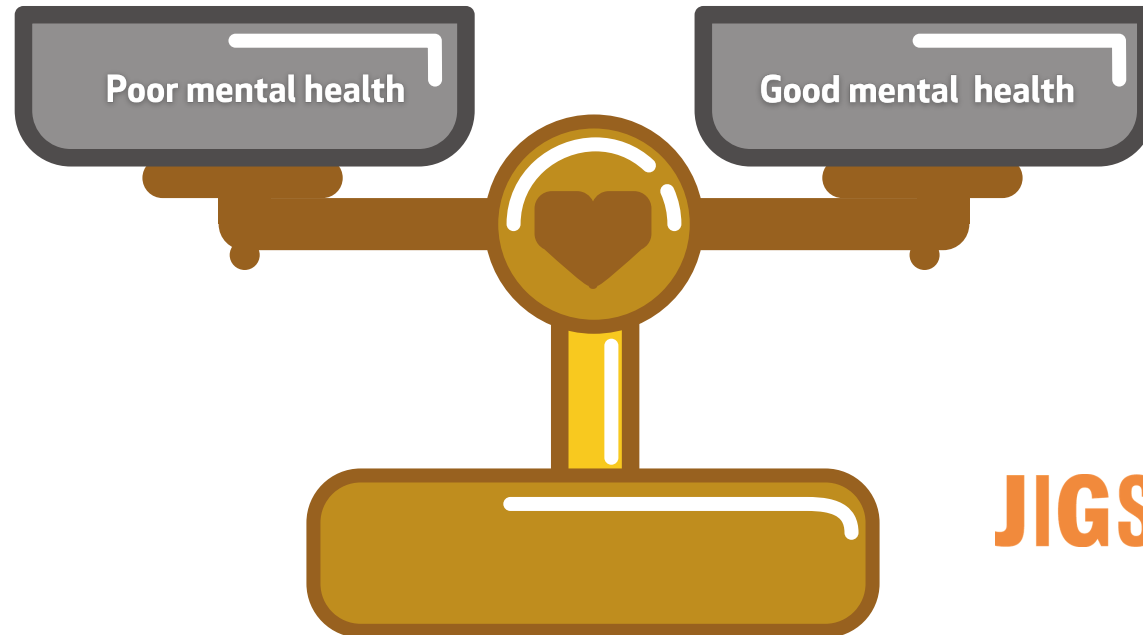


My mental health scale



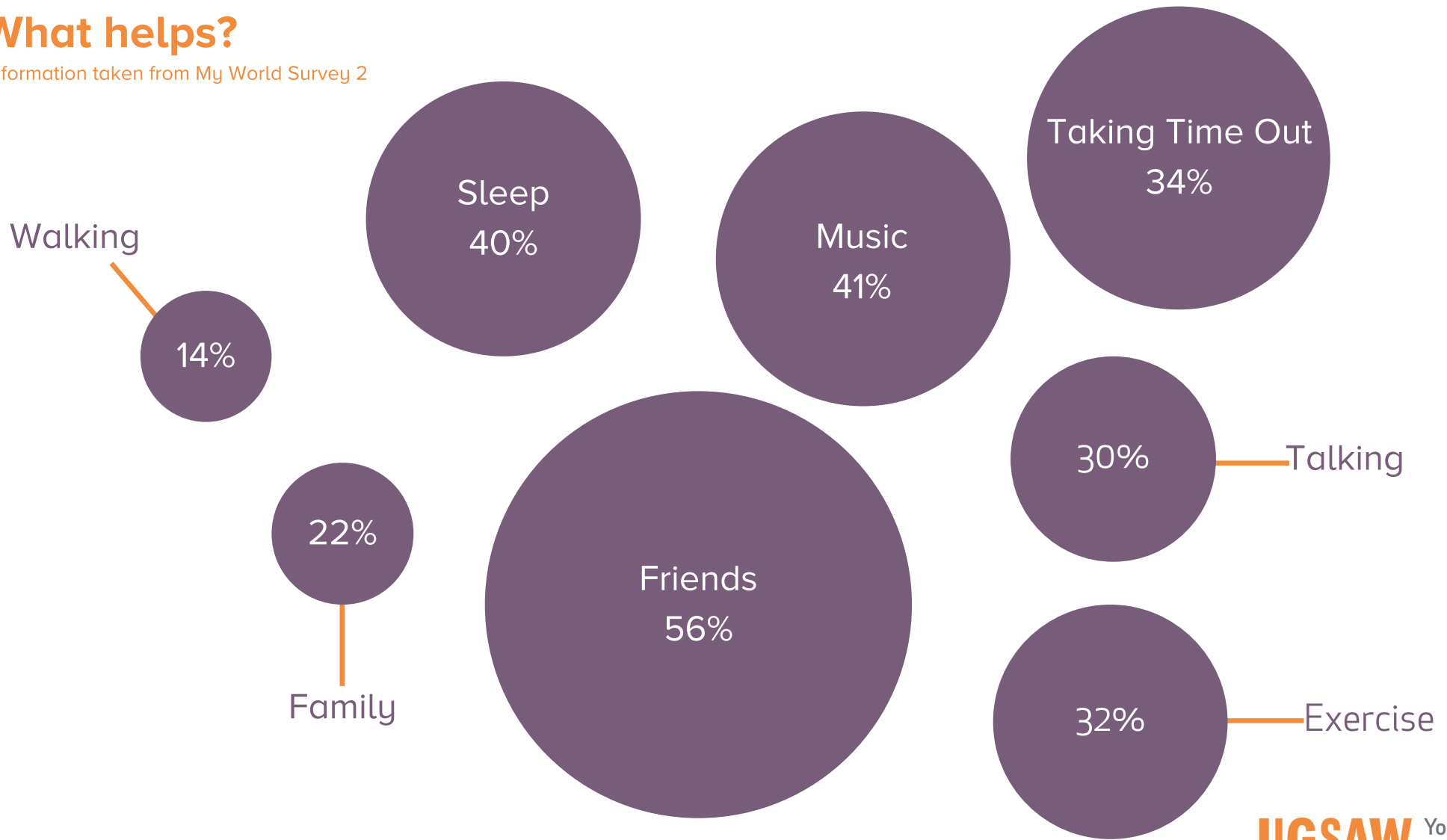
