



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

Annual Report 2016

We are Jigsaw...  
leading the change in youth mental health.

Follow us on:



## We are Jigsaw...

leading the change in youth mental health.

“ I liked being able to talk about my feelings with nobody judging me. ”

A quote from a young person who attended Jigsaw for support with their mental health

“ It’s a great service, and it really helped me through a rough time and helped me to change my thinking for the better. ”

A quote from a young person who attended Jigsaw for support with their mental health

**GROWING  
UP  
CAN BE  
TOUGH...**

Follow us on:



“  
**Jigsaw has helped me in ways I didn't know were possible. I feel like a new stronger person.**”

A quote from a young person who attended Jigsaw for support with their mental health

### **Who we are.**

We are Jigsaw, The National Centre for Youth Mental Health. There to ensure that no young person feels alone, isolated and disconnected from others around them. **We provide vital supports to young people with their mental health by working closely with communities across Ireland.**

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### **We are Jigsaw...**

leading the change in youth mental health.

“ I have improved a lot of aspects of my life by coming to Jigsaw... I'm so glad I took the step to come. ”

A quote from a young person who attended Jigsaw for support with their mental health

Find your nearest Jigsaw Service by visiting [jigsaw.ie/help](https://jigsaw.ie/help)



**3,500**

We support an average of 3,500 young people each year.

**“ I thought Jigsaw was amazing. There should be more out there for teens. They helped me get my life back, and I know that more teens need that kind of support. ”**

A quote from a young person who attended Jigsaw for support with their mental health

**“ Without Jigsaw I would still be at square one with my confidence. Now I have grown so much, thanks to Jigsaw. ”**

A quote from a young person who attended Jigsaw for support with their mental health

## Our ambition.

**Our ambition is an Ireland where young people are connected to their community and have the resilience to face challenges to their mental health.**

*Dr Joseph Duffy, Chief Executive Officer*

We are working to change how Ireland thinks about and responds to young people's mental health through the research that we do, the services and support that we provide, and by working closely with communities across Ireland. We respect the voice of young people, and believe that all young people should be given the support they need to develop good mental health.

We recognise that young people, communities and government all have a role and contribution in developing a supportive environment to foster mental health in young people. We strive to innovate, challenge and apply best practice in youth mental health.

We recognise that everyone is different and our life experiences affect who we are. We value diversity in Jigsaw, in young people and the communities with whom we work.

**“ If anyone I know needed someone to talk to, I would recommend Jigsaw. ”**

*A quote from a young person who attended Jigsaw for support with their mental health*

A close-up portrait of Dr. Joseph Duffy, a man with short, curly brown hair, smiling broadly. He is wearing a light blue and white striped button-down shirt. The background is a soft, out-of-focus grey.

**“ Thanks to you, in 2016 Jigsaw has supported thousands of young people across Ireland with their mental health. ”**

Dr Joseph Duffy, Chief Executive Officer



## **Message from Dr. Joseph Duffy,** Chief Executive Officer

As our world continues to change and evolve and become ever-more complex and pressurized, the stresses on our young people are higher than at any other time in history. At Jigsaw, we know that at least 1 in 5 young people will go through some kind of mental health difficulty before the age of 25.

- **Our job is to reduce the number of our young people experiencing mental health issues**
- **Our job is to fight the stigma around mental health.**
- **Our job is to educate and support all members of our community to be better, supportive adults.**
- **Our job is to bring about a better, healthier Ireland.**

At Jigsaw we aspire to place the needs and energies of young people and the wider local community at the heart of the thinking and planning of the service. We integrate and harness the best of mental health expertise available and, while we focus our direct clinical service on young people, engaging with over 4,000 young people in 2016 alone, we are fully aware of the need to create partnerships within communities and of the need to support and build the capacity of parents, adults and others across each community. Through our Awareness Raising and Mental Health Literacy programmes we reached over 19,000 people in 2016, educating parents, youth professionals, teachers and other adults in contact with young people on how best to support their own mental health and understand that of the young people in their lives. We also extended our reach, with the opening of our eleventh Jigsaw Service in Dublin City.

**Unlike any other organisation in Ireland:**

- **our focus on 12-25 year olds,**
- **our evidence informed methodology,**
- **our people (including our panel of 130+ Youth Advisors),**
- **our holistic, community-based approach**

are all unique, all with an underlying focus on intervention and prevention.

We believe strongly that all charities should meet the highest fundraising standards, and we therefore aim to ensure that our fundraising is ethical and follows not just regulations but best practice as well. We are proud that in 2016 our efforts were recognised with a Good Governance Award, an initiative supported by the Charities Regulator that recognises the practice of good governance in the charity sector. In this and all other areas we strive as an organisation to manage and govern our work in the best possible way. We believe this is important to enable us to deliver the excellent outcomes that the young people seeking our support deserve, and to do so in the most responsible way.

