Resources for Parents

Online Courses

Self-Care for Parents

Duration: 1 Hour

Format: Online, self-directed learning at own pace

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

Duration: 40 mins

Format: Online - self-directed learning at own pace

Content:

Module 1: The changing needs of our young people

Module2: 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/**

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

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Upcoming Live Webinars:

Self-Care During Winter Months

Date: Monday 9th November:

https://jigsaw.ie/webinars-for-parents-supporting-young-people/

Dealing with Family Conflict

Date: Monday 7th December

https://jigsaw.ie/webinars-for-parents-supporting-young-people/

Recorded Webinars for Parents (including questions from parents):

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 - https://jigsaw.ie/webinar-managing-anxiety/
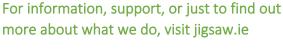
Supports for Parents

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.

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.

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

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Freephone 1800 JIGSAW (544729)
Monday to Friday, 1pm- 5pm

(This phoneline 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

Or call your local Jigsaw service:

Dublin 15 - (01) 890 5810
Note: Jigsaw is not a crisis service

Online Supports for Young People between 12-25

1:1 Live Chat

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, Wednesday and Friday from 1-5pm, and Tuesday and Thursday from 2-8pm.

Login and talk about what's on your mind or send us an email anytime.

We accept our final chats 30 minutes before chat closes. If you'd like to chat after this, you can send an email or log in at another time. Register to chat or email with us.

Chat sessions will last approximately 40 minutes.

Young person can stay anonymous if they wish.

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.

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

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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. We will only use the young person's email to send a reminder of when it is on and to get feedback.

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/**

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

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