí and Juvenile Liaison Officers.

As a result of this workshop, participants will:

- Have a deeper understanding of mental health and the factors that influence its development
- Explore different perspectives on youth mental health
- Have an increased knowledge of the national and international research relating to young people’s mental health
- Have a greater knowledge of the key issues impacting on the mental health and wellbeing of young people
- Be familiar with the signs of mental health difficulties and safety
- Learn about help-seeking patterns amongst young people and how best to encourage help-seeking.

**Minding youth mental health**

This one-day interactive workshop follows on from Understanding Youth Mental Health. It is for those who work or volunteer with young people. The focus is on building resilience and supporting young people’s mental health.

As a result of this workshop, participants will:

- Have a greater understanding of upstream and downstream approaches to youth mental health
- Explore the concept of resilience and young people
- Become familiar with a framework for building resilience in young people including:
  - Self-care and the 5-a-day for good mental health
  - The role of One Good Adult in building resilience and minding youth mental health
  - The role of organisations in building resilience
- Learn how and where to get help.
How do you take part in our workshops?

All of the workshops can be delivered free of charge in areas around the country where a Jigsaw Service is located.

Schools, parent groups, and organisations interested in any of these workshops should contact their local Jigsaw Service. Visit www.jigsaw.ie for more information on each of the Jigsaw Services.

If you live or work outside a Jigsaw Service area and are interested in our workshops, please contact the Jigsaw Education and Training Team:

Email: educationandtraining@jigsaw.ie
Call: 01 472 7010

A member of our team will provide you with more information on how to access these workshops nationally.

Find out more about Jigsaw and how you can support us at www.jigsaw.ie