I would like to thank Dr. Tony Bates, the Founder of Jigsaw who stepped down from the role of Chief Executive Officer in 2016. Over the last 10 years Tony's contribution to the development and understanding of youth mental health in Ireland has been enormous.

I am pleased to be able to carry on this work and only with your support can we continue to help shape and adapt our health and social care systems to be fit for purpose in the future, and to make sure young people receive the help and support they need at the right time for their mental health.

**Thank you for making our work possible in 2016, and for making such a big difference to the mental health of so many young people and those who support them.**

“**2016 was a landmark year for Jigsaw, marked by some very significant events and achievements.**”

Dr. Patricia O'Hara, Chairperson  
of the Board of Trustees



### **Message from Dr. Patricia O'Hara,** Chairperson of the Board of Trustees

2016 was a landmark year for Jigsaw, marked by some very significant events and achievements.

Our organisation continues to grow and develop. We celebrated our 10th anniversary and marked this in many ways, including a celebration and 'thank you' event in City Hall in June. On that occasion, we launched our rebrand by saying goodbye to our old Headstrong name and becoming Jigsaw.

This was a proud and wonderful celebration, and gave us an opportunity to thank all those – both inside and outside Jigsaw – who have worked and supported us to develop our services, research and engagement activities. As always, young people, especially Jigsaw's Youth Advisory Panels, were to the fore in organising and hosting this event with great energy and panache. We also held our first major conference in the Mansion House in September, which brought together a very engaged and committed group of delegates to reflect on how schools could better respond to the mental health needs of students by creating a 'Listening School'. Jigsaw's experiences of running a pilot schools project and in engagement activities with pupils and teachers, have given us a strong belief in, and commitment to, this idea and this was reinforced by the enthusiasm of all who attended.

**“ We celebrated our 10th anniversary... this was a proud and wonderful celebration, and gave us an opportunity to thank all those – both inside and outside Jigsaw – who have worked and supported us... ”**

Dr. Patricia O'Hara, Chairperson of the Board of Trustees

Thus, we were pleased and excited when our Founding Director, Dr Tony Bates, decided to lead a new Jigsaw strategic initiative focusing on mental health in schools. To give all of his energy to this, Tony decided to step aside as Chief Executive Officer to become Jigsaw's Director of Innovation. As its founder, Jigsaw and Tony were almost synonymous for much of the last decade, and we remain inspired by his vision and leadership and continue to avail of his wise guidance and innovative ideas while working with him to advance the Jigsaw Listening Schools initiative.

After an extensive search and selection process, Dr Joseph Duffy was appointed as Chief Executive Officer in December 2016. We wish Joseph every success as he leads the organisation into its second decade. Prior to taking on his new role, Joseph had served as Chief Operations Officer in Jigsaw where one of his priorities was, with the Finance team, to foster the development and maintenance of our high standards of governance. This effort was rewarded with our achievement in winning the top prize in our category in the first ever Good Governance Awards for the charity sector in Ireland. The Jigsaw Board is very proud of this success and is committed to upholding and enhancing our governance values.

Dr Tony Crooks took over as Board Chair in 2015, but regrettably had to step aside during 2016 due to ill health. Tony continues to make a valuable contribution as a board member. Emma Farrell, our youngest board member, also stepped down to take up employment on our staff team. We wish Emma every success in her work for Jigsaw. It was with much sadness that we noted the untimely passing of Joe Horan, who served on our board with great commitment until 2015.

**We are indeed fortunate to have an extremely able and committed board to which we welcomed four new members of the highest calibre in 2016. As Chair, I feel very privileged to work with a board and executive whose passion and commitment to Jigsaw's mission is, I believe, already changing how Ireland thinks about youth mental health.**

## **Message from Albha,** Jigsaw Youth Advisory Panel Member

2016 was a year of change throughout the whole organisation, and the Youth Advisory Panel was no exception.

Following the 10th anniversary and a recruitment of new youth volunteers, a decision was made to rename our panel the National Youth Advisory Panel. This was not a move to differentiate ourselves from the other panels around the country, but to visibly show that we actively represent the voice of young people from all around Ireland on a national level.

In the past year, our Youth Advisory Panels across our Jigsaw Services have grown to include over 120 young people. With the opening of new Jigsaw Services in Dublin City, Cork and Limerick, our Youth Advisory Panels now include the voices of young people from all of Ireland's major cities. We also continue to look to encourage more involvement from young people in rural areas. Since the very start Jigsaw has had more young people directly involved in the organisation than it has had staff. And this continues to this day, showing our sustained dedication to being champions of youth participation.

When we think of youth participation, quite often the first thing that comes to mind is, of course, the value and benefit to the organisation - but that only scratches the surface. To me, the value of youth participation is so much more. It is an investment. Jigsaw is investing in young people. It is building the capacity of individual Youth Advisory Panel members, providing them with experience and skills, the opportunity to be listened to, valued and to be the enactors of real tangible change on a very real level. Jigsaw is guaranteeing the future of the conversation and landscape of youth mental health in Ireland through every interaction and facilitation of the young people on each of the panels.

