

ONE GOOD ADULT



OBJECTIVES

By the end of the workshop participants will:

- Understand the factors that influence youth mental health
- Recognise the importance of One Good Adults in supporting young people's mental health
- Recognise the importance of self-care for One Good Adults



GROUP CONTRACT



Respect
Listen
Confidentiality
Participation

We are Jigsaw...

Our strategy for 2022-2025



Vision

We passionately believe that with your help we can bring about an Ireland where **every young person's mental health is valued and supported.**

Mission

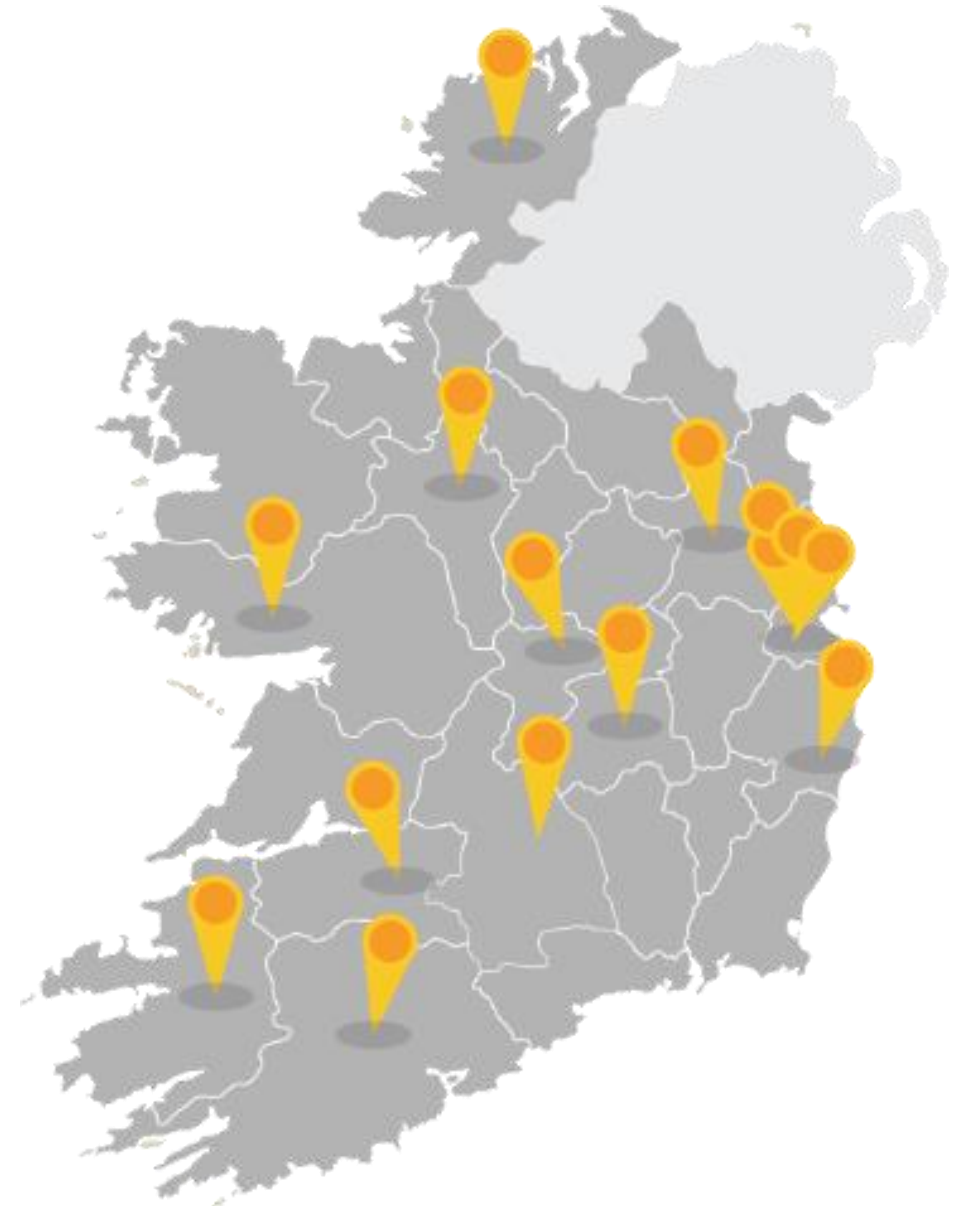
Together, we will achieve better mental health outcomes for young people (aged 12 25) by delivering therapeutic services, promoting youth mental health and mobilising community and societal change, while ensuring our organisation evolves to support **all aspects of our work.**



We are Jigsaw...

Our Jigsaw services

- Primary care youth mental health services
- Services available for 12-25 year olds
- Young people are centrally involved
- Mild to moderate mental health difficulties
- Free therapy
- **Jigsaw is not an emergency or crisis service**



We are Jigsaw...

