

WE ARE JIGSAW...

jigsaw.ie



We are Jigsaw...

Our vision

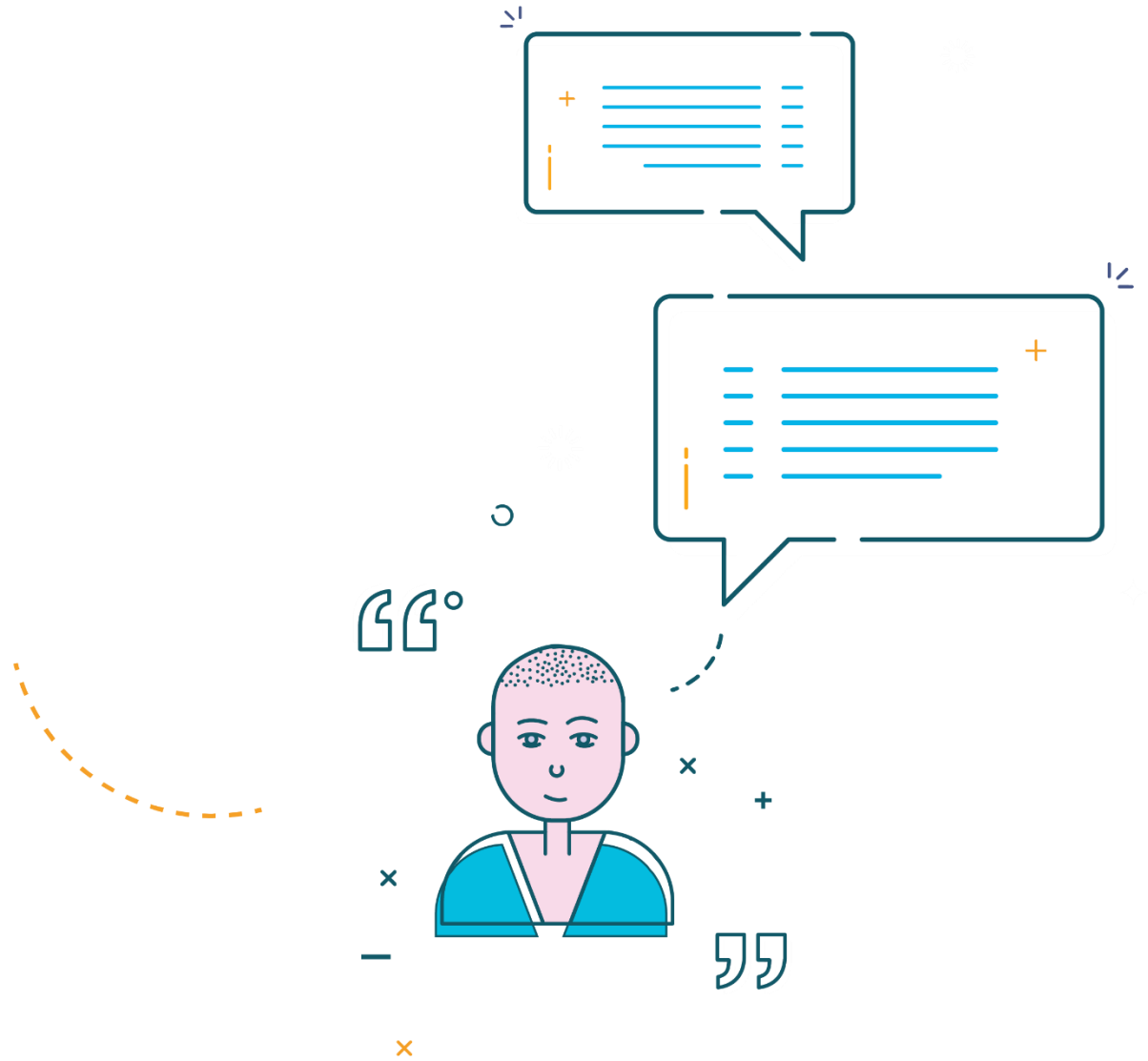
An Ireland where **every young person's** mental health is valued and supported.