## **Our year.**

**In 2016 we provided our vital mental health support to even more young people through our Jigsaw Services, and gave thousands of people in communities across Ireland the knowledge and understanding they need to support young people with their mental health.**

We couldn't have done any of this without some truly amazing people, including our supporters, volunteers, and staff. So we'd like to say a huge thank you to everyone who has helped us to make a real difference to young people's mental health over the past year.

**“ I have improved a lot of aspects of my life by coming to Jigsaw... I'm so glad I took the step to come. ”**

A quote from a young person who attended Jigsaw for support with their mental health

**“ Wow. Thank you. Amazing! ”**

A quote from a participant of the Jigsaw Education and Training Workshops

## Our Jigsaw Services...

**We passionately believe that young people should have access to the mental health support they need when they need it. That's why we employ a range of skilled professionals to provide high quality mental health supports through our Jigsaw Services, based in thirteen communities across Ireland.**

Since the first Jigsaw Service opened its doors in December 2008, Jigsaw has supported, both directly and indirectly, 17,331 young people, with 4,185 young people engaged with in 2016. Support was provided to young people aged 12 to 25 and the majority aged 15 to 19 years.

One of the unique features of our Jigsaw Services is that young people do not need a referral to Jigsaw from medical or other professionals. In 2016, young people came to Jigsaw primarily through referrals from their parents (41%), themselves (31%), their GP (10%), secondary school (5%) and other routes (13%). Many other services engaging with young people refer to Jigsaw for mental health support.

The most common difficulties that young people came to Jigsaw Services with were: anxiety, low mood, stress, anger, and sleep difficulties. Often young people present with more than one issue, reflecting the complex and interrelated nature of mental health difficulties. Factors which commonly contribute to these presenting issues include relationship difficulties, family breakdown, bullying, exam stress, financial pressures, isolation and peer pressure.

Of those supported, some young people were seeking information, or met briefly with a Clinical Support Worker (23%). Others engaged in brief intervention support, where they set goals and worked on a specific problem over a period of up to 8 sessions (47%). A number of young people were supported indirectly through consultation with a parent, guardian, teacher or other individual (30%).

In order to achieve national coverage of Jigsaw Services, future development of further projects is needed. In 2016 we continued to seek the support and resources to enable us to develop future Jigsaw Services. In 2016 the HSE committed to supporting Jigsaw to develop three new Jigsaw Services in Dublin City, Cork and Limerick.



## Maureen's story...

**My name is Maureen and I am 13 years old. I first came to Jigsaw half-way through my first year of Secondary School when I began to struggle with social anxiety in particular. My school was very helpful and they introduced me to Jigsaw.**

Working with Jigsaw was brilliant, they gave me a better way of approaching my problems which helped significantly. After a few sessions, I began to notice some positive changes in how I was coping. It was suggested to set some personal goals to aim for that helped me confront my issues, but at my own pace.

What I found great at Jigsaw was their patience and understanding, I was never forced to do anything or discuss anything I didn't want to, everything happened on my terms. The most important thing that I took away from my journey through Jigsaw is to get help when you need it and not to wait for your problems to get worse, because getting help is not a sign of weakness it is a sign of strength.

At the end of my final session at Jigsaw, I felt coping with my anxiety was much easier than it was six sessions ago and that I could leave with a stronger and healthier mental state!

Please note: To protect the privacy of the young people who visit Jigsaw, names and identifying features have been changed.

**“ I would like to truly thank you for your service... it changed my life. ”**

A quote from a young person who attended Jigsaw for support with their mental health

## **Our education and training...**

**Our Education and Training Programme gives people the knowledge and confidence to support young people in their own community with their mental health. We provide training and workshops for those in the community who work or volunteer with young people, and for parents, carers and young people themselves.**

In 2016, 30 **Understanding Youth Mental Health** and 12 **Minding Youth Mental Health** workshops were carried out nationally, with audiences of 426 and 145 respectively. There were 60 **Supporting Young People's Mental Health** workshops with 1901 in attendance and 420 **It's Time To Start Talking** workshops with 16,346 in attendance, a marked increase on previous years.

Following the development and testing of our **Peer Education Training Programme** in 2014, a further 237 Peer Educators across 35 schools, aged 15 to 17 years, were selected from across five Jigsaw Service areas in 2016 – Clondalkin, Tallaght, Dublin 15, Offaly and North Fingal.

Peer Educators were trained to deliver our **It's Time To Start Talking** workshop, with the objectives of promoting positive attitudes to mental health and encouraging young people to talk to someone they trust when feeling worried or down.

The evaluation of the programme for 2016 continued to find significant positive changes in participants' mental health knowledge and beliefs about help-seeking, with overall findings suggesting that participation in the programme is enjoyable and beneficial for young people.

