

**JIGSAW** Young people's  
health in mind

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[www.jigsaw.ie](http://www.jigsaw.ie)

# JIGSAW

## YOUNG PEOPLE'S HEALTH IN MIND

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**We are Jigsaw.** Health Promotion conference  
leading the change in youth mental health.



# JIGSAW

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## Our vision

An Ireland where **every young person's** mental health is valued and supported.

## Our mission

We advance the mental health of young people in Ireland (aged 12-25) by **influencing change, strengthening communities, and delivering services** through our evidence-informed early intervention and prevention approach.

## Our values

We value **young people**

We show **compassion**

We are **progressive**

We act with **integrity**

We work **collaboratively**

We are **driven by evidence**





# JIGSAW

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Young  
people

We deliver services

**Delivering services:** a free, youth mental health service for young people aged 12-25 years experiencing mild to moderate mental difficulties.



Young  
people

We **deliver services**

We **strengthen communities**

**Strengthening communities:** enabling communities to understand and support youth mental health through education, training and partnership working



# JIGSAW

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**Influencing change:** ensuring youth mental health is part of local policy and conversation .





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## Role of the YAP

- Young volunteers who have an interest in mental health and making a change between the ages of 16-25
- Work with staff to make decisions and influence how Jigsaw supports the young people within their community



# Supports & Benefits

Supports	Benefits
<ul style="list-style-type: none"><li>• Training</li><li>• Regular check-in assigned worker</li><li>• Recognition of your work</li><li>• Expenses</li></ul>	<ul style="list-style-type: none"><li>• Learning new skills for ongoing development</li><li>• Making a difference to local community</li><li>• Learn more about youth mental health</li><li>• Have fun, meet new people and make friends.</li></ul>

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# Jigsaw Model of Youth Participation

	INFORM	CONSULT	INVOLVE	COLLABORATE	EMPOWER
Youth Participation Goal	Inform y.p. of Jigsaw developments	Obtain feedback from y.p.	Work directly with y.p.	Partner with y.p.	Support y.p. to lead
Decision Making	Lies with Jigsaw	Lies with Jigsaw	Lies with Jigsaw	Shared between young people and Jigsaw	Young people play central role
Commitment to Y.P.	We will keep you informed	Listen to you, take your thoughts and provide feedback	Work with you to ensure concerns & issues are directly reflected in the development of Jigsaw and provide feedback.	Look to you for direct advice/guidance and incorporate this into decisions to the maximum extent possible	We will implement what young people decide
Example Tool	Fact sheets, Facebook groups, info sessions	Focus groups, surveys, meetings	Workshops, meetings	Meetings Y.P. involved in relevant structures	Meetings
Activities	YAP meetings	Needs Assessment, new projects, meetings	Board of Directors, JAG, Sub groups	Board of Directors, Recruitment of staff	YAP Work plans, Campaigns, etc.





# Reflection

- Can you identify areas in which you already involving service users/young people in service delivery?
- How can you implement or improve participation
  1. In your own practice/local level
  2. In your overall organisation



# Contact

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Thank You!

