

About Jigsaw

- Jigsaw is Ireland's National Centre for Youth Mental Health.
- We offer free, confidential therapy for young people (aged 12–25), both in person and online.
- We also support parents, teachers, coaches, and community leaders with training and guidance.
- Our vision is an Ireland where every young person's mental health is valued and supported.

Why We Exist

- Many young people face struggles like anxiety, loneliness, and uncertainty, and they often don't know where to turn.
- Jigsaw exists to ensure that no young person has to face their mental health challenges alone.
- We're here early, before things reach a crisis point, helping young people feel heard, supported, and empowered.

How Jigsaw Makes an Impact

Thanks to public support, we can:

- Provide free mental health support through our local hubs and online services.
- Offer safe, welcoming spaces where young people can talk openly and honestly.
- Support parents, teachers, coaches, and community leaders with training and guidance.
- Work with schools and communities to build understanding and resilience.

Why Fundraising Matters

- Donations are more than just money - they're a lifeline.
- Every fundraiser like you helps bring hope and support to young people across Ireland.
- Your involvement ensures Jigsaw can keep reaching out, listening, and changing lives