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

A quote from a participant of the Jigsaw Education and Training Workshops.

## **Our research and evaluation...**

**At Jigsaw we are committed to conducting quality research and evaluation to understand and improve how young people are supported with their mental health.**

All of our Jigsaw Services use our online data collection and case management system. The data is collated centrally, making it possible for us to comprehensively evaluate how we support young people.

In 2016, 94% of young people who visited a Jigsaw Service reported being 'satisfied' or 'very satisfied' with the service. 96% said they would recommend Jigsaw to a friend, and 98% were satisfied with the quality of the support they received.

74% of 17-25 year olds achieved a reliable improvement in psychological distress after being provided with support by a Jigsaw Service. These findings indicate that young people attending Jigsaw are experiencing high levels of psychological distress and provide emerging evidence that Jigsaw is an effective service for young people.

Throughout 2016, we have continued to share what we have learnt through journal articles, conference presentations, reports, community talks and the media.

### **Research papers published in 2016**

**An evaluation of participation in a schools-based youth mental health peer education training programme. *Advances in School Mental Health Promotion*, 9(2), 1-12**

O'Reilly, A., Barry, J., Neary, M. L., Lane, S., & O'Keeffe, L.

**Performance of the CORE-10 and YP-CORE measures in a sample of youth engaging with a community mental health service**

O'Reilly, A., Peiper, N., O'Keeffe, L., Illback, R., Clayton, R.

## Our advocacy...

**We know that we all need to do more to support young people with their mental health. That's why we look to raise awareness about youth mental health and influence real change at both a national and local level.**

We aim to influence policy and decision making to demand the best support for young people with their mental health. Locally, across our network of Jigsaw Services we are an interconnected part of the community, working closely with community groups and government departments to deliver better outcomes for our young people.

Nationally, Dr. Tony Bates, Jigsaw's Founder, is a member of the advisory council of the Better Outcomes, Brighter Futures - The National Policy Framework for Children and Young People (2014-2020).

In June 2016, Tony was asked to join the government's National Taskforce on Youth Mental Health. The Taskforce brings together stakeholders in the Irish youth mental health space and, for Jigsaw, gives an opportunity to influence key policy decision making at a national level.

Specifically, the group has been working on designing and providing leadership for changes that get communities working together at a local level and services working together at a national level to improve support for young people so that every young person in Ireland is able to build their own resilience and emotional wellbeing.

**“ Jigsaw turned up the brightness in my life when things seemed the dullest. ”**

A quote from a young person who attended Jigsaw for support with their mental health

### **Mental Health Week 2016**

Each year Mental Health Week is held in the first week of October. In 2016 Jigsaw used the opportunity to launch a series of nationwide activities and events, including the MyWee5 campaign in Jigsaw Donegal, the 100 Reasons Walk in Jigsaw Meath and Jigsaw Dublin 15, attendance at Zeminar, the careers and futures event in Dublin's RDS, and a series of Education and Training sessions with corporates, schools and youth groups.

### **WGPA - Be You Belong campaign**

In June, we teamed up with the WGPA (the Women's Gaelic Players Association) for their Be You Belong campaign; a campaign that aimed to showcase positive stories of players involved in the sport, celebrating their unique identities and highlighting different challenges players have overcome to reach the top of the sport – including mental challenges, career commitments, physical setback and more. The WGPA originally approached us with their idea for a campaign believing it could help highlight issues around self-esteem and a sense of belonging, which were both seen as priority areas for young people in the My World Survey.



## **Our fundraising...**

**It is the drive, passion, and determination of our supporters that makes it possible for us to deliver vital mental health support to young people across Ireland. They are the Jigsaw Heroes, and we're grateful for their support.**

In 2016, over €500,000 was secured in public, philanthropic and corporate support from a wide variety of sources. Our Jigsaw Heroes included:

- **Newly-weds Nick and Stef Doran, who raised €24,552 while cycling from South Korea to Dalkey**
- **Students in DCU's Media Production Society, who raised €7,278 during a 24 hour radio broadcast**
- **Microsoft Ireland, who selected Jigsaw as one of their charity partners**
- **Eirtakon, who's annual anime and manga convention in November raised €5,819**
- **As well as over 40 people who took part in our Annual Croke Park Abseil raising over €31,919**

### **Higher love**

2016 saw one particularly extraordinary fundraising initiative deliver significant impact. As part of a charity album recorded and released in 2011 by the students of the Sound Training College, musician James Vincent McMorrow, who recorded Higher Love by Steve Winwood, released the single and agreed to donate all sales and royalties to support the work of Jigsaw. **The single, in reaching the top of the charts and featuring on TV commercials and movies, delivered €122,000 for Jigsaw in 2016 alone.**

## **Our youth volunteers...**

**Since Jigsaw was founded in 2008, young people have been involved in helping us to develop and design our Jigsaw Services, and guiding how we best support them with their mental health.**

We formed a Youth Advisory Panel in 2006, and they remain central to our work in reducing the stigma that surrounds mental health, and to identifying issues that impact on young people's mental health.

