

# ONE™ GOOD SCHOOL

Jigsaw's schools initiative aimed at **supporting the mental health and wellbeing of young people** by developing a shared responsibility for mental health across the whole school community.



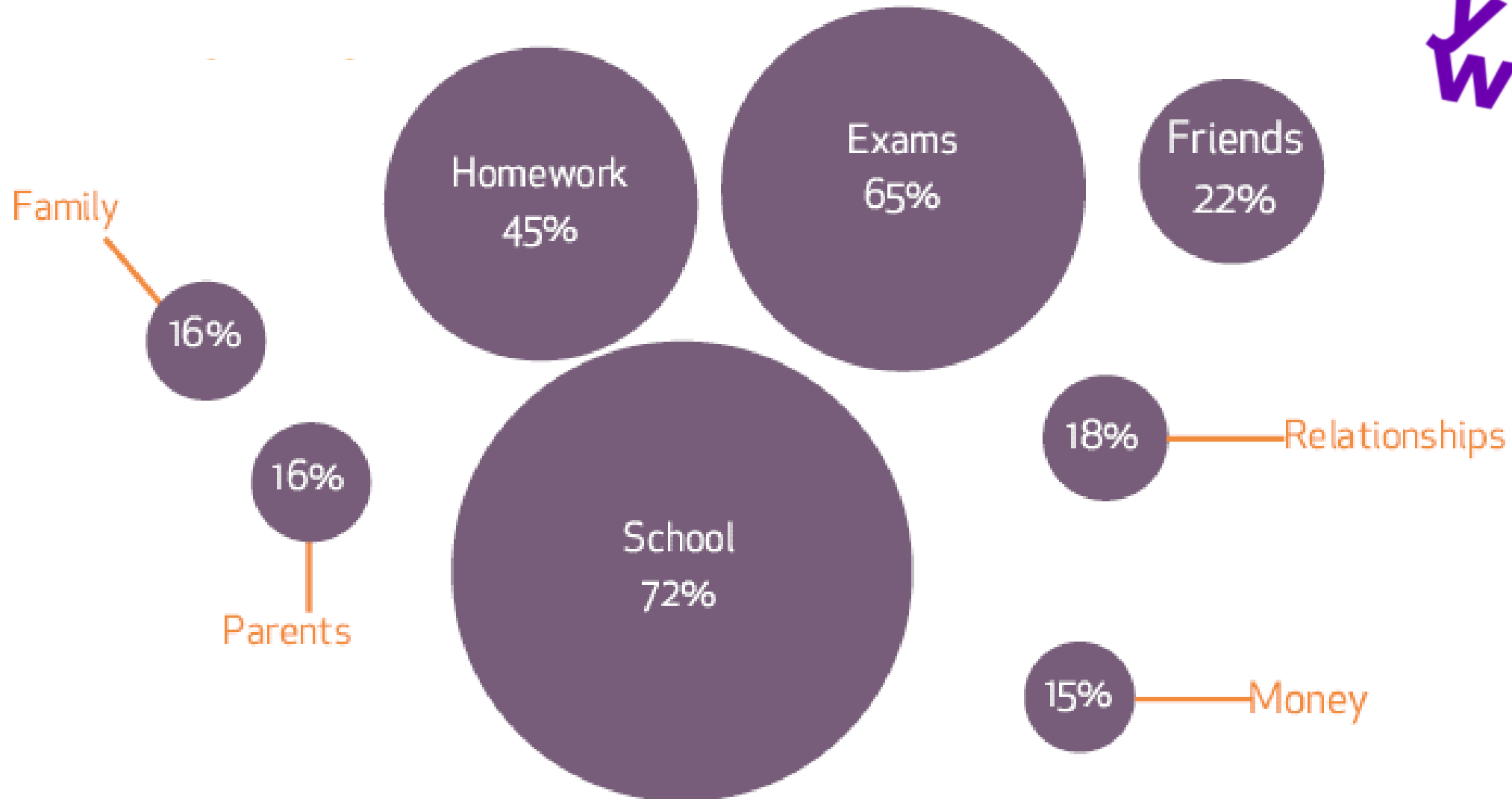
# JIGSAW

Young people's  
health in mind



# What do we know about youth mental health?

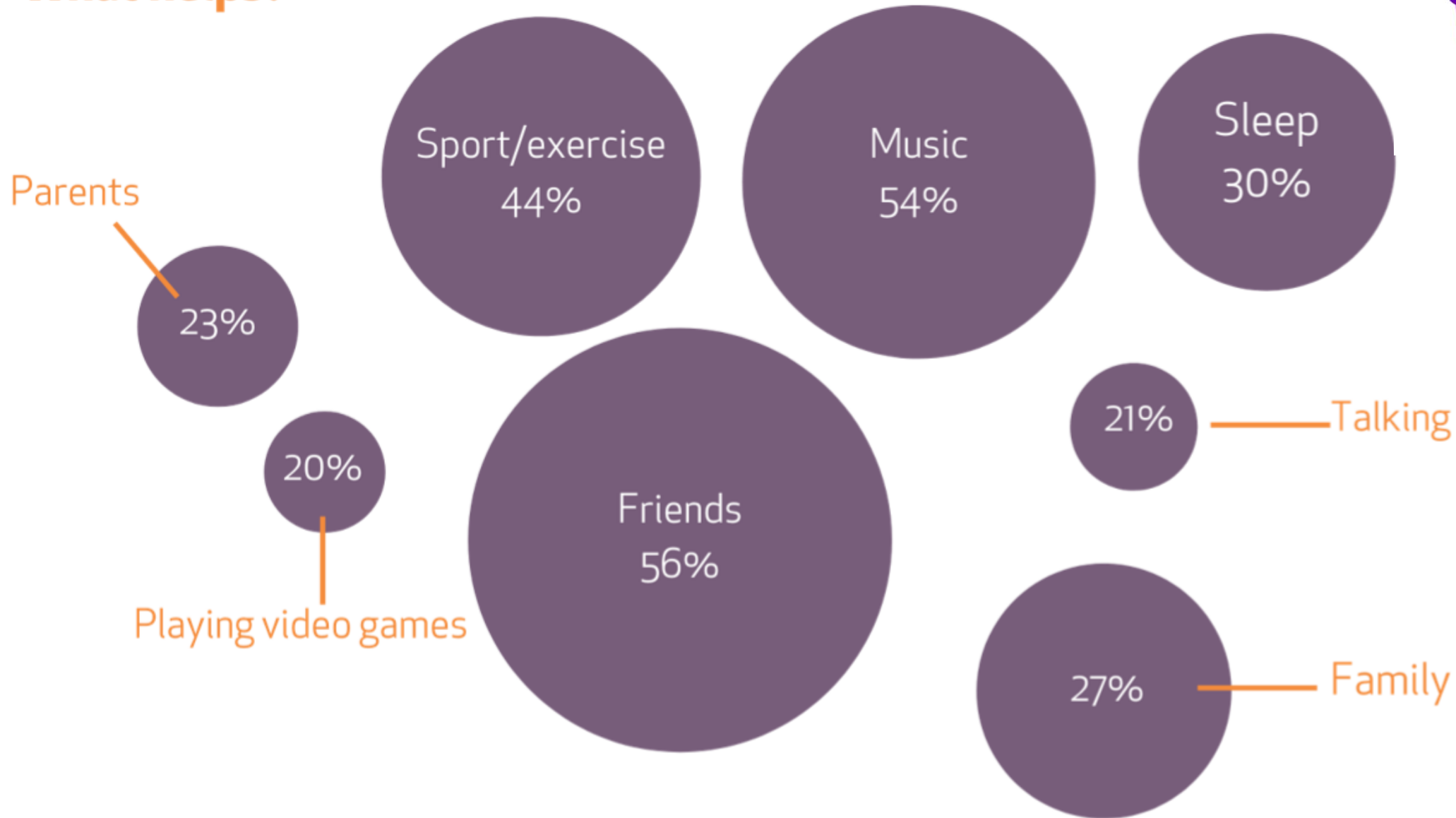
## What hurts?