Our mission

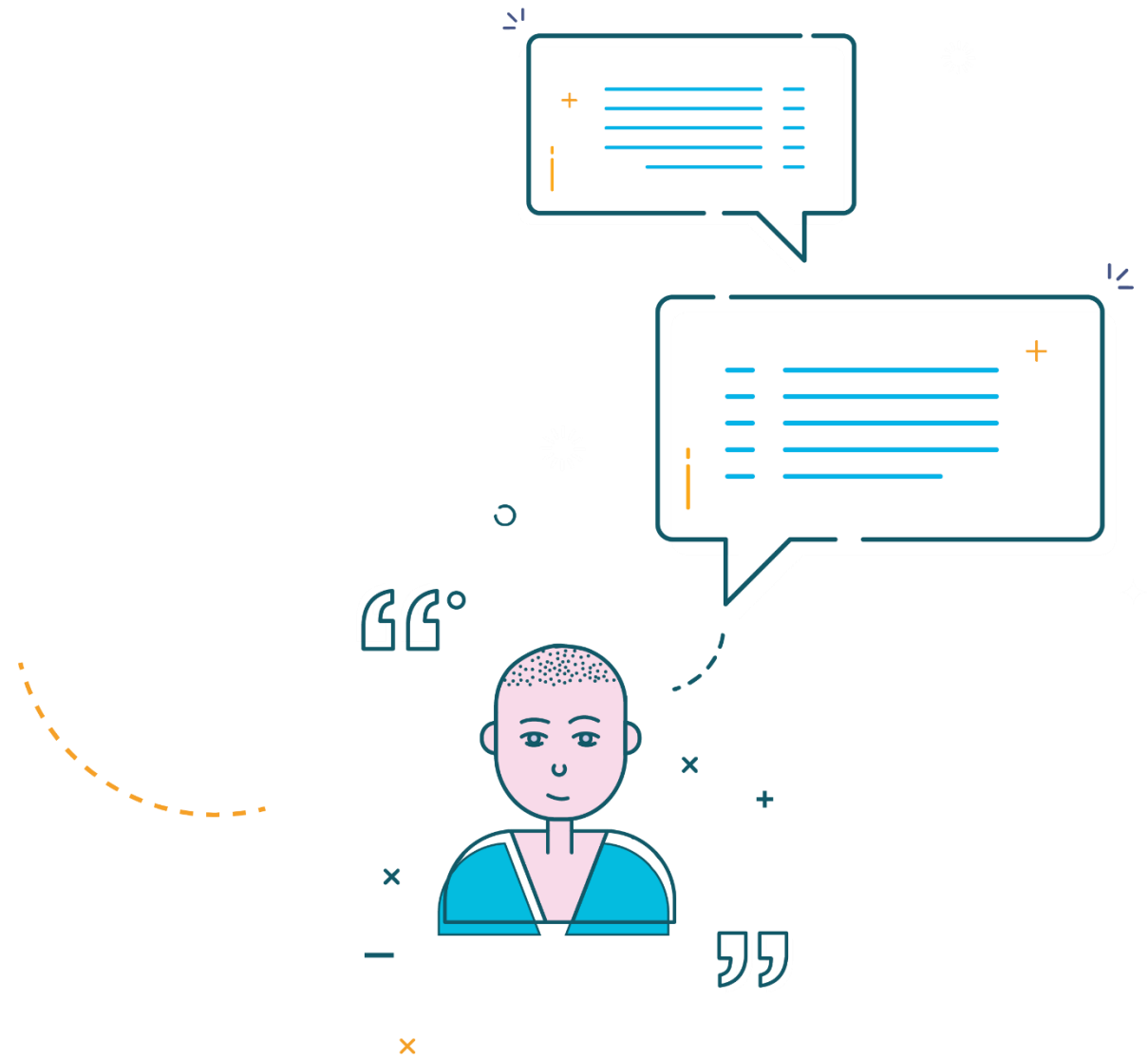
We advance the mental health of young people in Ireland (aged 12-25) by **influencing change, strengthening communities, and delivering services** through our evidence-informed prevention and early intervention approach.