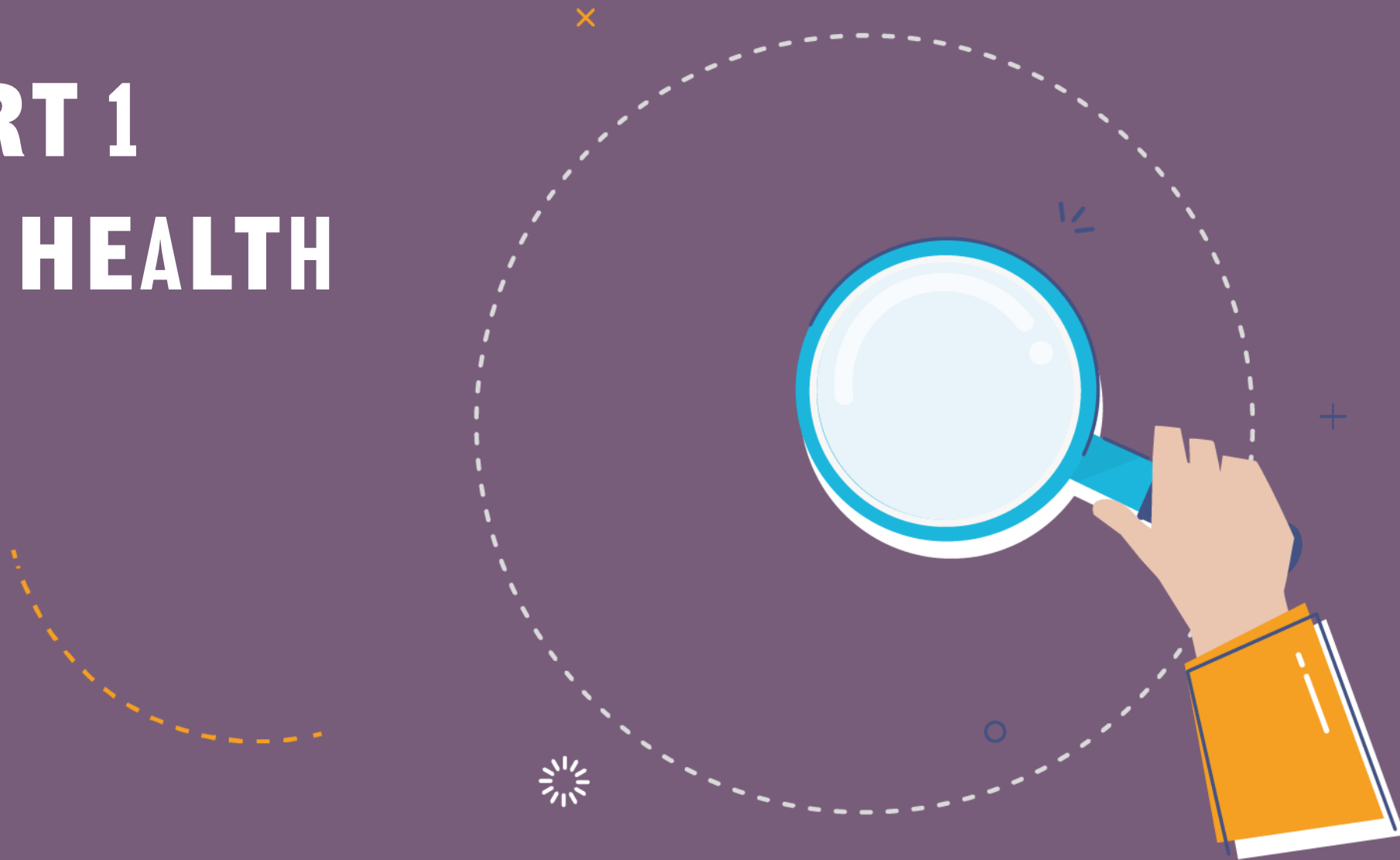
Online supports

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



PART 1

MENTAL HEALTH



WHAT IS MENTAL HEALTH?