*my world.*

# What do we know about youth mental health?

## What helps?



*my world.*

**ONE**  
**GOOD**  
**ADULT.**

**ONE**  
**GOOD**  
**ADULT.**

# Why have we decided to take part in the One Good School initiative?



# A whole-school approach



**ONE**<sup>TM</sup>  
**GOOD**  
**SCHOOL**



# What's going to happen?



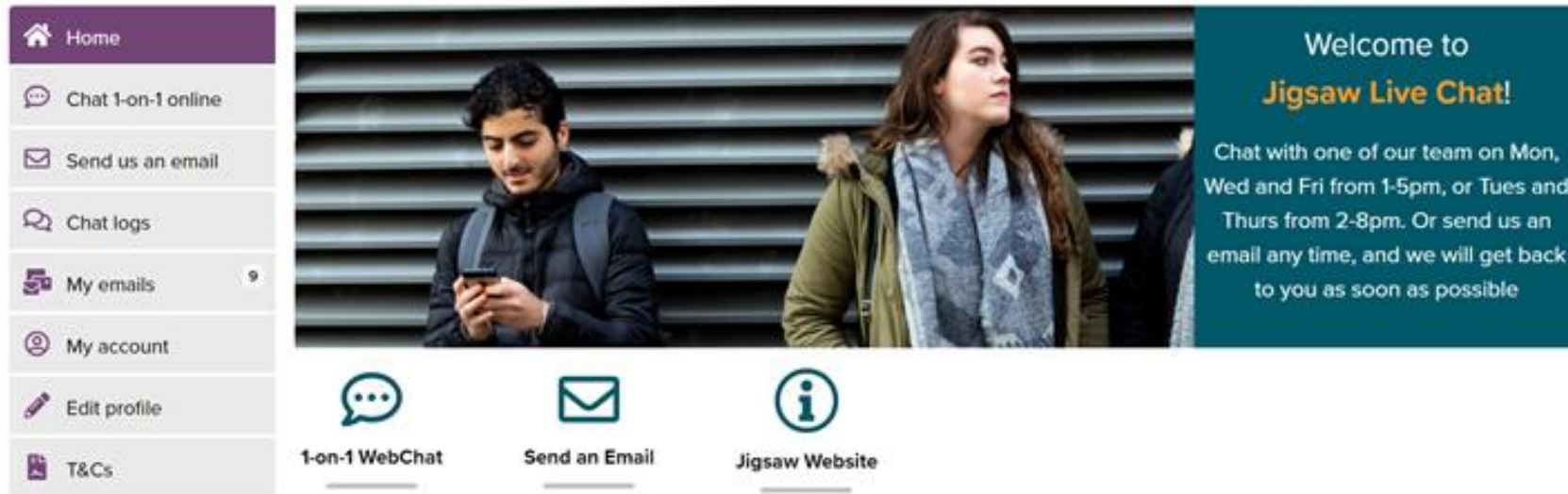
# How can you get involved?



# What are the next steps for our school?



# Finding the right help for you



1. **Jigsaw.ie** has articles, videos and other resources, written by Jigsaw Clinicians for young people, teachers and parents <https://jigsaw.ie/>

2. **Jigsaw Online Group Chats** are live online discussions on mental health themes, facilitated by a Jigsaw Clinician. See <https://jigsawonline.ie/young-people/live-group-chats/> for timetable and registration

3. **Jigsaw Live Chat** is a new way to get support if you're aged between 12 – 25 years-old. Our trained staff host 1:1 webchats, Monday-Friday from 1-5pm Login and talk about what's on your mind or send us an email anytime. Find out more at <https://jigsawonline.ie/young-people/jigsaw-live-chat/>

# Parent online courses



ELEARNING | INFORMATION

## Self-care course for parents

The aim of this 45 minute course for parents or guardians is to work out the best way to look after their own wellbeing.

[Read more](#)



ELEARNING | INFORMATION

## Mental health awareness course for parents

The aim of this 40 minute course for parents or guardians of primary or secondary school students to raise awareness about youth mental health.

[Read more](#)



**THANK YOU**