

JOIN OUR CHILD & YOUTH MENTAL HEALTH ADVISORY PANELS - HELP SHAPE BETTER MENTAL HEALTH SERVICES

Your voice matters. Your experiences matter. Your ideas can make a difference.

Jigsaw and the HSE are creating a national Advisory Panel to help improve mental health services for children, young people and families across Ireland:

- **Parent & Carer Advisory Panel**

Following the publication of the HSE Child and Youth Mental Health Action Plan, we're looking for parents and carers to share their experiences, ideas and perspectives to help shape the future of child and youth mental health services.

We know that the people who use services understand them best. By joining one of these panels, you'll help ensure that the voices of parents and carers influence how mental health services are designed, delivered and improved.

Who can apply?

Parent & Carer Advisory Panel

You can apply if you are a parent or carer of a child or young person who has used mental health services and want to help improve services for children, young people and families.

No experience or qualifications are needed - your lived experience, ideas and perspectives are what matter most. We welcome applications from people across Ireland of all backgrounds, especially those whose voices are not always get heard.

If you are currently experiencing a mental health crisis, or supporting someone who is, then this panel may not be right for you at this time.



What will I do?

As a panel member, you may:

- take part in workshops and discussions
- share your ideas and experiences of mental health services
- review information, policies and resources
- help improve mental health services
- work alongside other panel members, Jigsaw and HSE staff to shape future services.

What is involved?

Panel members will be asked to:

- commit to being part of the panel until December 2027
- attend regular meetings from September 2026 to December 2027
- join meetings online and attend some in-person meetings in Dublin
- take part in optional workshops and project work throughout the programme.

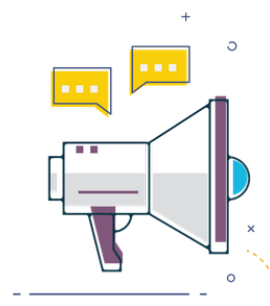
Travel and food expenses for in-person meetings will be covered, and you'll receive ongoing support from Jigsaw and HSE staff throughout your involvement.

Your choice

Taking part is completely voluntary. You can:

- choose what you share
- skip any activity or question
- take a break whenever you need to

Your wellbeing is important so if you need to step back we understand, but we would like you commit to the panel until December 2027.





Your wellbeing and privacy

Your wellbeing is our priority. You only need to share what you're comfortable sharing, and support will always be available during meetings.

We'll respect your privacy and won't share your personal information without your permission unless we're concerned about someone's safety.

- There is no expectation to share personal information, and you can contribute in a way that feels comfortable to you.
- Your feedback will be treated with respect and handled confidentially.
- Taking part, or choosing not to take part, will not affect any care, support or services received by you or your family.

What's in it for me?

By joining one of the Advisory Panels, you'll:

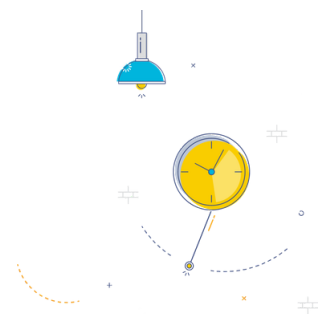
- have your voice heard
- help improve mental health services at a national level
- meet others with similar experiences
- build confidence and new skills
- make a real difference for children, young people and families across Ireland.



How do I apply?

Complete the online application form: [Typeform link]

Closing date: Monday 7 September 2026 at 5.00 pm



If you have any questions, contact Aoife McNamara at youth.participation@jigsaw.ie

Together, we can help shape the future of child and youth mental health services in Ireland.