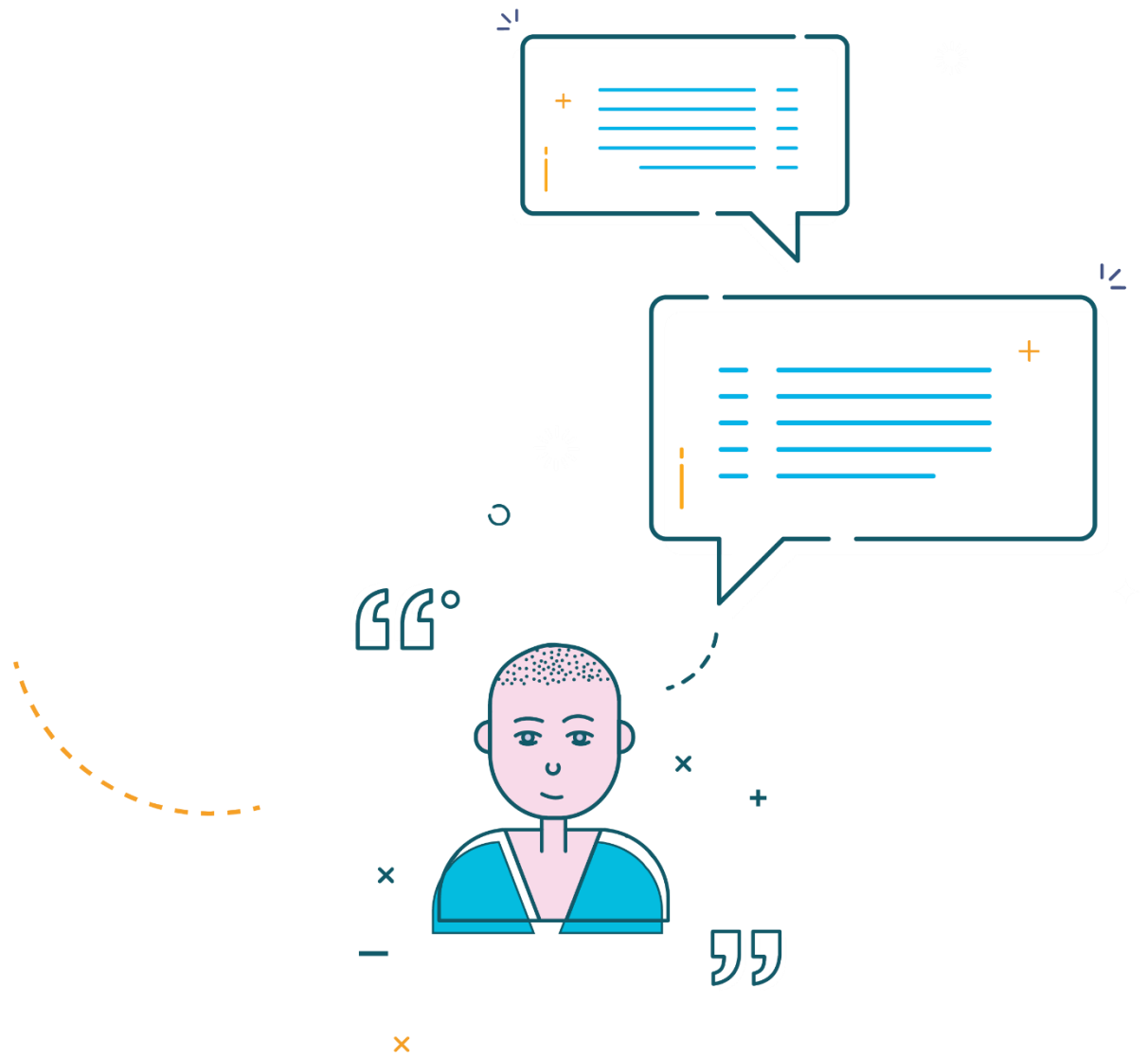
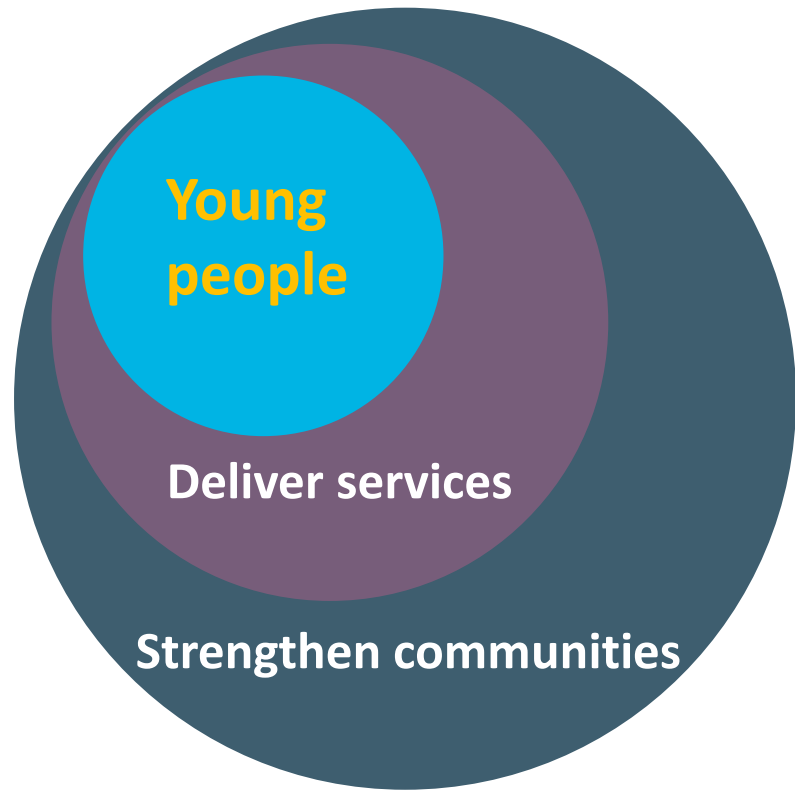
Our strategy



