

Section 4: Identifying and accessing support

This section of the toolkit will explore simple and practical strategies that young people can use to look after their mental health and wellbeing.

The activities and resources will help identify support and help young people to look forward to the change ahead.

Activity: Waking debate

It will be useful to explain that there are many different things that may stop young people asking for support when they need it, including not knowing where to go or fear of being judged by others. It is important to acknowledge that asking for help is not always an easy thing to do. You can explain to young people that this activity will explore some of the things that can support us to seek help when we need it.

Explain that they can walk to the left of the room if they disagree with the statement, they can walk to the right if they agree or they can stay in the middle if they don't know or are unsure. Stop after each statement and ask for some feedback from the young people.

Introduce this activity as a waking debate and use the following question and statements:

You can explain that you are going to read a number of statements to them about help-seeking. Ask young people to

consider whether they agree with or are unsure of the following statements:

1. Knowing where to go for support can make it easier for a young person to ask for help
2. Having a trusted adult to talk to, who can guide them to support
3. Feeling like they can talk about it with someone they trust
4. Wildcard - this is an opportunity to suggest other things that may support help-seeking.

Resource: One Good Adult

Ask young people to consider who they would like their One Good Adult to be. Some young people may not have a One Good Adult in their immediate family or may struggle to call one to mind.

Therefore, it is important to phrase it as an opportunity for them to consider who they would like their One Good Adult to be in their lives. You can use the my support tree poster to introduce the concept of One Good Adult to young people and invite them to consider who they would like their One Good Adult to be. Emphasise that this does not have to be a family member, it could be:

- A member of school staff
- A teacher they get on well with

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- A local Jigsaw member of staff
- A sports coach
- Their best friend's parent
- Another adult they trust.

Activity: Homework activity

The final activity will support young people to explore what the young people are looking forward to about their new schools. It is designed to encourage them to be optimistic and identify the positives about this change.

As a homework task, ask young people to think about the following statement:

“One thing I am looking forward to about my new school is....”

Ask young people to research the school they will attend and invite them to find an image, write out a fact about the new school that excites them or to create something that completes the sentence above (e.g. a drawing, poem or song). Encourage young people to be as creative as possible with this activity. Let them know that what they find or create will be shared with the rest of the class.

Ask young people to bring it in to class and acknowledge each contribution by inviting some responses from the young people. Work as a team to create a display that can be hung up to display all of the contributions.



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One Good Adult

Who is yours?