Jigsaw is closely guided in strategy and decision-making by a nationwide network of over 130 youth volunteers, aged between 16-25. They help guide our decision making, recruit our people, inform our research and ensure we are relevant to those we aim to support.

Each Jigsaw Service has a local Youth Advisory Panel, and there are representatives from these on the national Jigsaw Youth Advisory Panel. In 2016 the Youth Advisory Panel continued its work to strengthen the links between the local Jigsaw Youth Advisory Panels and the national Jigsaw Youth Advisory Panel. In the summer they convened their fifth annual Youth Learning Network, where they all came together to share knowledge and plan for a closer working relationship in the future.

Throughout 2016, our Youth Advisory Panel members continued to work alongside many national voluntary and statutory agencies to strengthen the voice of young people in decision making. They play a key role in our communications by sharing the experiences of young people. Two members of the Youth Advisory Panel attend board meetings, and Youth Advisory Panel engagement also includes members attending board sub-committees. Youth Advisory Panel members also represent Jigsaw by speaking at both national and international events on mental health issues for young people and the importance of young people's involvement in decision making about services that impact on them.

## **Aoife's story...**

**Aoife is a youth volunteer on our Youth Advisory Panel for our Jigsaw Service in Dublin 15.**

### **What inspired you to get involved with Jigsaw?**

Honestly, I was inspired by the message of Jigsaw; a community-based, early intervention service which also aims to educate and raise awareness about youth mental health. I liked how involved young people were in the organisation, it really epitomised the idea of having an organisation for young people, by young people. Moreover, the idea of One Good Adult really struck me... I wanted to play my role (however small!) in changing the way Ireland thinks and reacts to youth mental health.

### **What are the best things you have done so far as part of the Youth Advisory Panel?**

Wow, that's hard to say. When I think back over the last few years there has really been some incredible experiences and memories which I will treasure! From team-bonding days out, to sitting on interviews and the local Jigsaw Advisory Group, to having the opportunity to help organise the 100 Reasons Challenge - they've all been extraordinary experiences. Although, one of the best things so far has been getting to witness our Youth Advisory Panel grow from strength to strength over the past few years. I'm really proud of how far we've come and how dedicated and passionate everyone is. Watch out Ireland - Dublin 15 Youth Advisory Panel are coming!

“

**It helped me through everything and helped me realise my potential. Thank you.**”

A quote from a young person who attended Jigsaw for support with their mental health



**What change would you like to see to  
youth mental health in Ireland?**

I aspire to live in a nation where the topic of mental health is accessible; where young people aren't afraid to seek help. Where they are brought up to know that it's okay not to be okay. Where young people, their families, the community and professionals are committed to establishing a society where youth mental health is fostered. Ultimately, where young people are empowered to engage in their mental health.

**“ I aspire to live in a nation where the topic of mental health is accessible; where young people aren't afraid to seek help. Where they are brought up to know that it's okay not to be okay... ”**

**...where young people are empowered to engage in their mental health. ”**

A quote from Aoife, member of the Jigsaw D15 Youth Advisory Panel

“ **The friendly atmosphere is comfortable and easy-going, it almost feels like home. The support is amazing it's a very communal place.** ”

A quote from a young person who attended Jigsaw for support with their mental health

## **2016 in numbers**

Our Jigsaw mental health professionals provide young people with support in three different ways:

**A brief intervention...** a young person comes to a Jigsaw Service for up to eight sessions of therapeutic support with one of our mental health professionals.

**A brief contact...** a young person attends a Jigsaw Service once or twice for information and advice from one of our mental health professionals.

**A case consultation...** a parent, guardian, teacher or another individual, is given information and advice about a young person's mental health needs.

**At Jigsaw, we have been collecting information since 2008 on the types of issues young people (aged 12-25) describe when they engage with our Jigsaw Services for support.**

**This information provides a unique picture of the challenges facing young people in modern Ireland today, and helps to guide us in the support we provide.**

17,331

The number of young people supported since December 2008, both directly and indirectly.

4,185

The number of young people who engaged with Jigsaw in 2016...

The five most common mental health difficulties that young people came to Jigsaw for support with during 2016 are:

- 38% - Anxiety
- 30% - Low mood
- 20% - Stress
- 15% - Anger
- 14.5% - Sleep difficulties

98%

The percentage of young people who attended a Jigsaw Service for sessions with our mental health professionals, who when asked said they were satisfied with the quality of the support they got.

74%

The percentage of 17-25 year olds who had a reliable reduction in psychological distress after visiting a Jigsaw Service for sessions with a Jigsaw mental health professional.

At their first and last sessions in Jigsaw, young people complete a standardised questionnaire measuring psychological distress (Clinical Outcomes Routine Evaluation; CORE).

