JIGSAW
Young people's
health in mind

Section 1:
Exploring mental health and wellbeing

This section of the toolkit gives you the opportunity to explore the definition of mental health and wellbeing with your class, gaining an insight into what it means for them. It will also give young people the space to hear Jigsaw's key messages on mental health and wellbeing.

How do we define mental health?

Mental health is something we all have. It is an essential part of all of us which includes our thoughts and feelings, how we are getting on with others and how we are managing day-to-day life.

Having good mental health is about feeling positive about ourselves, and sometimes that means just good enough. It is about being able to do the things that matter to us. Just as everyone has physical health, everyone also has mental health. The state of our mental health does not stay constant but changes, often in response to things that are happening in our lives.

All of us will experience both good and poor mental health during our lives. The more we understand and accept this, the easier it will be for people to seek support when they are experiencing difficulties

with their mental health.

How our thoughts are affected

Mental health difficulties and distress can show in different ways. They can affect our thoughts and feelings or relationships. Our ability to manage the everyday tasks and challenges of life may also be affected.

Some people feel very sad or worried. Some might find it really hard to deal with school, work or college. Others might have a difficult relationship with their own body, or unusual experiences such as hearing voices.

Our mental health includes moments of great distress and pain as well as our everyday sense of wellbeing and resilience.

What is going on can be obvious to others, like when someone is getting very angry or upset a lot. Or it can be something that stays hidden and may be difficult for others to see or understand. If someone is feeling very worried or thinking negatively about themselves, it could remain private and it may not be noticed by others.

For information, support, or just to find out more about what we do, visit jigsaw.ie

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