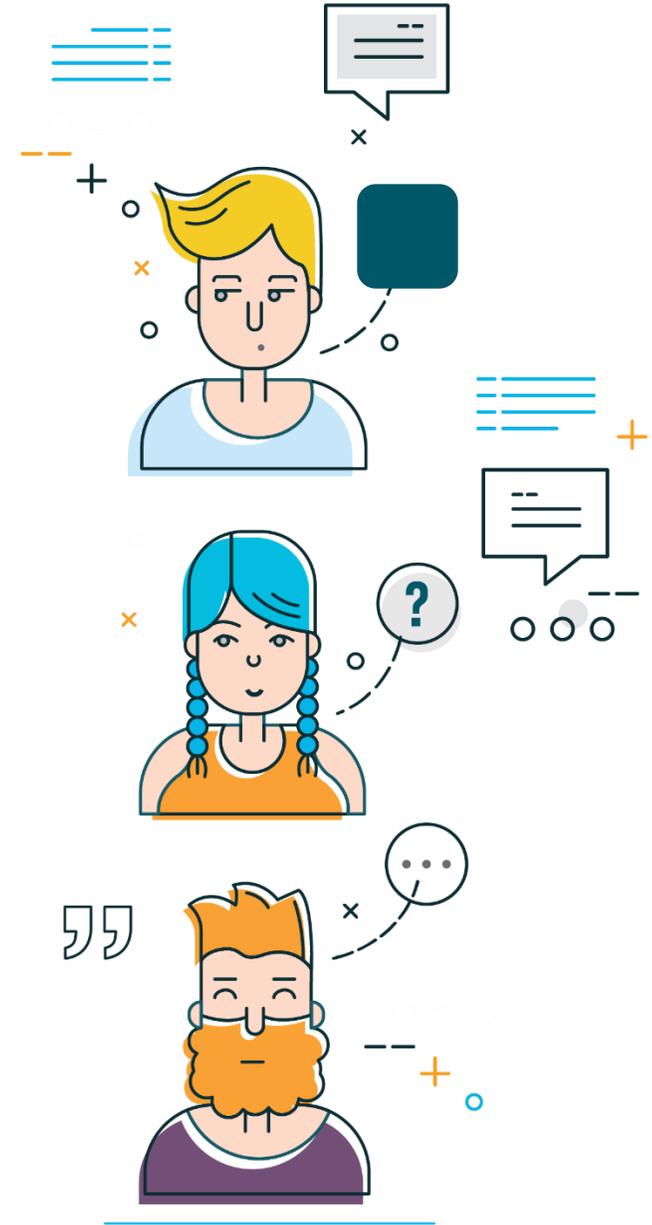


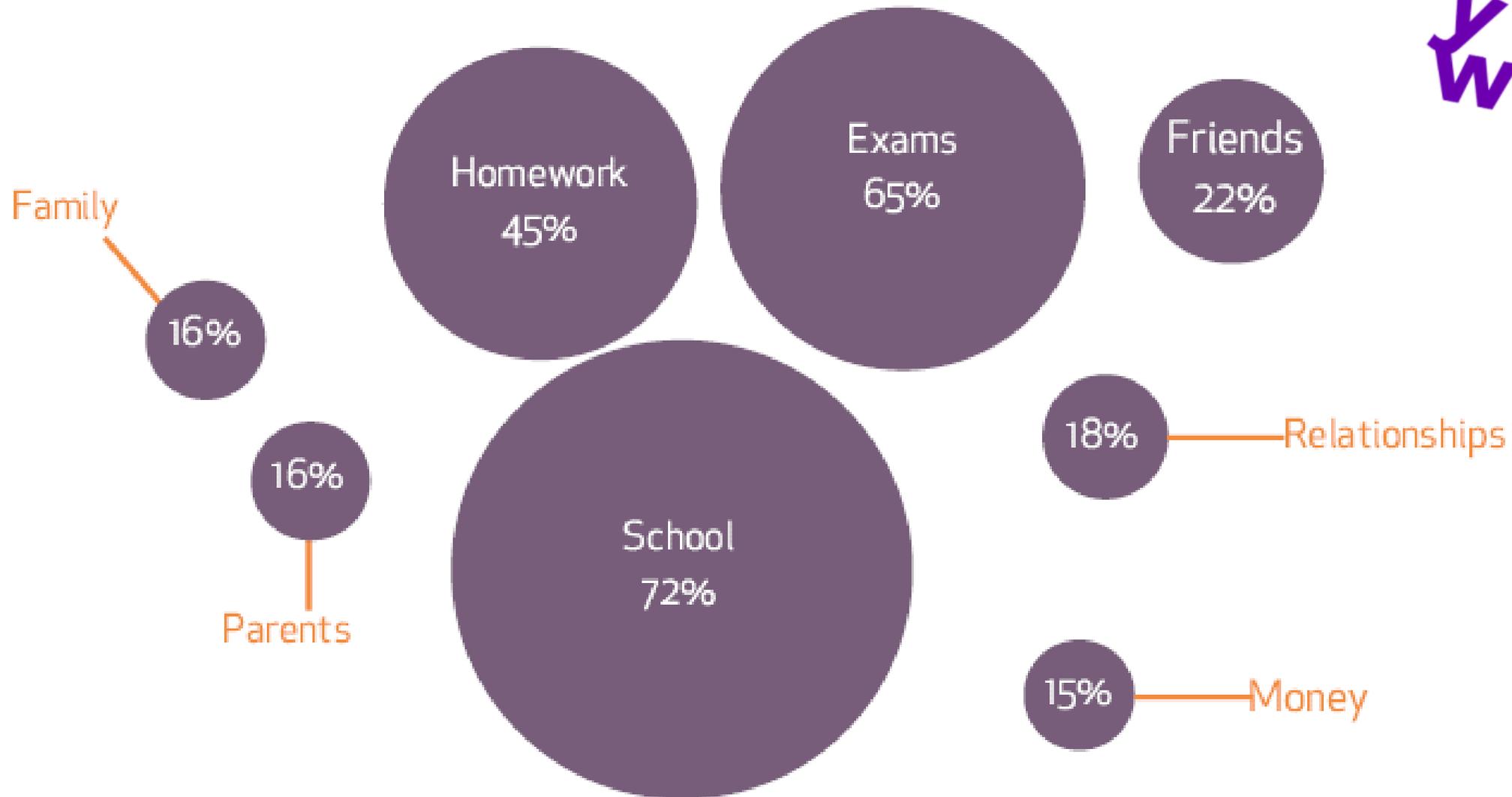
JIGSAW

Young people's