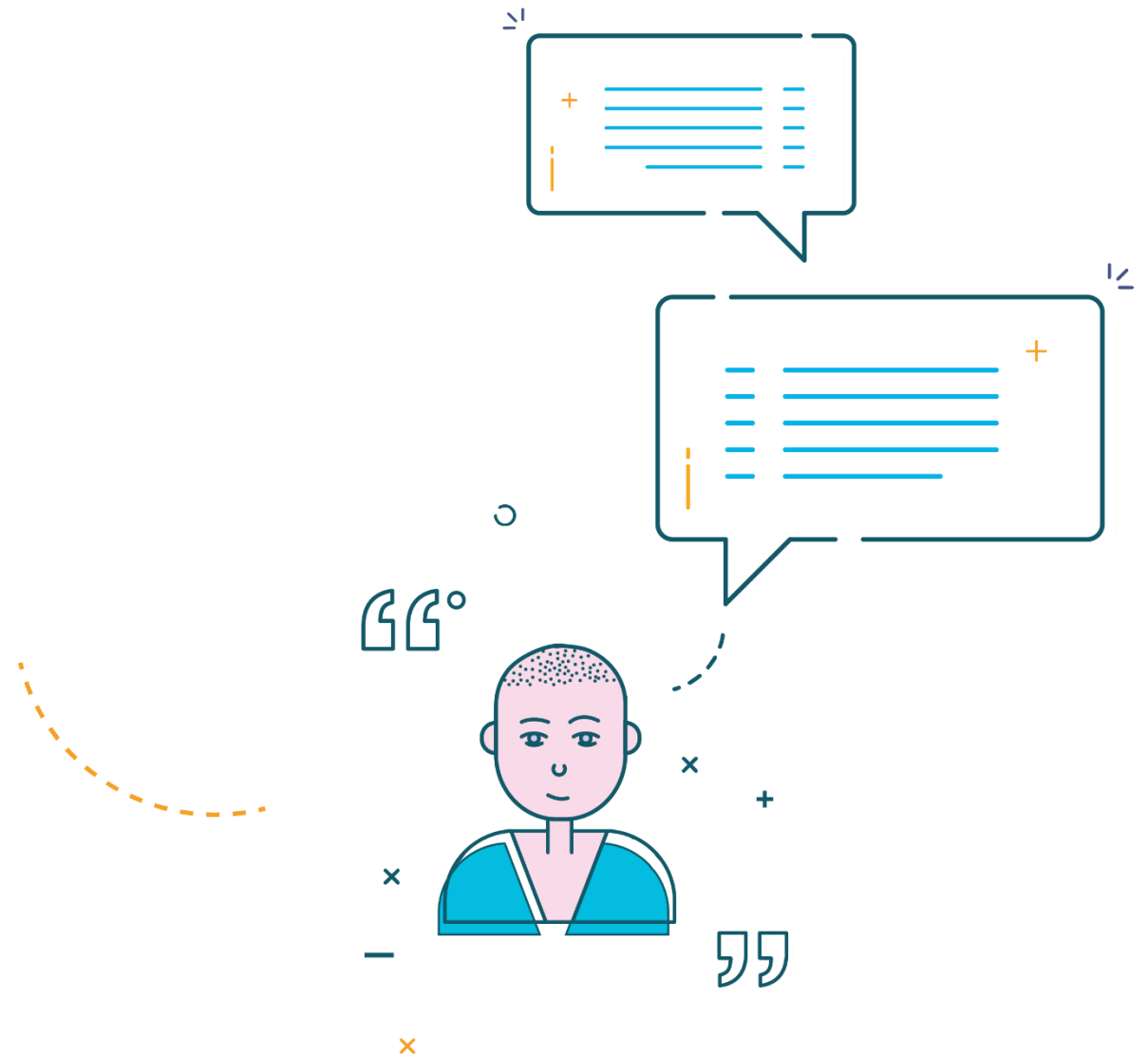
Our strategy



Our strategy



Our strategy



Youth mental health

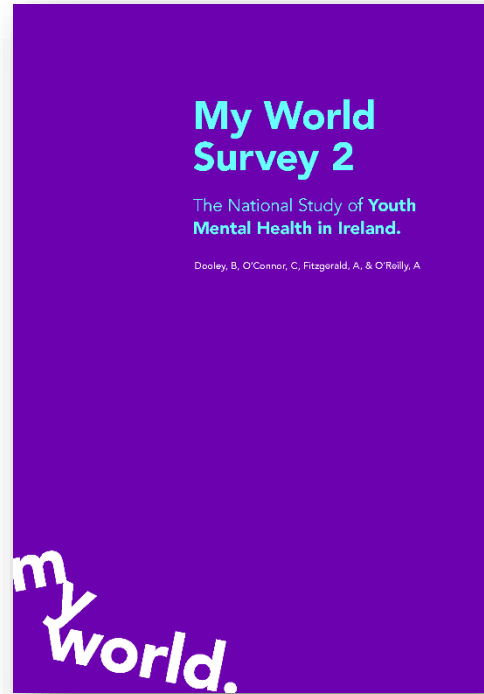
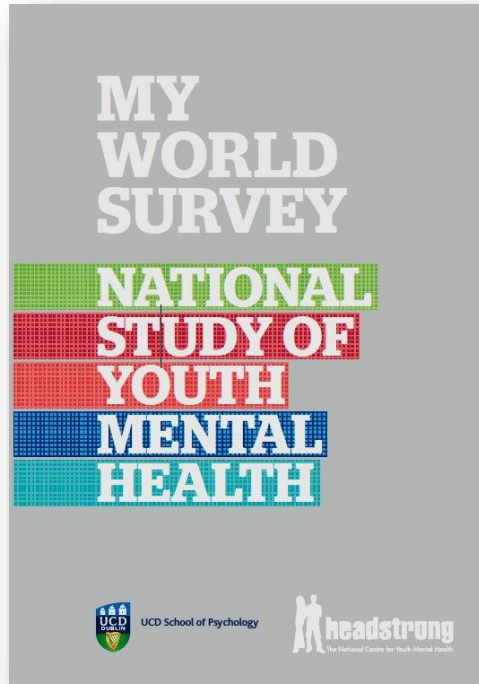
Mental health is a key issue affecting young people.

There is also a growing body of evidence indicating that the prevalence of mental health difficulties is increasing amongst 12–25 year olds.

