

Resources for Parents

All of these resources and more can be found on our online hub at jigsaw.ie

Recorded Webinars for Parents (including questions from parents answered by our Jigsaw clinicians)

Click the links below to watch our 20 minute webinars with our Jigsaw clinicians on various topics relevant to youth mental health in our current context.

- **Supporting your own mental health while in lockdown:** We ran a webinar for parents where two Jigsaw clinicians spoke about supporting your mental health while social distancing. They then took questions from parents about what was going on for them - <https://jigsaw.ie/webinar-mental-health-in-lockdown/>
- **Dealing with Family Conflict** - <https://jigsaw.ie/managing-family-conflict/>
- **Supporting young people struggling with mental health at school: (20 mins)** This webinar covers the following topics: school and young people's mental health, changes since Covid, when to be concerned & supporting a young person - <https://jigsaw.ie/webinar-struggling-with-mental-health/>
- **Supporting Young People While in Lockdown** - <https://jigsaw.ie/webinar-supporting-young-people/>
- **Helping Young people Adjust to Change** - <https://jigsaw.ie/webinar-adjusting-to-change/>
- **Helping Young People Manage Disappointment** - <https://jigsaw.ie/webinar-managing-disappointment/>
- **Supporting Young People to Manage Anxiety:** In this recording, Jen and Fiona, provided an overview of what anxiety is along with some practical coping strategies - <https://jigsaw.ie/webinar-managing-anxiety/>

See jigsaw.ie for the following articles, audio recordings and more...

- Supporting young people to deal with the Coronavirus: <https://jigsaw.ie/young-people-coronavirus/>
- Self-Care Tool for Parents: <https://jigsaw.ie/snack-self-care-tool/>
- School Avoidance: <https://jigsaw.ie/school-avoidance/>
- Supporting the transition to secondary school: <https://jigsaw.ie/supporting-the-transition-to-secondary-school/>
- A guide to mental health services for under 18s: <https://jigsaw.ie/mental-health-services-under-18s/>

For information, support, or just to find out more about what we do, visit jigsaw.ie



Online Courses for Parents

Self-Care for Parents

Format: Online, self-directed learning at own pace

This 45 minute course is aimed at parents and guardians of young people. It provides skills to help parents/guardians understand and look after their own wellbeing while acting as that 'One Good Adult' for a young person.



Participants will:

- Have a greater understanding of what self-care is
- Have a greater understanding of the importance of looking after their own wellbeing in their role as a parent
- Be more aware of their own self-care needs
- Be able to develop their own self-care plan

Access via the following link: <https://jigsaw.ie/self-care-course-for-parents/>

Mental Health Awareness for Parents

The aim of this 40 minute course for parents or guardians of primary or secondary school students is to raise awareness about youth mental health and identify ways to promote and support youth mental health. It also highlights how we can be 'One Good Adults' for the young people in our lives.

Format: Online - self-directed learning at own pace

Content:

Module 1: The changing needs of our young people

Module 2: Introduction to youth mental health

Module 3: Youth mental health in Ireland

Module 4: Promoting and supporting youth mental health for the young people in our lives

Access via the following link: <https://jigsaw.ie/mental-health-awareness-course-for-parents/>

Supports for Parents

Ask Jigsaw

Got a mental health query or concern? Have your queries answered by Jigsaw clinicians. Submit your questions anonymously here: <https://jigsaw.ie/ask-jigsaw/>

A Jigsaw clinician will read through all of the queries that are submitted each week.

For information, support, or just to find out more about what we do, visit jigsaw.ie



Check here for all published Qs & As: <https://jigsaw.ie/?s=ask+jigsaw>

Due to the number of questions we can't guarantee that we will be able to answer each one, but we'll try!

We hope 'Ask Jigsaw' can provide helpful advice and guidance. However, it cannot provide direct therapeutic support, like talking to someone face to face.

Freephone 1800 JIGSAW (544729)

Monday to Friday, 1pm- 5pm

(This phonenumber is open to both parents & young people.)

Or, text 'call me' to 086 180 3880

stating your preferred time for a call back from a Jigsaw Clinician, Monday to Friday, 1pm – 5pm.

Or, email help@jigsaw.ie

you can email anytime, clinicians will respond from Monday to Friday, 9am – 5pm

If you are looking for an urgent response please visit '[need urgent help](#)' on jigsaw.ie

Dublin 15 - Your local Jigsaw service:

To refer a young person for 1:1 support:

Call us: (01) 890 5810

Or email us at: dublin15@jigsaw.ie

Note: Jigsaw is not a crisis service

Online Supports for Young People between 12-25

1:1 Live Chat with Jigsaw Clinician

Young person can stay anonymous if they wish.

Register: <https://jigsaw.ie/talk-online/live-chat/>

Group Chats

Jigsaw group chats are for young people between 12 and 25 years-old living in Ireland. These are live discussions online on mental health themes, facilitated by a Jigsaw clinician.

There is a maximum of 10 spaces on each group. Sign up to a group in advance. Young person can apply up to one hour before the chat opens. <https://jigsaw.ie/talk-online/group-chats/> Young person will be anonymous in the chat.

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