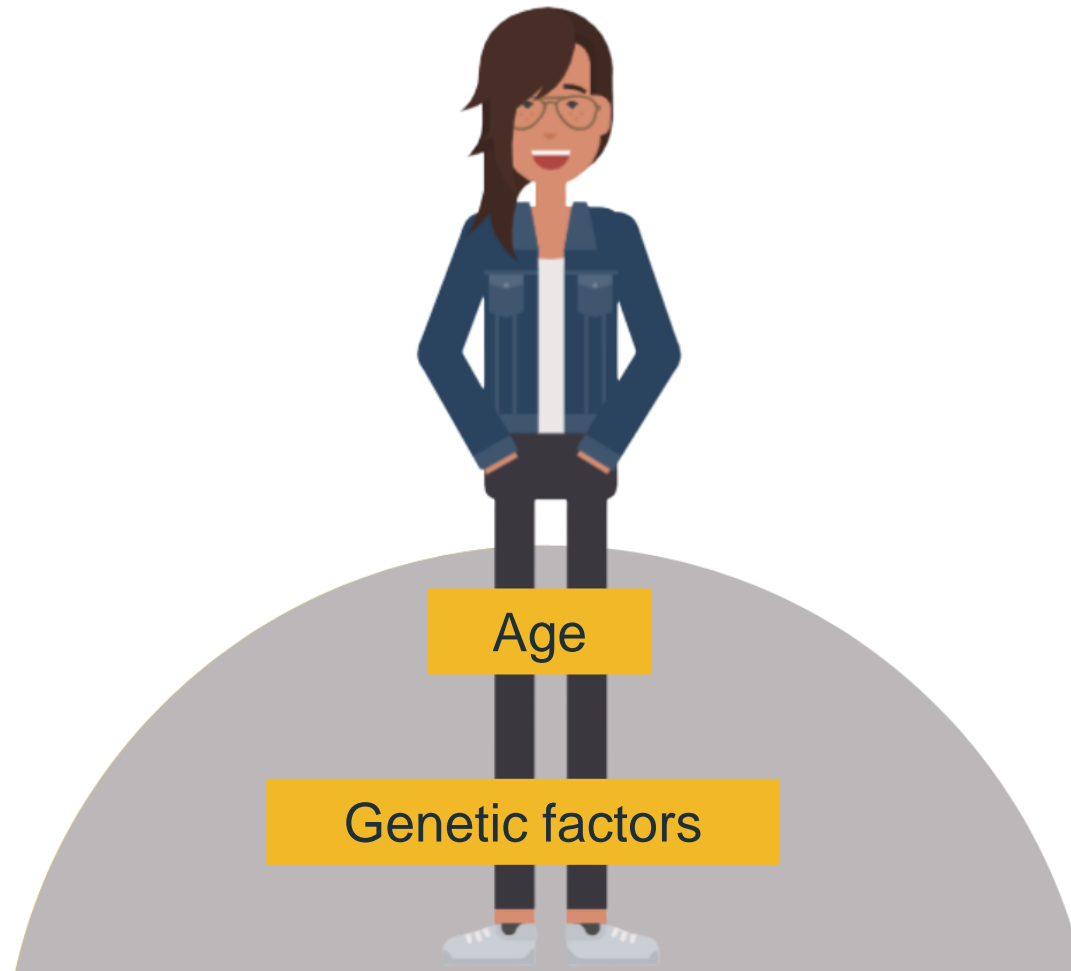


MENTAL HEALTH SCALES



SOCIAL DETERMINANTS OF HEALTH

FIXED CHARACTERISTICS



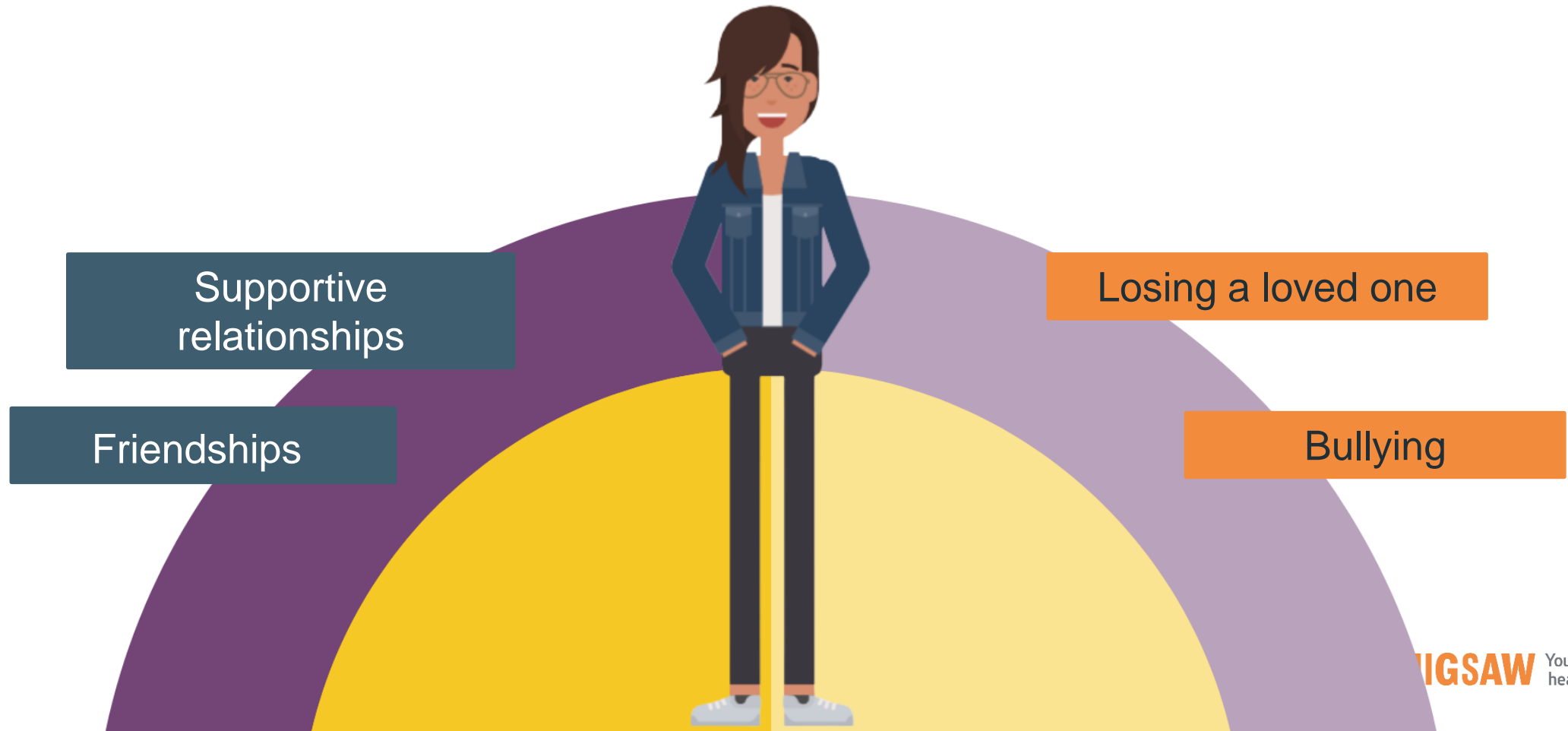
SOCIAL DETERMINANTS OF HEALTH

INDIVIDUAL LIFESTYLE FACTORS



SOCIAL DETERMINANTS OF HEALTH

SOCIAL AND COMMUNITY NETWORKS