Psychological distress was measured using the CORE-10 for 17-25 years olds.

**96%**

The percentage of young people who attended a Jigsaw Service for sessions with our mental health professionals, who when asked said they would be willing to recommend Jigsaw to a friend.

**5.5**

The average number of sessions a young person attends Jigsaw for support.

**426**

The number of professionals and volunteers working with young people who attended our Understanding Youth Mental Health workshops.

**1,901**

The number of people who attended our "Supporting Young People's Mental Health" workshops.

**145**

The number of professionals and volunteers working with young people who attended our "Minding Youth Mental Health" workshops.

**237**

The number of 15-17 years old trained as Peer Educators across 35 schools.

**16,346**

The number of young people who attended our It's Time To Start Talking workshops.

## What's the impact of our workshops?

### Participants reported:

- A greater understanding of youth mental health and the issues facing young people
- A deeper understanding of the way young people look for help
- An increase in their own confidence and ability to respond to young people experiencing mental health difficulties
- An increased ability to identify the signs of mental health difficulty
- A greater understanding of the importance of resilience and how to build resilience in young people
- Increased awareness of the role and value of being that "One Good Adult" in young people's lives

**“Excellent workshop, very informative and enjoyable. I learned loads! Thanks so much.”**

A quote from a participant of the Jigsaw Education and Training Workshops

**“ I learned a lot – wish I had known all this months ago! ”**

A quote from a participant of the Jigsaw Education and Training Workshops

“ I would just like to truly thank you for your services, as I feel like it did sincerely change my life and the decisions I've made since I visited. ”

A quote from a young person who attended Jigsaw for support with their mental health

### **Our team...**

We are a team of supporters, professionals, volunteers, campaigners and people who are passionate about supporting young people with their mental health.

### **Our Board of Trustees**

**Our Board of Trustees is responsible for the overall control and strategic direction of Jigsaw. They work for Jigsaw voluntarily to make sure we're doing all we can to ensure young people are connected to their community and have the resilience to face challenges to their mental health.**

#### **Directors and trustees:**

Dr. Patricia O'Hara, *Chairperson*  
Dr. Tony Crooks  
Greg Sparks, *Treasurer*  
Dr. Sheelah Ryan  
Eamonn Gaffney  
Emma Farrell, *Resigned 20.07.2016*  
Aoife Geraghty  
Martina Moloney  
Mary Cunningham  
Dr. Justin Brophy  
Noel Mulvihill  
Brian Geoghegan

**Company Secretary:**

Dr. Joseph Duffy (to 4th April 2017)  
Blanaid Cleary (from 4th April 2017)

**Chief Executive**

Dr. Tony Bates to 30th September 2016  
Dr. Joseph Duffy - Interim 1st of October to 2nd of December 2016  
and permanent from 2nd of December 2016

**Board sub-committees:**

**Audit**

Aoife Geraghty, *Chair*  
Dr. Patricia O'Hara  
Eamonn Gaffney  
John Chambers (*external sub-committee member*)  
Youth Advisory Panel member in attendance

**Finance**

Greg Sparks, *Chair*  
Dr. Tony Crooks  
Aoife Geraghty  
Graham Law (*external sub-committee member*)  
Youth Advisory Panel member in attendance

**HR & Governance**

Mary Cunningham, *Chair*  
Martina Moloney  
Dr. Patricia O'Hara

**Quality and Safety**

Martina Moloney, *Chair*  
Noel Mulvihill  
Dr. Tony Crooks  
Dr. Ian Daly (*external sub-committee member*)  
Emma Farrell resigned 20.07.2016  
Youth Advisory Panel member in attendance

**75%**

**75% of all adult mental health difficulties arise before the age of 25.**

Low mood, anxiety, family difficulties and anger are among the top presenting issues in Jigsaw Services.

## Our Youth Advisory Panels

**Our Youth Advisory Panels are young people who volunteer to help us make a difference to young people's mental health across Ireland.**

**They help us to:**

- **raise awareness about youth mental health and why it needs to be taken seriously**
- **build awareness of how we support young people and their communities**
- **best support young people with their mental health**
- **fundraise to support our services**

Each Jigsaw Service across Ireland has its own local Youth Advisory Panel drawn from the surrounding community. We also have a Youth Advisory Panel at a national level made up of young people from the local Youth Advisory Panels and other young people representing their peers from across the country.