(Bor et al., 2014; Collishaw, 2015)



My World Survey



My World Survey

Depression and anxiety



40%

mild to severe
feelings of low mood
and depression

49%

mild to severe
feelings of anxiety

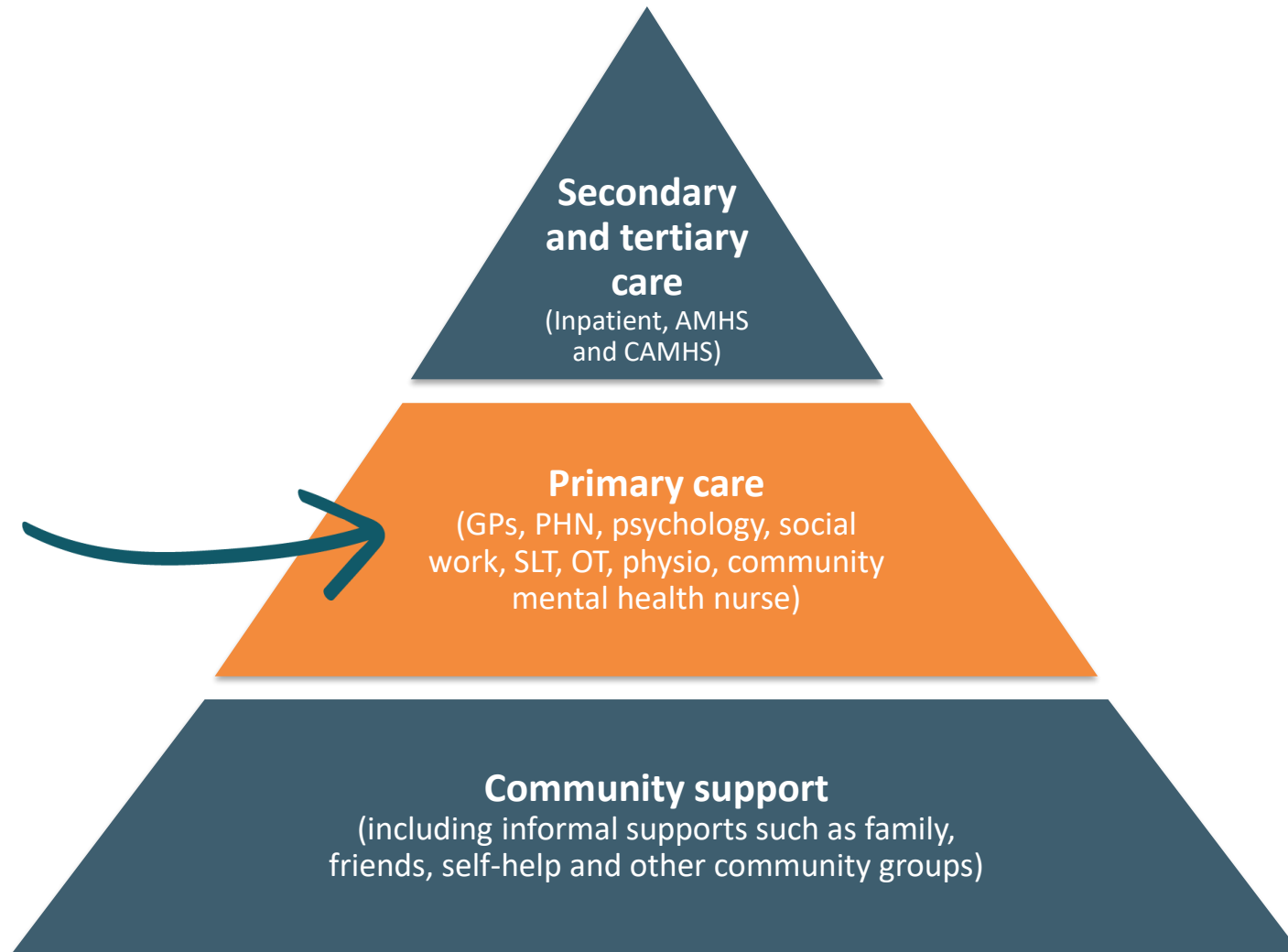
The Jigsaw way...

- Primary care youth mental health services
- Services available for 12-25 year olds
- Young people are centrally involved
- Mild to moderate mental health difficulties
- Brief, therapeutic intervention (1-8 Sessions)