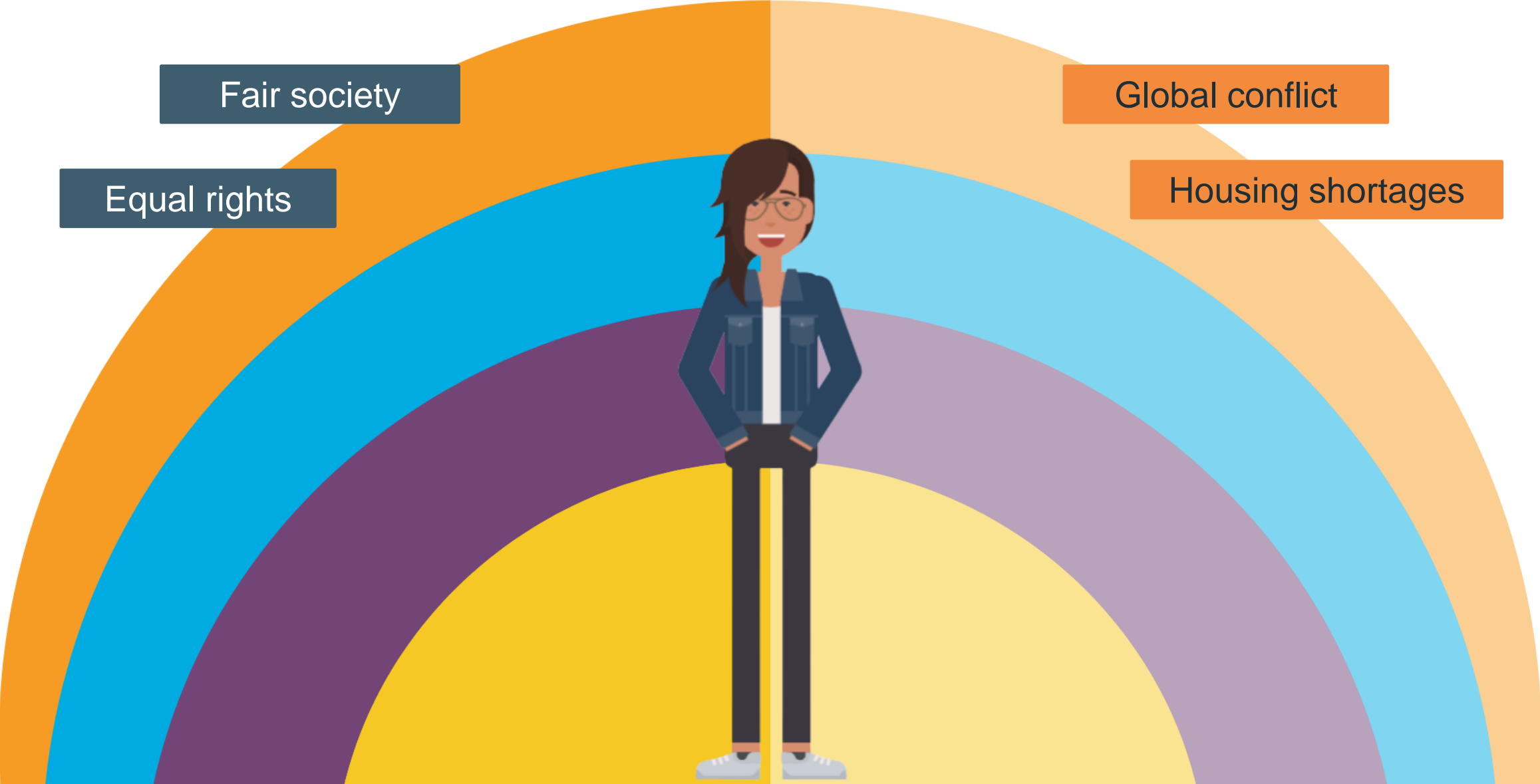
SOCIAL DETERMINANTS OF HEALTH

SOCIAL AND COMMUNITY NETWORKS



SOCIAL DETERMINANTS OF HEALTH

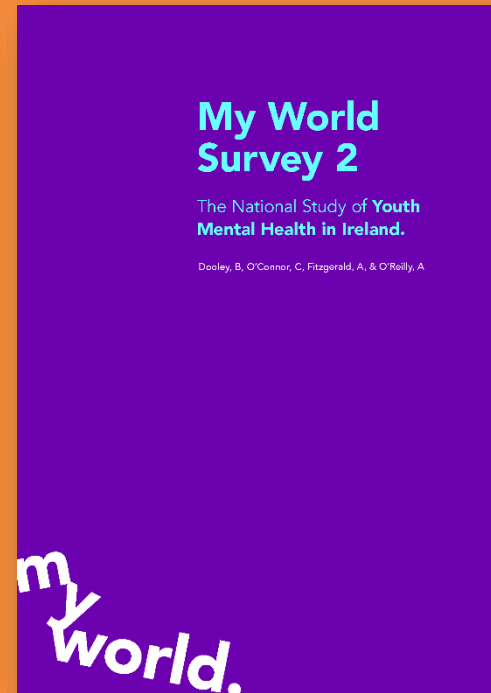
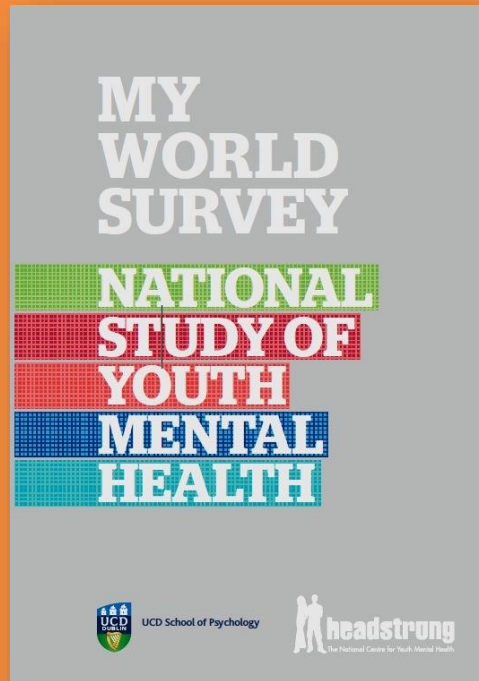
WIDER ECONOMIC, SOCIAL AND ENVIRONMENTAL CONDITIONS



PART 2

ONE GOOD ADULT





ONE GOOD ADULTS
are key
to a young person
doing well and
flourishing

WHAT THE RESEARCH SAYS

The presence

of a

One Good Adult

was linked to how well a young person is:

- connected
- self-confidence
- future looking
- can cope with problems

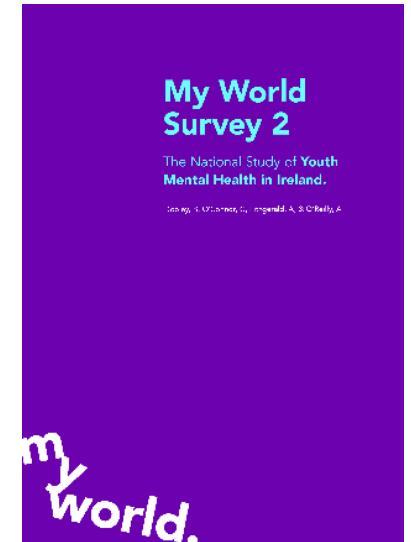
The absence

of a

One Good Adult

was linked to:

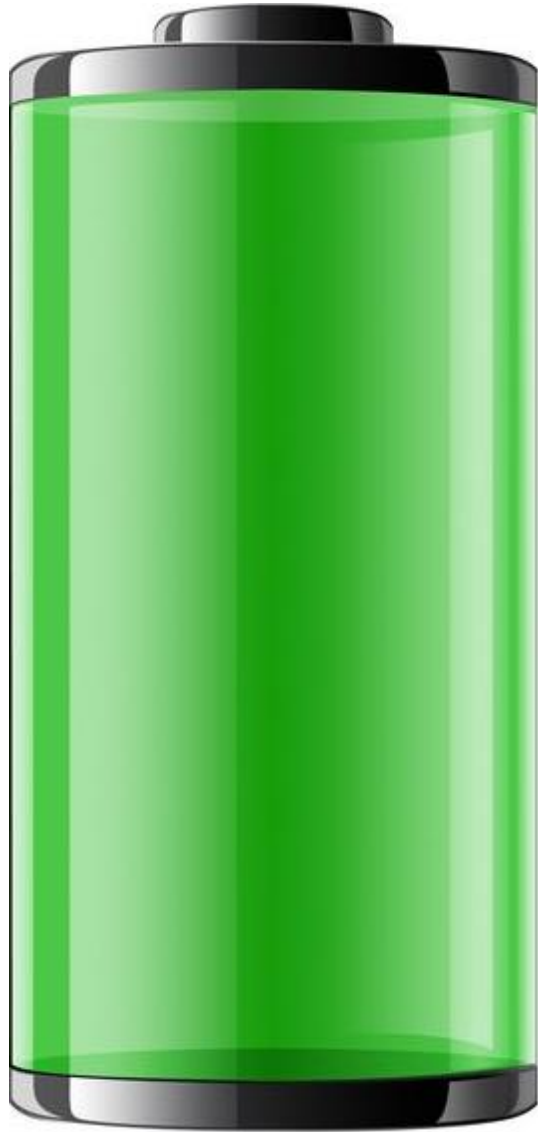
- higher levels of distress
- anti-social behaviour
- increased risk for suicidal behaviour