<b>National</b>	<b>Dublin City</b>	Jamie	<b>Tallaght</b>
Aaron	Ellen	Jordan	Ellen
Annie	Keith	Joseph	Criofan
Albha	Erin	Kate	Eoin
Chloe	Alexandra	Meliha	
Dylan	Ryan	Mihai	<b>North Fingal</b>
Dylan	Lauren	Orla	Kestutis
Fiona	Emirjeta	Sigrida	Melissa
Henry	Aisling	Terri	Ciara
Jane	Marina	Wura	Ciara
Jordan	Fiona	Cer	Amy
Kestutis	Sarah		Saoirse
Jess	Grace	<b>Clondalkin</b>	Adam
Lauren		Ali	Samanta
Meliha	<b>Dublin 15</b>	Niamh	Esther
Martha	Amy	Alice	Emmet
Owen	Aoife	Emma	James
Séamus	Billy	Tracey	Mahnoor
Sorcha	Chelsea	Claire	Megan
Sam	Damien	Jodie	Grace



**Galway**

Akeem  
Austin  
Ciara  
Colm  
Deirdre  
Kate  
Katie  
Laura  
Maeve  
Michael  
Pollyanna  
Róisín  
Roisin

**Kerry**

Albha  
Ciarán  
Mike  
Joe

Katie  
Graham  
Justin  
Robert  
Kayla  
Martin  
Aisha  
Aisling  
Joshua  
Hannah  
Dylan  
Katie

**Meath**

Séamus  
Amanda  
Claire  
Lauren  
Alba  
Killian

**Roscommon**

Tanya  
Jason  
Catherine

**Donegal**

Shauna  
Niamh  
Jack  
Aimée  
Aisling  
Ava  
Ayrton

Bridget  
Dakota  
David  
Ellen  
Kirsten  
Megan  
Niamh

Odhrán  
Shannon  
Sinead  
Eilis  
Jamie  
Nikita

**Offaly**

Aine  
Adam  
Aly  
Amy  
Ciara  
Eimear  
Eimhin  
Helen  
Kaleum  
Laura  
Martin  
Niamh

Nicole  
Olivia  
Rachel  
Sean  
Shauna

## Our staff team

**We are a passionate and creative group of people determined to change how Ireland thinks about youth mental health.**

Our staff team of trained mental health professionals, youth workers, campaigners, fundraisers and more, strive to make sure that young people have the vital mental health support that they need.

“ **Because of Jigsaw I am myself again and they should have more help to help teens because too many of us need it and want it. Thank you.** ”

A quote from a young person who attended Jigsaw for support with their mental health

**We are jigsaw...**  
leading the change in youth mental health.

“ Thanks to you, in 2016 Jigsaw has supported thousands of young people across Ireland with their mental health. ”

Dr Joseph Duffy, Chief Executive Officer

**THANK  
YOU...**

## Our supporters

Thank you to all of our amazing supporters who have supported us in 2016, including:

Health Service Executive

Department of Health

County Councils

University College Dublin

Women's Gaelic Player's Association

Department of Children and Youth Affairs

Reduction Partnership

SPHE - Social Personal and Health Education

Arthur Cox

Institute of Guidance Counsellors

Microsoft

Eirtakon

DCU

ESB Electric Aid

Electric Ireland Energy for Generations

Eugene F Collins

Medtronic

The Ireland Funds

Tunecore

Sound Training College

ATECI

Croke Park

Medtronic

“**Our team had a great time taking part in the Jigsaw Croke Park Abseil. We at Arthur Cox have been the event sponsor since 2014 through our Corporate Social Responsibility programme, and we believe hugely in the importance of Jigsaw's work supporting the mental health of young people across Ireland.**”

*Jean Maxwell, Corporate Social Responsibility Manager at Arthur Cox*

## Our accounts.

Where our funding comes from and how we use it.

**At Jigsaw, we believe it's fundamentally important to be open about how we are funded and how those funds are used to support the mental health of young people across Ireland.**

We categorise income and expenditure in line with the categories as per the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities 2015, as issued by the Charities Commission (for England and Wales) and the Office of the Scottish Charity Regulator.

As a charity seeking donations from the public, we follow the Statement of Guiding Principles for Fundraising as set out by the ICTR (Irish Charities Tax Reform Group). You can see on the next page where our funding came from during 2016 and how we used it to support the mental health of young people across Ireland.

