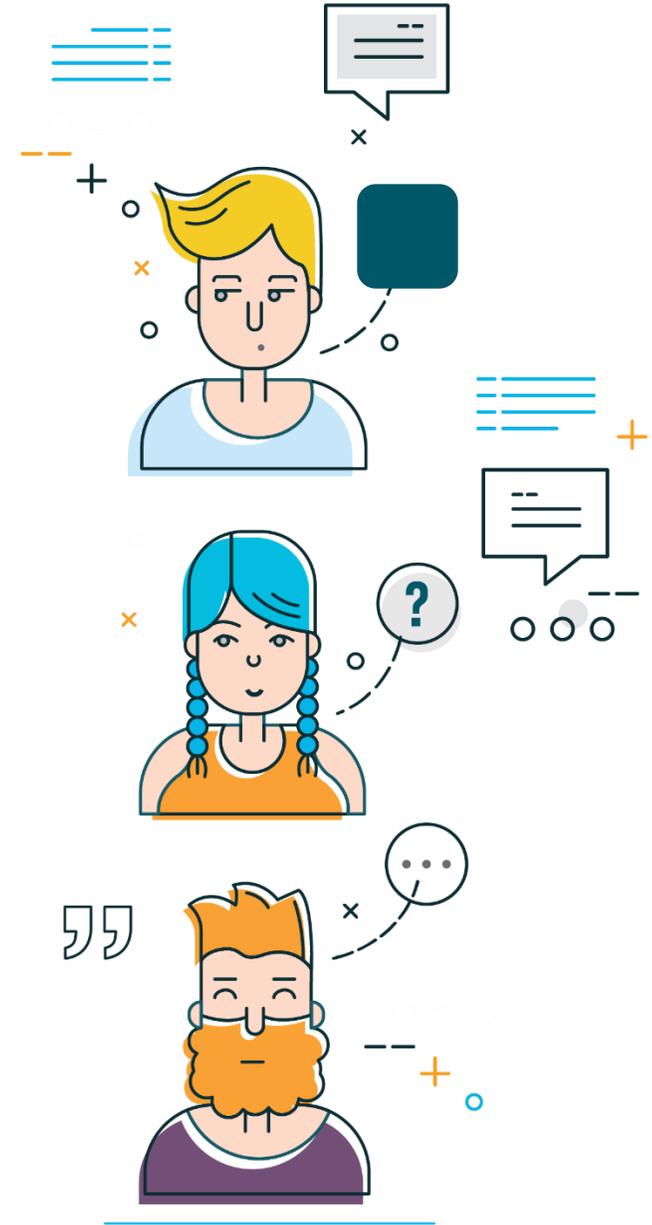




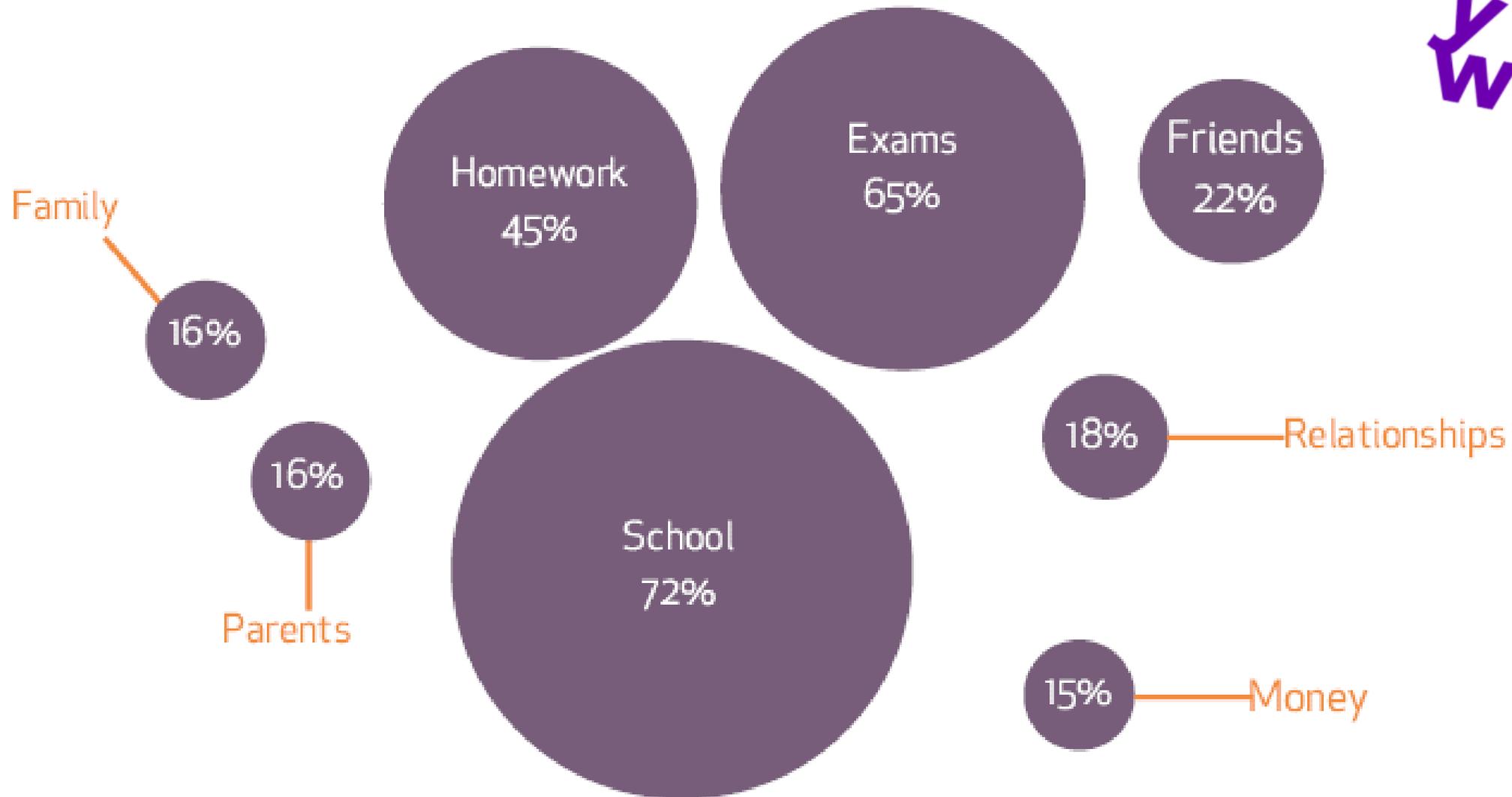
# JIGSAW

Young people's  