ONE GOOD ADULT

What
do
One Good Adults
do





Listening



Recognising Listening



Challenging Recognising Listening



Organising
Challenging
Recognising
Listening



Being there
Organising
Challenging
Recognising
Listening

ONE GOOD ADULT

**One Good Adults
matter
for youth mental health
& wellbeing**



PART 3

SELF CARE FOR

ONE GOOD ADULT

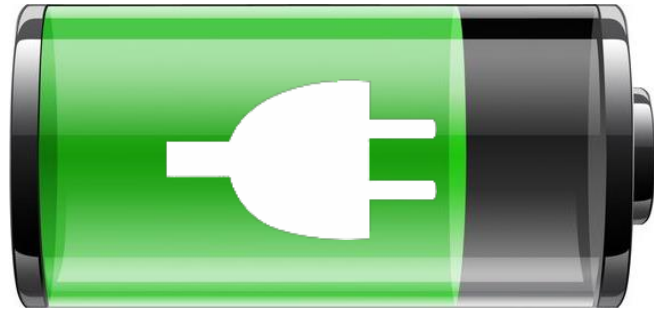


SELF CARE FOR ONE GOOD ADULT

What
do you do in a
typical day



A TYPICAL DAY



Nourishing

or

Depleting



THE EXHAUSTION FUNNEL

THE EXHAUSTION FUNNEL

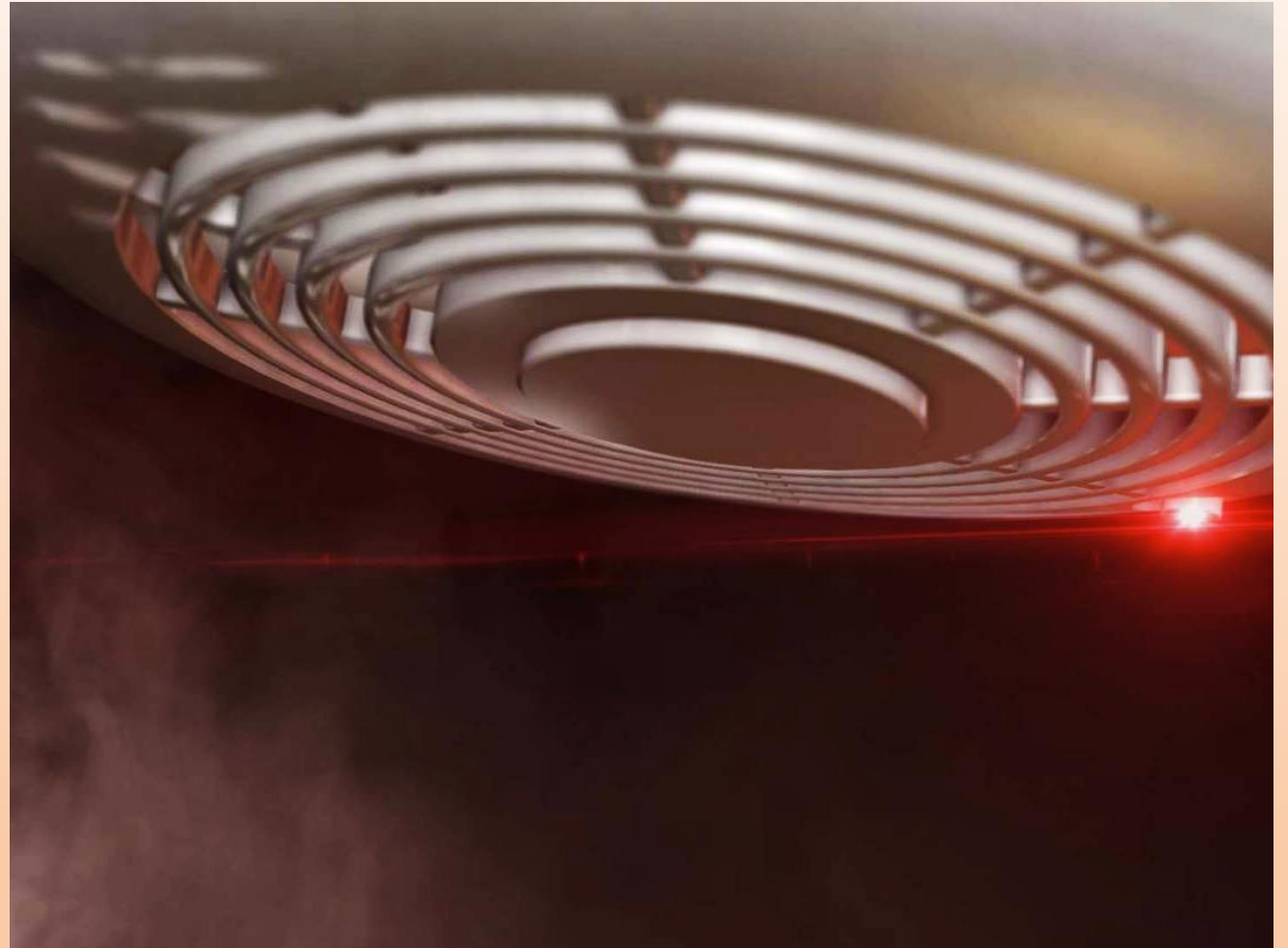
Developed by Professor Marie Åsberg, Stockholm.