health in mind



What do we know about youth mental health?

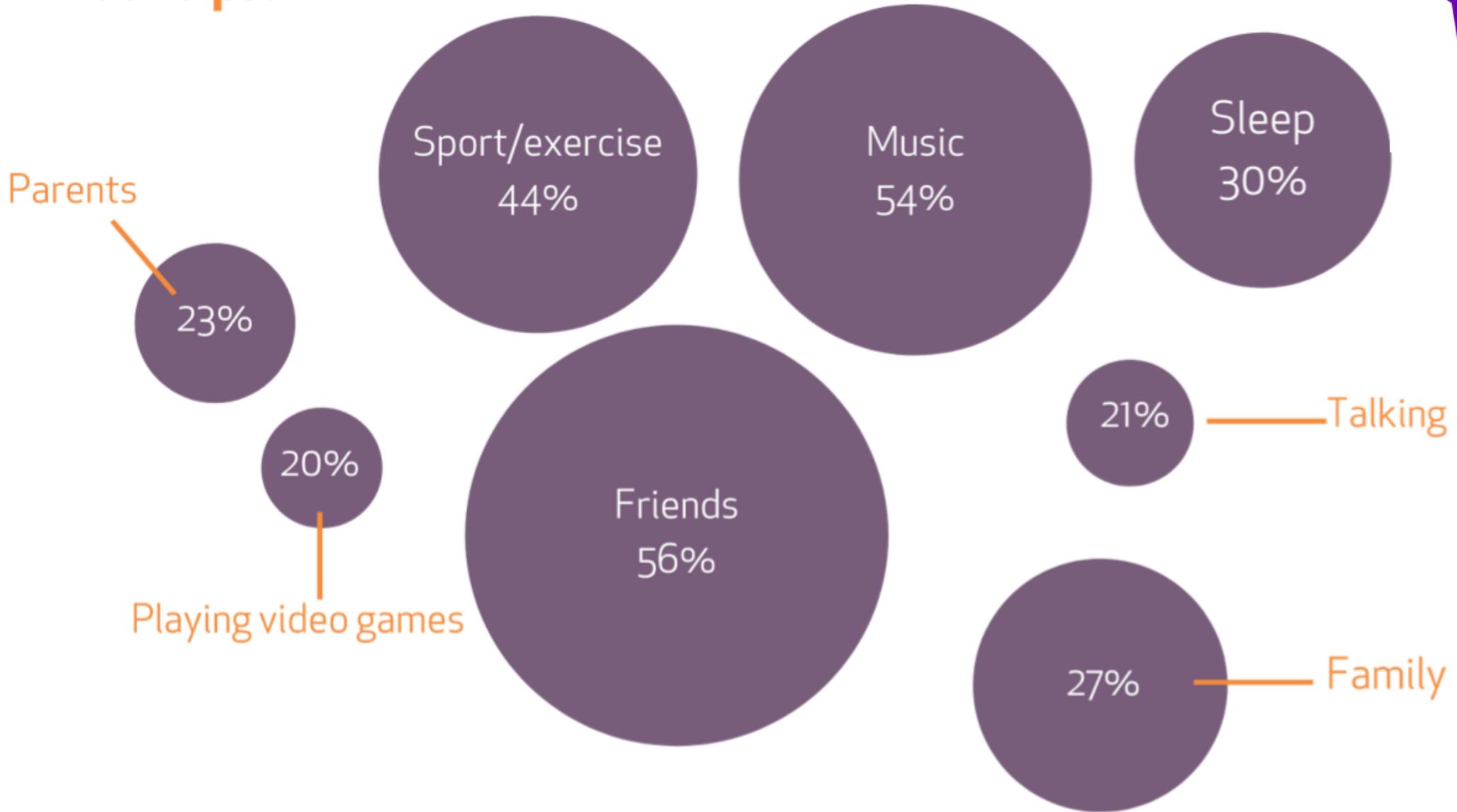
What hurts?