health in mind



# What do we know about youth mental health?

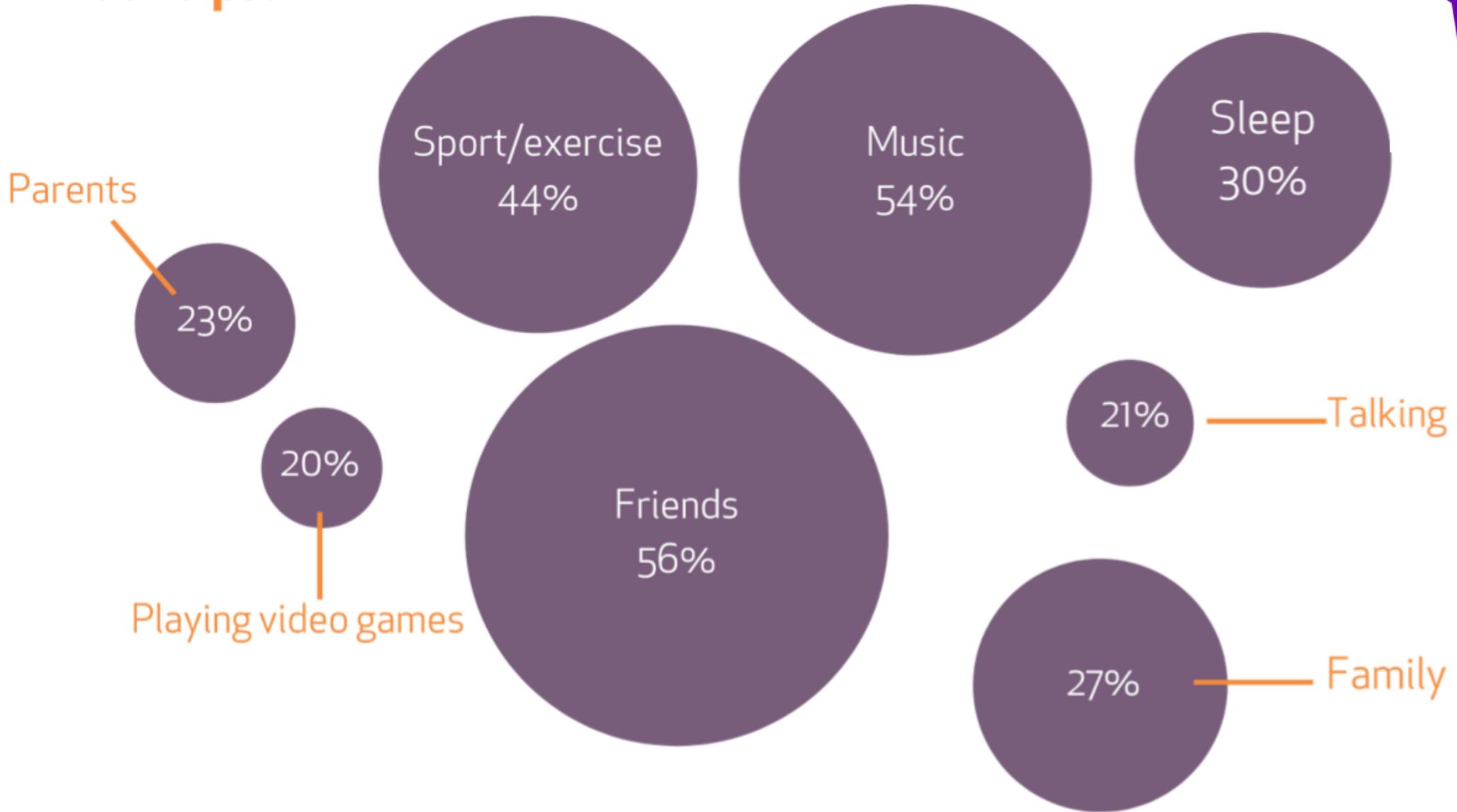
## What hurts?