The mental health service framework

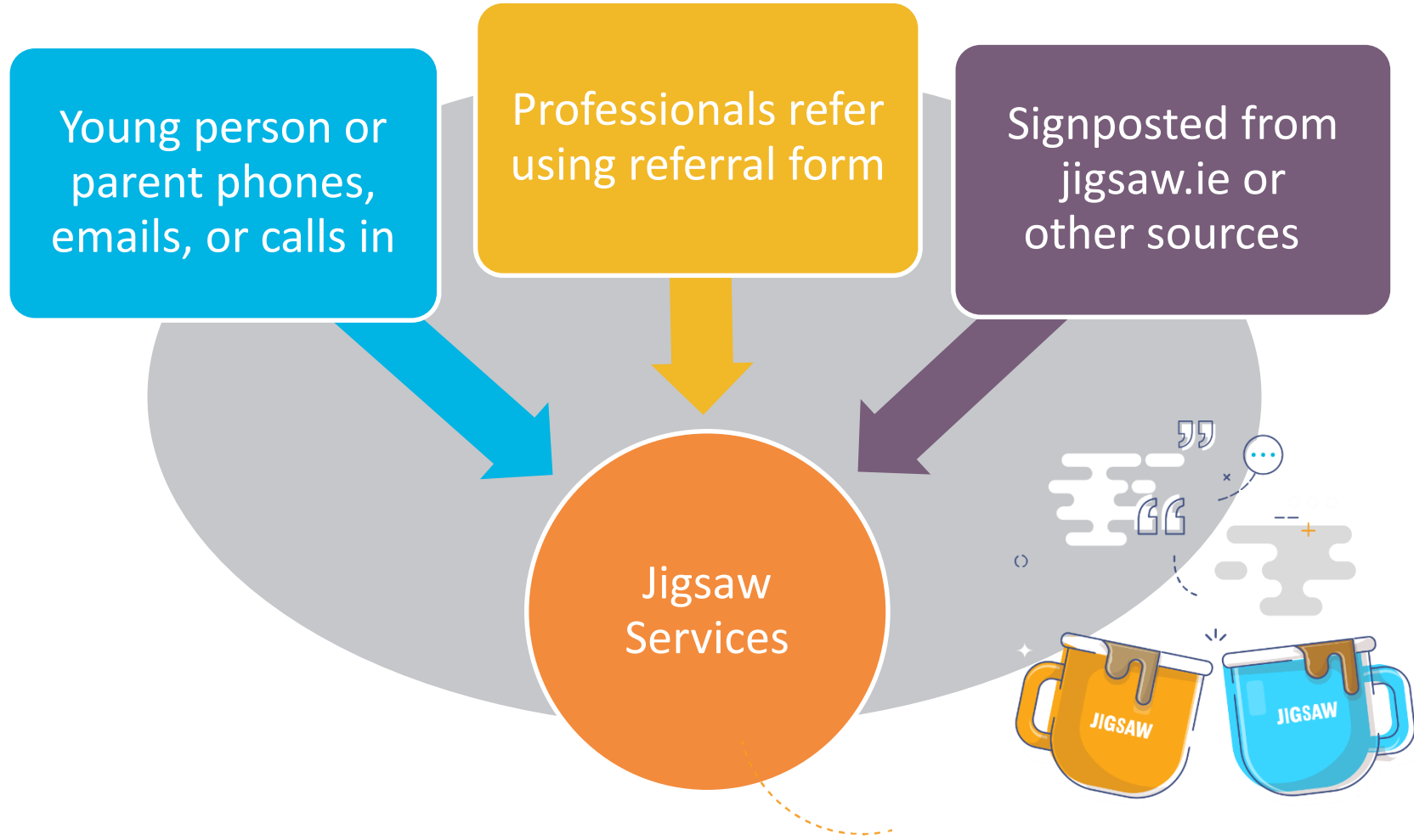
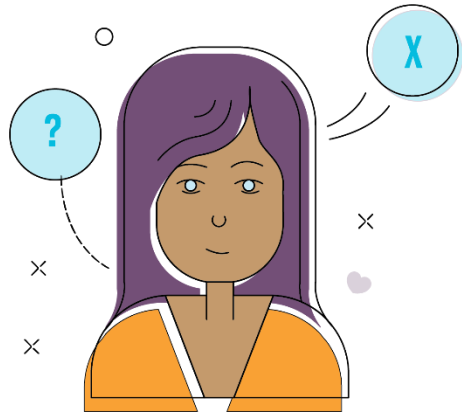
JIGSAW
Young people's
health in mind



‘The right help, at the right time, in the right place.’



There are lots of ways to access Jigsaw services...



Online range of services and support

Available at jigsaw.ie

- **Jigsaw Live Chat**
An anonymous instant messaging & email service for young people
- **Group chats**
Moderated group chats on various topics
- **Ask Jigsaw**
An asynchronous Q&A service
- **Articles, videos and other resources**
Created by Jigsaw clinicians for young people, teachers, and parents



Youth mental health promotion

Our youth mental health promotion work aims to enhance community engagement in relation to youth mental health, and build the capacity of those who work or volunteer to promote and support the mental health of young people in settings where they live, learn, work and play.

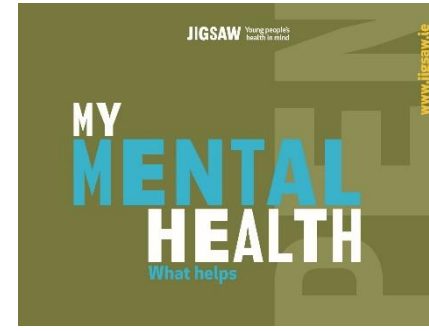
We work with:

- Young people
- Parents/guardians
- Professionals and volunteers who work with young people
- Education settings



Community engagement workshops

Young people



Adults



Current collaborations

Capacity building workshops

- **Supporting the Mental Health of LGBTI+ Young People**
A collaboration with BelongTo
- **Supporting Youth Mental Health during Covid-19**
A new online workshop, developed and delivered in collaboration with HSE Health and Wellbeing Division
- **One Good Coach eLearning course**
Rolled out in partnership with the GAA, IRFU, Swim Ireland, FAI, Basketball Ireland



Work with schools

One Good School™

Jigsaw's One Good School™ is an initiative which supports the mental health and wellbeing of young people by developing a shared responsibility across the whole school community

Why Jigsaw's One Good School?

In Jigsaw, we believe that schools play a vital role in promoting and supporting the mental health and wellbeing of young people and all those within the school community.

Schools can provide safe and supportive environments for building life skills, resilience and a strong sense of connectedness.

Fostering healthy relationships among peers, school staff and parents is critical to a young person's overall experience of school and their social, emotional and cognitive development.