my world.

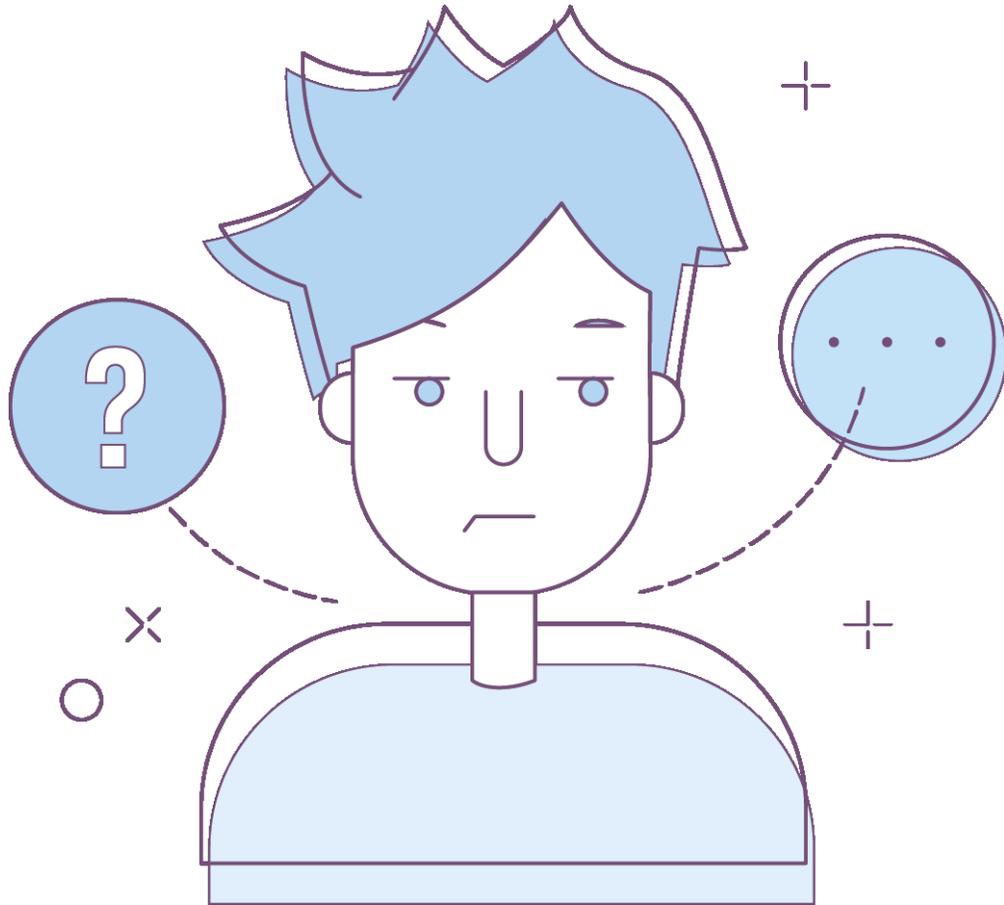
What do we know about youth mental health?

What helps?



my world.

Why have we decided to take part in One Good School?



ONETM
GOOD
SCHOOL

What's going to happen?



How can you get involved?



What are the next steps for our school?



Two white ceramic mugs are positioned side-by-side on a light-colored, textured surface. The mug on the left is in the foreground, and the mug on the right is slightly behind it. Both mugs feature the text "ONE GOOD ADULT." printed in a bold, sans-serif font. The word "ONE" is in dark blue, "GOOD" is in a lighter blue, and "ADULT." is in orange. The background is blurred, showing indistinct shapes and colors, suggesting an indoor setting.

**ONE
GOOD
ADULT.**

**ONE
GOOD
ADULT.**

Find the right help for you.

1. **Jigsaw Online** has articles, videos and other resources, written by Jigsaw Clinicians for young people, teachers and parents <https://jigsaw.ie/>
2. **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
3. **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 Login and talk about what's on your 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