*my world.*

# What do we know about youth mental health?

## What helps?



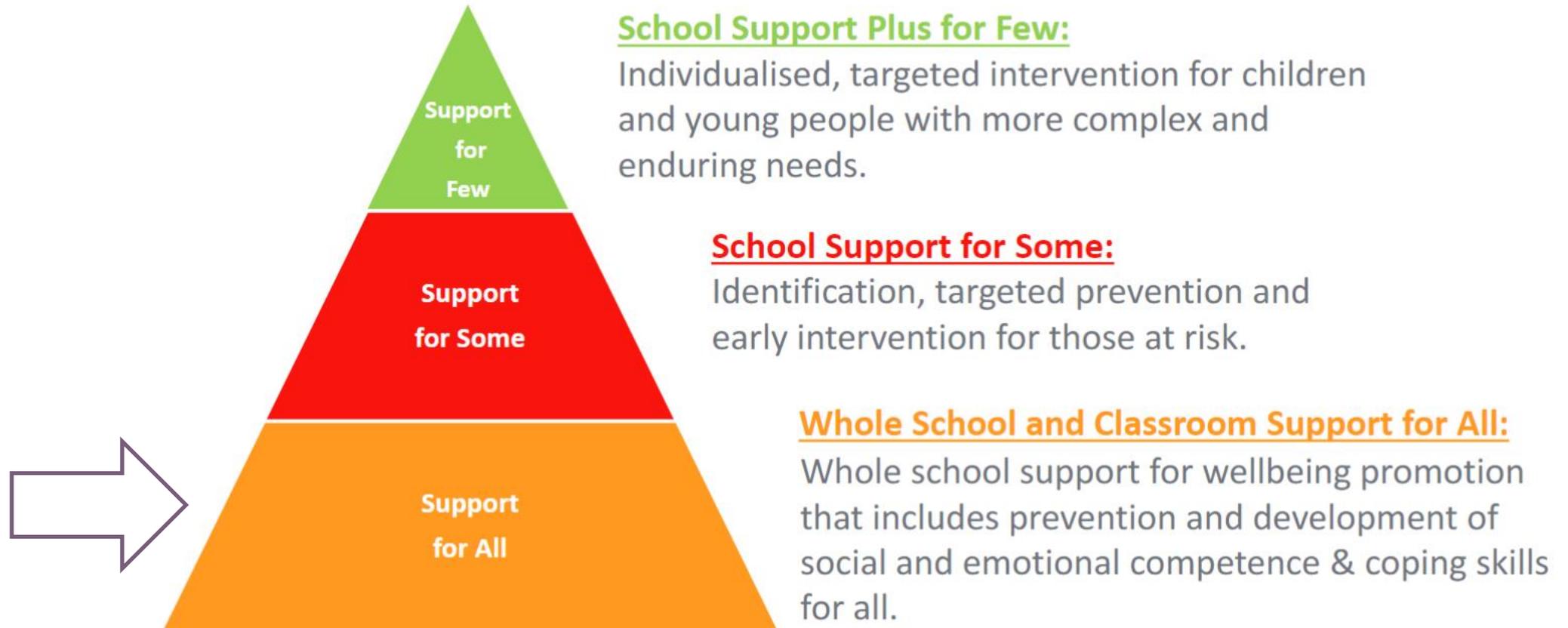
*my world.*

**ONE**  
**GOOD**  
**ADULT.**

**ONE**  
**GOOD**  
**ADULT.**

# The role of the school in mental health and wellbeing:

## Continuum of Support (DES & NEPS | 2007, 2010)



# Wellbeing Policy Statement and Framework for Practice

- Critical links between wellbeing and cognitive and emotional development
- Identifies schools as important settings for preparing children and young people to develop wellbeing and positive mental health
- Identifies emotional wellbeing as an educational outcome, in and of itself.



Rialtas na hÉireann  
Government of Ireland

## Wellbeing Policy Statement and Framework for Practice

2018-2023



# Key Features of One Good School

- Designed to build on Jigsaw’s existing work in schools
- National focus on wellbeing and schools – Wellbeing Policy Statement and Framework for Practice
- A whole-school approach
- Broad range of activities available, based on need



**ONE**<sup>TM</sup>  
**GOOD**  
**SCHOOL**

# What's going to happen?



Online Survey



# How can you get involved?



# What are the next steps for our school?





# Working with young people



Young people



Parents and guardians



Working with young  
people

# jigsaw.ie



Feedback



## This is Jigsaw Online

Mental health information for young people, their parents and guardians, and those who work with young people. Get practical advice from Jigsaw Clinicians who work with young people everyday.

# Jigsaw eLearning Courses for School Staff

## Course A

'Introduction to Youth  
Mental Health'  
(1 hour duration)

## Course B

'A Whole-school Approach to  
Mental Health & Wellbeing'  
(1 hour duration)

**Self-care for  
School Staff**  
(1 hour)

**Junior cycle mental health  
workshop (40 – 60 mins)**