Work with schools

Jigsaw Schools Hub

The Jigsaw Schools Hub provides a range of online toolkits, resources and materials to support school staff to:

- Adopt a whole-school approach to promoting mental health and wellbeing.
- Build mental health literacy of young people and to support them to manage their mental health and develop help-seeking skills.

jigsaw.ie/schoolshub



Youth participation

Youth advisory panel volunteers

- Core value of and support to Jigsaw
- Varied role and experience gained
- Each Jigsaw service has a youth advisory panel
- Twenty members, aged 16 - 25, three year term
- Youth advocates
- Get involved, apply now!



Meet the Tipperary team



Our opening times...

Monday: 9am -5.30pm

Tuesday: 10.30am -7.30pm

Wednesday: 9am -5.30pm

Thursday: 9am -5.30pm

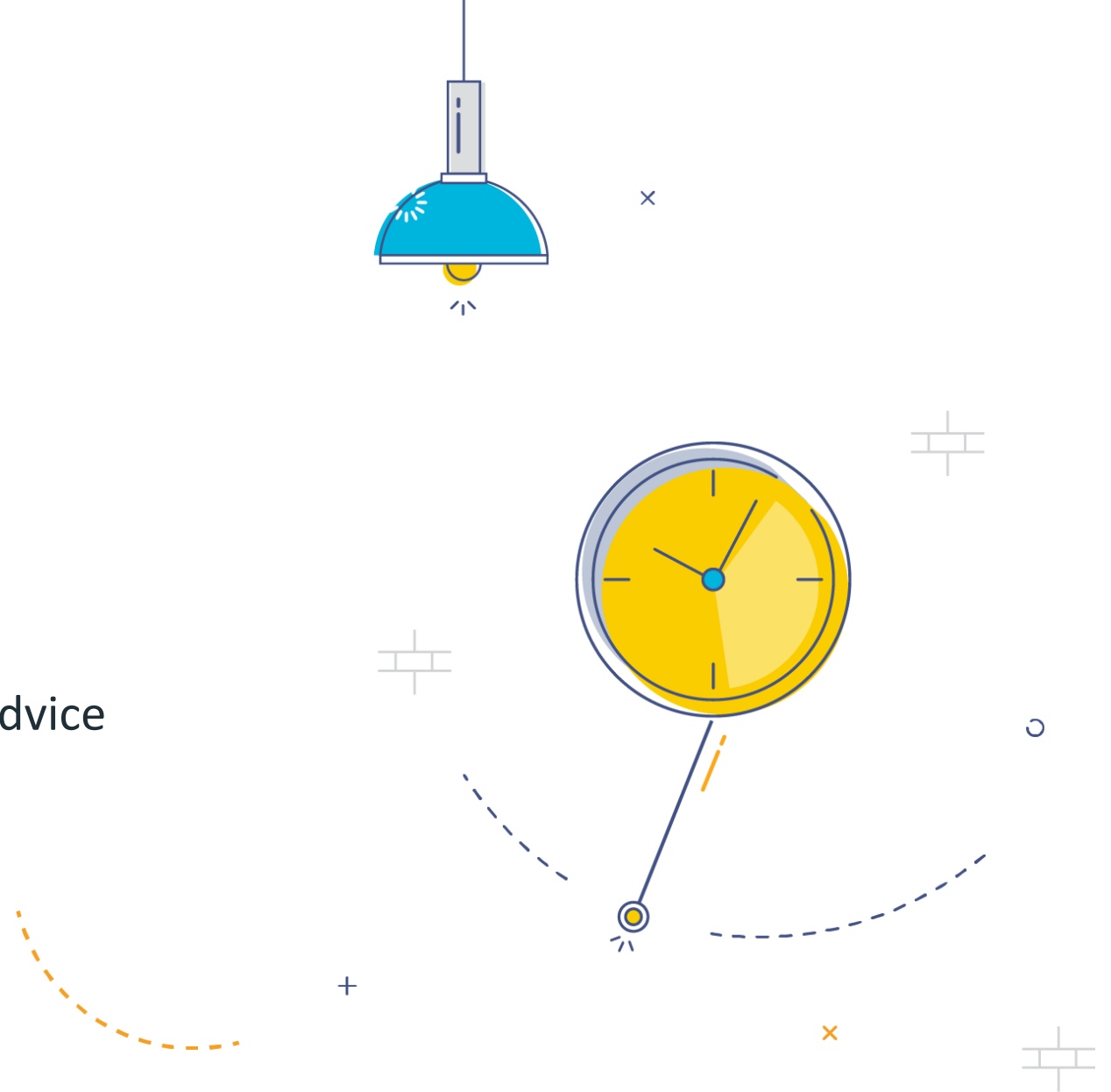
Friday: 9am -4.30pm

Contact us to make an appointment, or for advice and information.