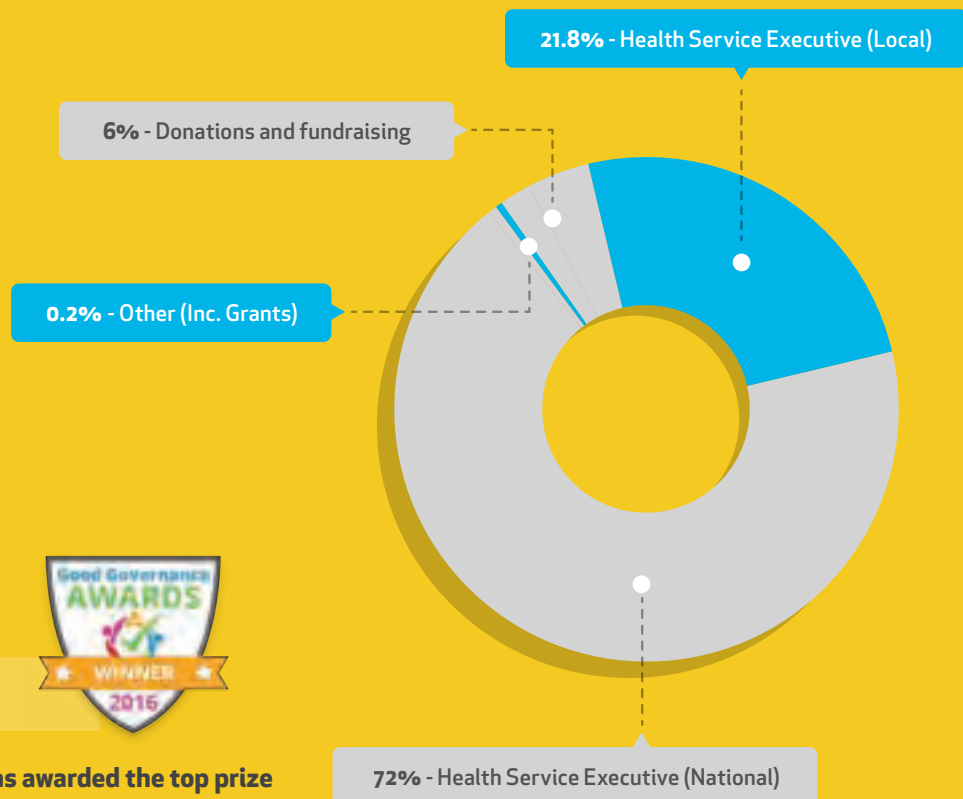
To actively demonstrate openness, transparency and integrity to our beneficiaries and donors Jigsaw operates to the triple lock standards - transparent reporting, good fundraising and governance.

**If you want to learn more about our finances, you can download and read our full independently audited financial statements for 2016 from our Annual Report Website; [annualreport2016.jigsaw.ie](http://annualreport2016.jigsaw.ie)**

**“ Jigsaw is kick ass! But seriously, Jigsaw is really good and very helpful. For me, it made it a lot easier to cope with everything I had going on. ”**

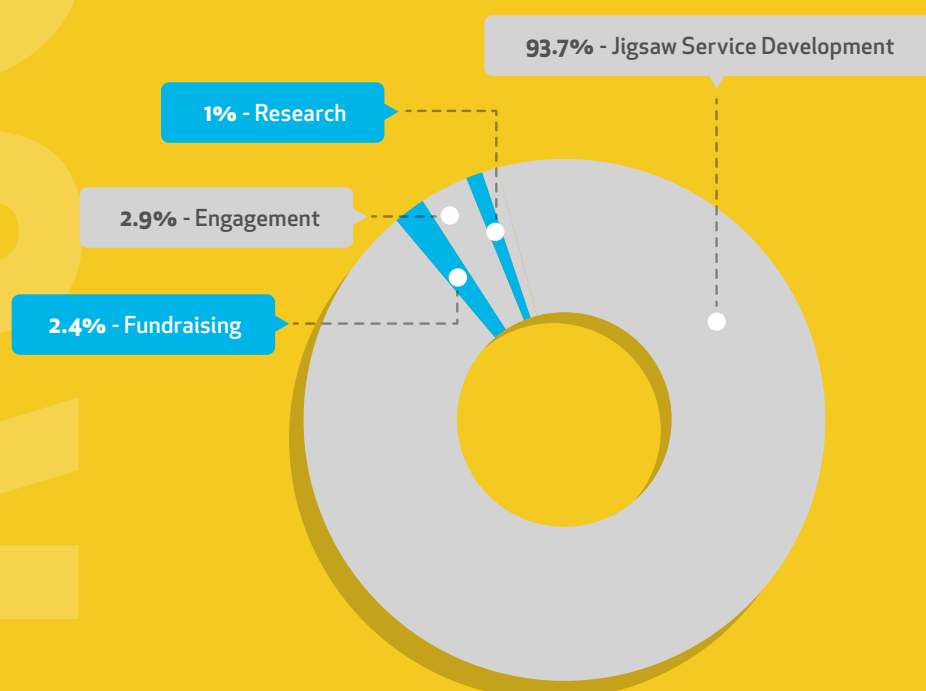
**A quote from a young person who attended Jigsaw for support with their mental health**

## How we raise our money...



In 2016 Jigsaw was awarded the top prize at the inaugural Good Governance Awards Ceremony in the category for organisations with annual turnover of over €500k.

## How we spend our money...



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

**Annual Report 2016**

[www.jigsaw.ie](http://www.jigsaw.ie)

Jigsaw is here to help young people through the tough times by supporting their mental health and wellbeing

Follow us on:



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health in mind

**Annual Report 2016**

**SOMETIMES  
LIFE  
CAN BE  
TOUGH...**

[jigsaw.ie/help](http://jigsaw.ie/help)

Follow us on:



[www.jigsaw.ie](http://www.jigsaw.ie)