

MINDING YOUR MENTAL HEALTH AS YOU START SECONDARY SCHOOL

MENTAL HEALTH IS...

Personal and unique to everyone.

Feeling good about yourself.

Coping with disappointment.

Asking for help.

Our thoughts and our feeling towards ourselves & the world around us.

Feeling safe.

Connecting with others.

Moving forward from difficult times.

Sitting with our feelings.



ADVICE FOR STARTING SECONDARY SCHOOL

Enjoy it and try your best!

It's OK not to have everything figured out, people are there to help you, just ask.

Bullying is NOT acceptable, if it happens to you, talk to someone.

Look out for your friends and be nice to everyone!

Other people's opinions about you don't matter as much as your own opinion about yourself.

Be kind!

There are people that love and care for you and want to support you.

Trust your instinct!

HOW TO LOOK AFTER YOUR MENTAL HEALTH WITH JIGSAW'S 5 A DAY TOOLKIT

1. BE ACTIVE



2. CONNECT



3. TAKE NOTICE



4. GET INVOLVED



5. GIVE

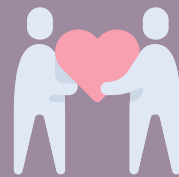


ONE GOOD ADULT

Having issues with your mental health is nothing to be ashamed or embarrassed about. Make sure you have someone you can talk to if you're struggling. Remember you are never alone!

One Good Adult is an adult that:

- You can trust
- Listens to you
- Doesn't judge you



One Good Adult could be a parent/guardian, a family member, a teacher or any adult you trust.

SERVICES AVAILABLE AT JIGSAW

Jigsaw provides information, practical advice, webinars, and online courses for young people and parents.

Jigsaw offers in person, one-to-one counselling support.

We also provide live group chats and 'Ask Jigsaw' services.

The support is free and confidential for 12 to 25-year-olds.

To find out more information on your local Jigsaw service and referrals please visit jigsaw.ie.