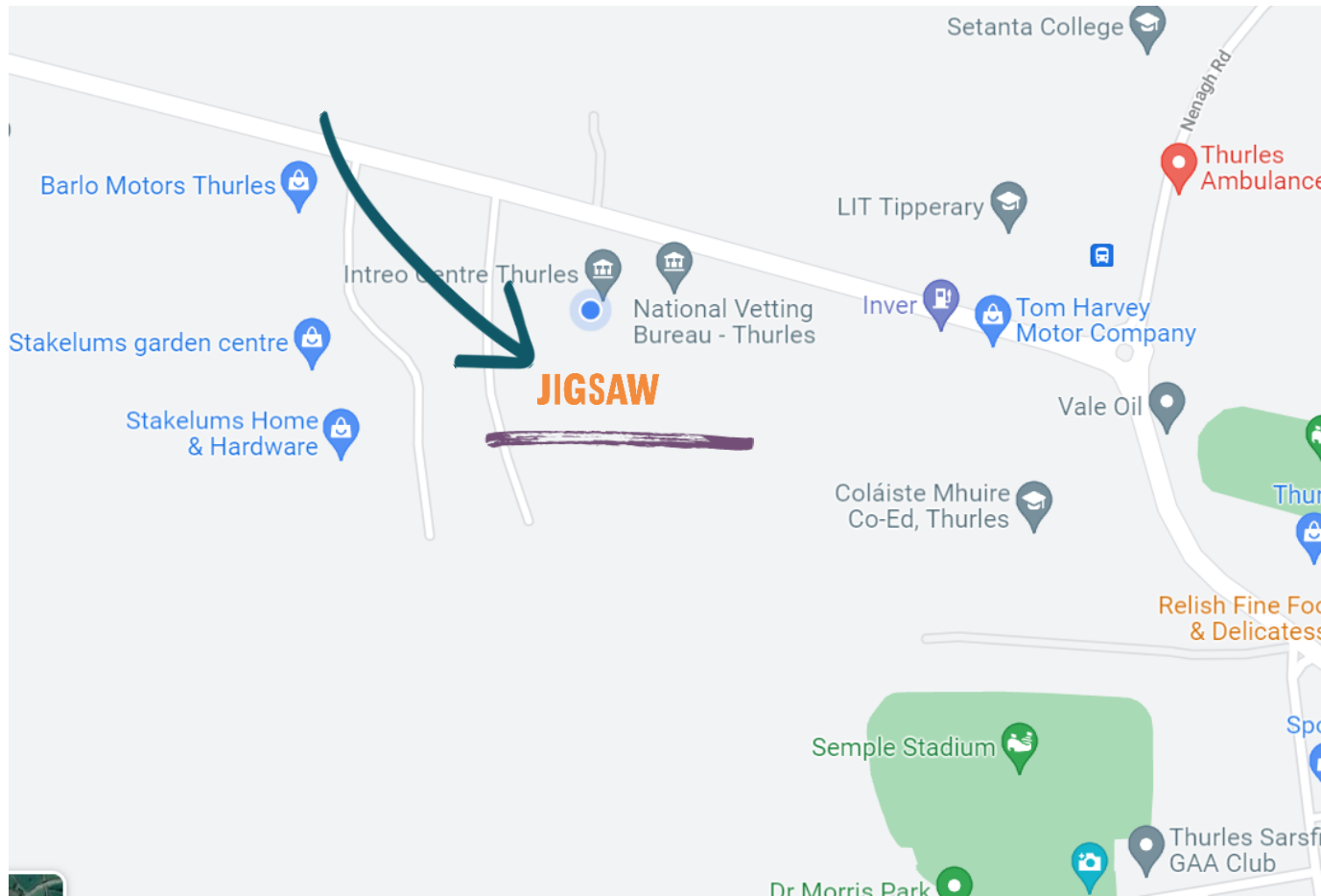
email: tipperary@jigsaw.ie

Phone: 0504 60023

Web: jigsaw.ie



Where to find us...



Address:

Innovation Works 3,
Tipperary Technology Park,
Racecourse Road,
Thurles.
E41 XF75

Web: jigsaw.ie

**WE ARE
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Thank you!

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0504 60023

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	Recommended for Jigsaw	Not Recommended for Jigsaw
Emotional & Behavioural Difficulties	Relationship or interpersonal difficulties, loss, bullying, stress, low self-esteem, eating difficulties, body image issues, shyness, anger etc. which would benefit from a brief intervention.	Complex and/or chronic emotional & behavioural difficulties.
Mental Health Difficulties	Mild to Moderate presentations of low mood, anxiety, panic etc.	Moderate-Severe & enduring mental health difficulties, e.g. recurrent depression, bipolar disorder, psychosis, anorexia, bulimia or chronic anxiety.
Autism Spectrum	Young person presents with mild / moderate mental health difficulties, e.g. anxiety, which would benefit from a brief intervention which may be related to core features of autism, i.e. impairments in social interaction, social imagination and social communication.	Young people who have received a recent diagnosis of autism and require support in understanding and adjusting to diagnosis and/or are experiencing moderate-sever mental health needs.
ADHD	Young person presents with mild / moderate mental health difficulties, e.g. anxiety, which would benefit from a brief intervention which may be related to core features of ADHD, i.e. inattention, hyperactivity and impulsivity.	Moderate-Severe mental health difficulties.
Self-harm	Self-harm without suicidal intent.	Self-harm accompanied by suicidal intent/plan. Young people at immediate risk of harm to themselves should be referred to crisis services.
Suicidal ideation	Suicidal ideation without suicidal intent.	Suicidal ideation accompanied by suicidal intent/plan. Young people at immediate risk of harm to themselves should be referred to crisis services.
Substance Use (Drugs & Alcohol)	Experimental and/or recreational substance use which is secondary to a young person's mental health difficulties.	Moderate to severe substance misuse/ substance dependence.