

# SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH



## Supporting Young People's Mental Health

This is a 60 minute workshop for parents/guardians and other adults interested or concerned about young people's mental health.

### Learning Outcomes:

Participants will:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people.
- Learn to promote positive mental health in young people.
- Understand how to recognise some of the signs that a young person may be struggling with their mental health.
- Learn the value of listening as a way of supporting young people.
- Increase knowledge of the supports available in your area.

### We are Jigsaw...

leading the change in youth mental health.

### Workshop Information:

Where: Áiseanna na hÓige

When: Thursday, 7<sup>th</sup> November

Time: 7pm – 8pm

Contact: [info@aiseannanahoige.ie](mailto:info@aiseannanahoige.ie)

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Young  
health

