

Online Support Provided by Jigsaw

Jigsaw Online – Available at: <https://jigsawonline.ie/>

It has four great functions:

1. **Twice daily live group chats:** this is a scheduled, regular and anonymous online group messaging feature facilitated by Jigsaw clinicians, where young people can share their current experience of COVID-19 and get support from Jigsaw clinicians
2. **Live webinars:** for parents/guardians and anyone working with young people (especially teachers) where they can engage in live group chats to share their experiences and get support from a Jigsaw clinician
3. **An asynchronistic and anonymous messaging** platform through the '*Ask Jigsaw*' function or through our help@jigsaw.ie email where questions will be answered by a Jigsaw clinician
4. **Regular supportive content on a range of COVID-19 related topics** such as anxiety, conflict resolution, relationships, uncertainty and more aiming at offering support and developing self-care strategies for young people, parents and anyone working with young people through features such as peer-to-peer content, regular vlogs and audiograms from Jigsaw clinicians and more

Jigsaw social media

Jigsaw social media channels are also a great source of information and support. It may be worth keeping an eye on them for updates and content developed by clinicians that can be shared through your own channels/on your website.

- **Facebook:** <https://www.facebook.com/JigsawYMH/>
- **Twitter:** @JigsawYMH
- **Instagram:** https://www.instagram.com/jigsaw_ymh/

Helplines and Online Resources

Pieta 24 hour helpline: 1800-247-247

Samaritans: telephone: 116123

Spunout: www.spunout.ie

Childline: telephone 1800-666-666 (helpline open 24 hours). Text “ Talk” to 50101 (open to 10a.m.-4a.m. every day) Provides support around bullying, loss, abuse etc.

Text Crisis Helpline: free-phone 086-1800-280 or text “YMH”- a new mental health messaging support service which operates 24 hours a day, seven days a week. Service aims to connect a person with a trained volunteer in less than five minutes in order to listen to them and provide support.

Your Mental Health Information Line (H.S.E.): 1800-111-888 www.yourmentalhealth.ie Information and signposting to mental health supports and services. Also offers information about how to access services and services opening hours. Open to all age groups.

Connect: free phone 1800-477-477. National telephone service for adults who have experienced past trauma, abuse or neglect (emotional, physical or sexual). Connect has accredited counsellors and it operates out of hours Wed- Sunday, 6-10 p.m. Its purpose is to be a supportive/therapeutic service and not intended to be a crisis service.

“Calmharm” App: Help people to resist or manage the urge to self- harm.

Drug& alcohol info support (H.S.E) helpline: 1800-459-459,e-mail support: helpline@hse.ie

Alanon Ireland (based in Dublin)-telephone: 01-8732699 (10a.m.-10 p.m. seven days a week), email-info@alanon.ie - provides support to families and friends of problem drinkers.

Bodywhys helpline/online support: Telephone-1890-200-444: support for people affected by eating distress. Support is also given to family, friends and professionals.

Postnatal depression Ireland- e-mail: support@pnd.ie Offers information to women affected by post-natal depression.

Farm & Rural Stress Helpline-1800-742-645 (open from 6p.m-10 p.m.) a listening ear, support and advice to people living in rural areas. Covers Cork and Kerry direction.

Schizophrenia Ireland, www.voicesireland.com : promotes and fosters hearing voices as a valid human experience. Supportive self-help groups run at various times in different locations. See website for details.

A.S.D. Online Resources:

<https://southleasd.wordpress.com/>- Marian house website, resources available for parents.

<https://asiam.ie/>- useful resources for both teenager’s and parents.

<https://raisingchildren.net.au/>- parenting resources.

National Autistic Society in Britain-site/video clips appropriate for teens.