

When you visit...

Once you've made an appointment, here's what to expect when you first come to a Jigsaw service.

1. Welcome

When you arrive, you'll be welcomed by a member of the team.

2. Get comfy

Take a seat on one of our comfy couches and enjoy a cuppa.

3. Meet a team member

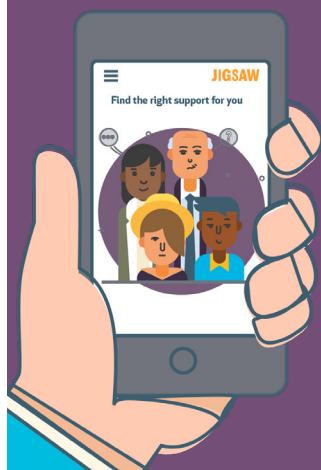
You'll meet one of our team to have a chat about what's on your mind and to talk about what supports you need

4. Plan another session

After your initial session, we'll arrange another on-line session a few weeks later to see how things are working out.

5. Decide what happens next

You'll talk to our team member and decide if you've got what you need or if you need more support.



Scan **now** for more advice and support online:



Or visit **jigsaw.ie**



WE ARE HERE FOR YOU...

jigsaw.ie



Jigsaw is an early intervention, primary care service for young people's mental health.

JIGSAW
Young people's
health in mind

Jigsaw is a registered charity. Our charity (revenue) number is CHY 17439.
Our registered charity number is 20064846.



What is Jigsaw?

Jigsaw is a mental health service. Our focus is on early intervention for young people at primary care level.

This means that Jigsaw helps young people going through mental health difficulties. We aim to offer support at difficult periods of their lives before these issues become more serious and in need of longer, more intensive mental health supports.

Getting support early on can help strengthen a young person's resilience for the future, teaching them positive ways to cope with difficulties. This can nip a lot of more serious problems in the bud before they snowball into something less manageable. It can prevent some young people from developing long-term and serious mental health problems later in life.

Jigsaw supports young people facing a range of different challenges and difficulties, from struggling with relationships at home or with friends, to feeling down or anxious.

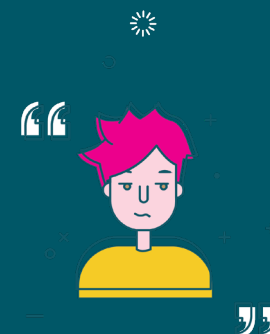
As everyone's situation is unique, we may need to find out more about the young person's circumstances before we know if we are the right service for them. Some of the things we take into account when making this decision are: the type of difficulties they are experiencing, how long they have been present, how severe they are and any previous efforts made to manage or resolve the difficulties.

How can I access a Jigsaw service?

If you are a parent or guardian of a young person aged between 12 to 25, you can access a Jigsaw service by calling or emailing your local Jigsaw. If your young person is under 18, Jigsaw requires your consent. If they are over 18 years old, they do not need your consent.

If you are a young person aged 18-25, you can access a Jigsaw service by calling or emailing your local Jigsaw.

If you are a young person aged under 18 Jigsaw requires the consent of a parent or guardian. You can access a Jigsaw service by asking a parent or guardian to contact your local Jigsaw for you.



Contact your local Jigsaw service:

call: **046 907 1702**

email: **meath@jigsaw.ie**

Address: **25 Brews Hill, Navan,
Co. Meath
C15 X2ND**