SELF CARE FOR ONE GOOD ADULT

What
gets dropped

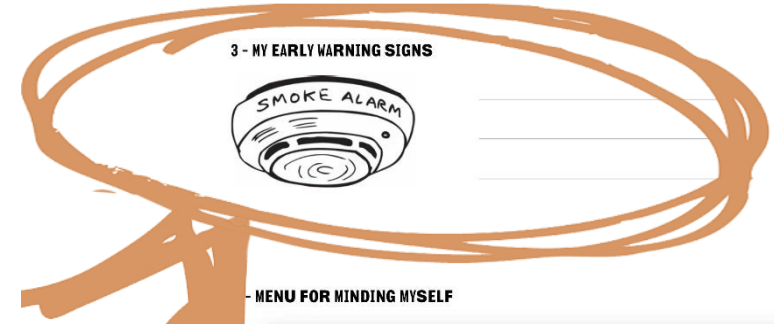


KNOW YOUR EARLY WARNING SIGNS



SELF CARE FOR ONE GOOD ADULT

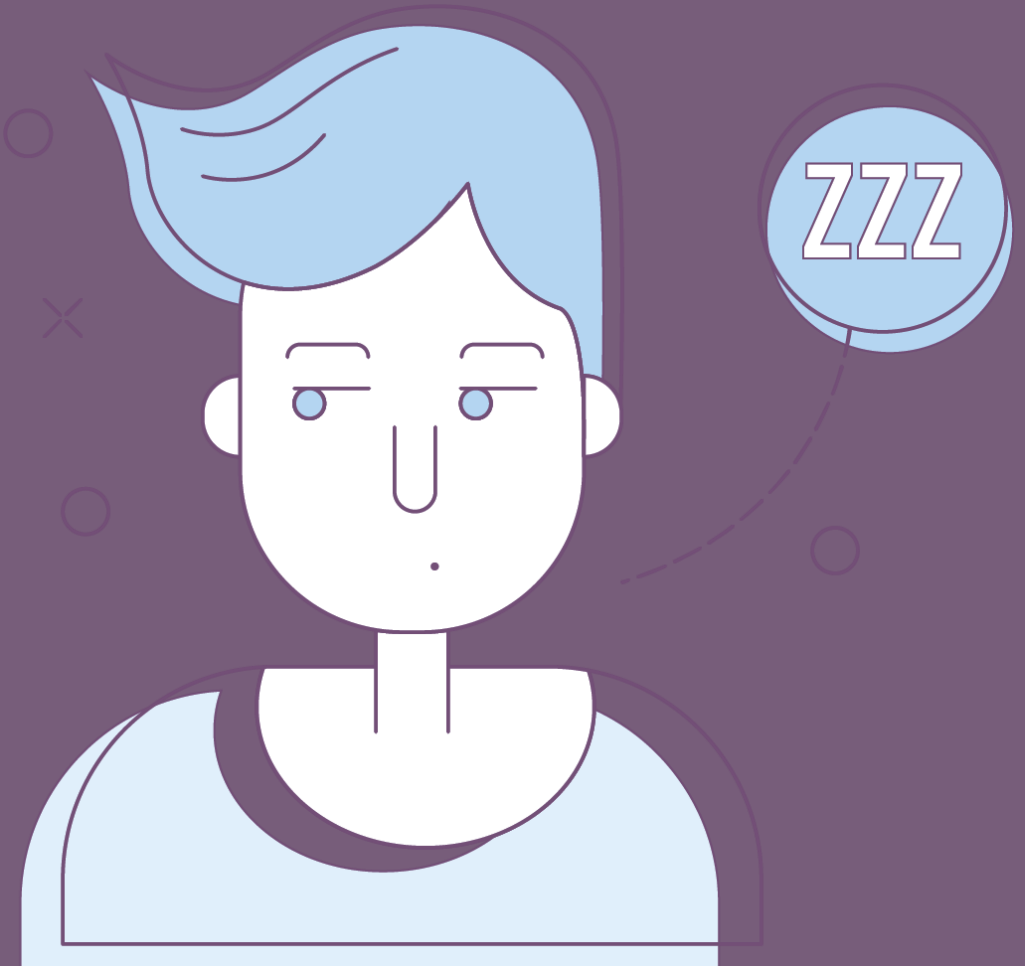
What are
your
early warning
signs



- MENU FOR MINDING MYSELF

A decorative menu form with a black border and ornate corner flourishes. The title 'Menu' is written in a large, stylized, gothic font, and 'FOR MINDING MYSELF' is written in a smaller, bold, sans-serif font to its right. Below the title are five numbered lines for writing: 1. _____, 2. _____, 3. _____, 4. _____, 5. _____.

Exhaustion saps your capacity to make decisions





Mantra

FOR
MINDING
MYSELF

1.

2.

3.

4.

5.

SELF CARE FOR ONE GOOD ADULT

- **KNOW YOUR EARLY WARNING SIGNS**
- **KNOW WHAT ENERGISES YOU**
- **REMEMBER ONE GOOD ADULTS MATTER**





ABOUT JIGSAW

- Jigsaw provides **free** therapy
- 12-25 year olds
- Confidential & non-judgmental

Contact Us

jigsaw.ie/LOCAL

Phone - LOCAL NUMBER

Email - LOCAL@jigsaw.ie

FUNDRAISING WITH JIGSAW

Jigsaw is a charity that provides free therapy to young people (aged 12 – 25) for support with their mental health.

But we need your support.

To support us by fundraising or donating directly to our work, scan the QR Code.

Visit www.jigsaw.ie/fundraise



USEFUL NUMBERS

CONTACT JIGSAW

jigsaw.ie/LOCAL

Phone - LOCAL

NUMBER

Email -

LOCAL@jigsaw.ie

FOR URGENT HELP

Your local GP

Out of hours Doctor

Your nearest A&E Department

24/7 HELPLINES

Pieta House - Phone 1800 247 247 or Text Help to 51444

The Samaritans - Phone 116123 or email jo@samaritans.ie

Childline - Phone 1800 666 666 or text 50101, or chat online at childline.ie

Teenline - Phone 1800 833 634

HSE Mental Health Information Line - Phone 1800 111 888

JIGSAW

WORKSHOP EVALUATION LINK



Jigsaw online workshops

Thanks so much for participating in one of Jigsaw's community engagement workshops. We'd love if you could spend about 5 minutes telling us about how you found it.

Start

press **Enter** ↵

**WE ARE
JIGSAW...**
jigsaw.ie

Thank you!