JIGSAW Young people's
health in mind



Mental Health -
What is it?

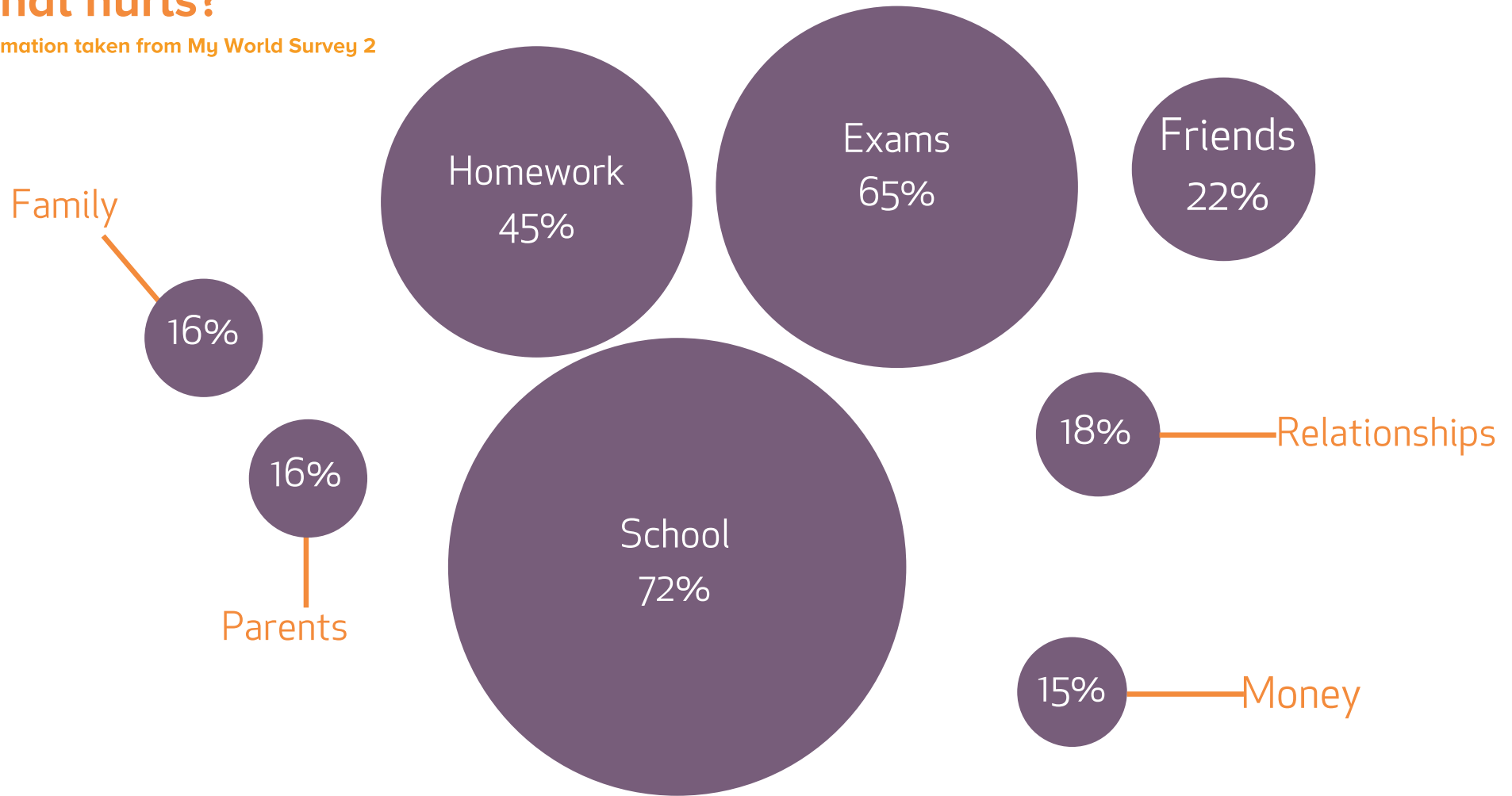
What helps?

