



SOUTH KERRY DEVELOPMENT
PARTNERSHIP LTD.

JIGSAW KERRY

Young people's
health in mind

Supporting Young People's Mental Health

Jigsaw Kerry is a free mental health support service for young people aged 12 to 25 years old. The workshop aims to build understanding of youth mental health and some tools for promoting and supporting young people's mental health. We will explore anxiety in particular and provide information on available services.

Date: Monday, 28th November 2022

Time: 7pm – 8.15pm

Where: Online – Zoom



will the session cover?



What is mental health, what can help and hurt it and when is there cause for concern



What is anxiety & how to recognise it



Strategies and tools to promote and support young people's mental health



Information on Jigsaw Kerry and other services available to support young people and you as a parent, carer or guardian

Who is this session for?

- Parents, carers and guardians of young people aged 12 to 25 years old

How to attend the session?

- Contact Carol Naughton with SKPD at cnaughton@skdp.net 087 9631935



EUROPEAN UNION
Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



Coiste Forbartha Pobail
Áitiúil Chiarraí
Kerry Local Community
Development Committee



Comhairle Contae Chiarraí
Kerry County Council

"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"