**Senior cycle mental health  
workshop (40 – 60 mins)**

Find out more  
at <https://jigsaw.ie/information-and-elearning/?search=elearning>



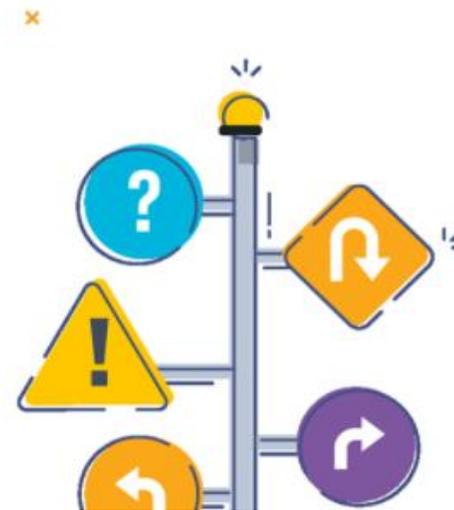
## Resources for schools

**The return to school after the summer break is always an emotional time. It can bring a mixture of apprehension, excitement and possibly even relief at a return to normality.**

However, there is little doubt that September 2020 will be like no other. The return to our school hallways has never looked more different.

The global pandemic has created a wave of uncertainty, unknowns and change for all of us and we witness this more than ever within our schools. The emotional ask of teachers and school staff will be significant as they embrace their changing environment and support young people in their classroom.

## Responding to school needs



# Support for young people

1. **Jigsaw Online Group Chats** are live online discussions on mental health themes, facilitated by a Jigsaw Clinician. See <https://jigsawonline.ie/young-people/live-group-chats/> for timetable and registration

2. **Jigsaw Live Chat** is a new way to get support if you're aged between 12 – 25 years-old. Our trained staff host 1:1 webchats, Monday-Friday from 1-5pm. Young people can login and talk about what's on their mind or send us an email anytime. Find out more at <https://jigsawonline.ie/young-people/jigsaw-live-chat/>



## This is **Jigsaw Online**

Mental health information for young people, their parents and guardians, and those who work with young people. Get practical advice from Jigsaw Clinicians who work with young people everyday.

**THANK YOU**

A yellow speech bubble with rounded corners and a tail pointing towards the bottom right. The words "THANK YOU" are cut out of the bubble in a bold, sans-serif font. The background is a solid, textured blue color.