Information taken from My World Survey 2



What hurts?

Information taken from My World Survey 2



Think tank

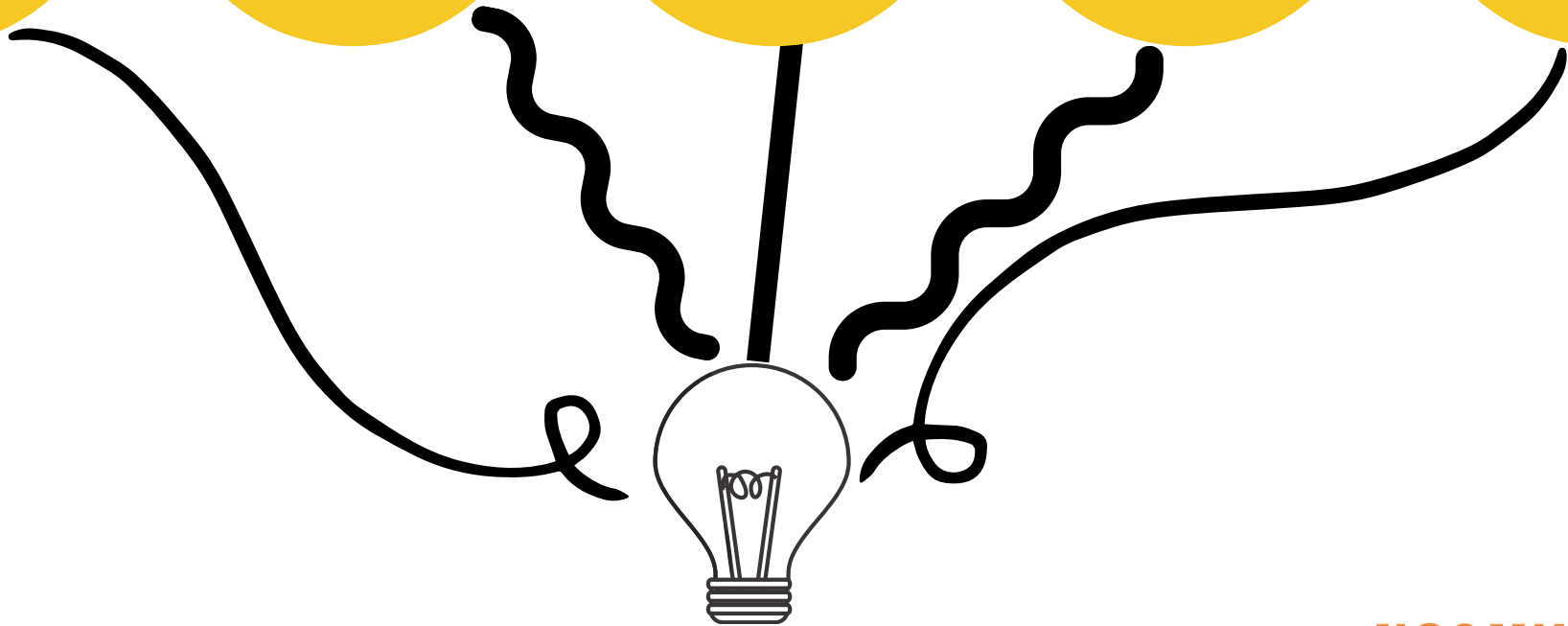
What impact has the last few months had on this person?

What can this young person do to support themselves?

Is there anything that the school can do to support this young person?

Why is it important that this young person asks for help?

What might this young person say to themselves 5 years from now?



Young people and covid 19



Rachel's experience

Rachel is going into her Leaving Certificate year. She is very worried about the work that she missed out on when her school went into lockdown. She struggled with learning from home and missed the chance to ask questions and learn from others in her class. She is worried about being blamed for not being as ahead as she should be and feels like she is on her own. She sometimes thinks it would be easier to leave school.

Joe's experience

Joe has just started secondary school. When his primary school closed in March, he was pretty happy to be at home. He missed his friends and playing sport but spent a lot of time with his younger brother. As lockdown went on, he could see his mum was getting more stressed and his dad may lose his job, so this worries him a bit. Joe felt nervous starting secondary school; he feels sad about not getting to say a proper goodbye to his old school but feels as though he can't say this to anyone. He is a bit nervous about making new friends.

