

Jigsaw's One Good School Initiative – promoting and supporting youth mental health in schools



Who are Jigsaw?

Jigsaw is the National Centre for Youth Mental Health in Ireland.

Jigsaw offer free, clinical support to young people (aged 12-25) both face-to-face and online. They also work with schools and community organisations to support them to develop the knowledge and skills they need to support the youth mental health and wellbeing of the young people they work with.



What is One Good School?

One Good School is Jigsaw's initiative aimed at supporting the mental health and wellbeing of young people by developing a shared responsibility for mental health across the whole school community.



[Watch this animation for more information](#)



Participating in this initiative will support our school community to build their knowledge and understanding of mental health, develop skills to mind their own mental health and learn strategies to support young people with theirs.

We want our school to be a place where mental health and wellbeing is valued. We know the impact that school can have on the lives of young people and we want to make sure that our school fosters a sense of belonging and connection for all, so that looking after our mental health and wellbeing is a part of the fabric of our school. We all have a role to play in supporting youth mental health.

The One Good School Team

We need young people, parents/guardians, and school staff to help us!

The One Good School initiative will be rolled out by a One Good School Team and we are looking for members to join that team. We are looking for people who are passionate about mental health and wellbeing, who understand the important role that schools play in the mental health and wellbeing of young people and who can commit time to supporting us with One Good School. The One Good School Team will represent our whole-school so we are seeking to recruit young people, parents/guardians, school staff and school leadership.

What will I be doing?

Firstly, you will need to complete a short online course and attend a half-day training to learn more about your role. You will then meet as a team regularly to support your school to roll-out the One Good School initiative. This will include promoting One Good School, letting the school community know about training and workshops they can attend and keeping Jigsaw up to date on how your school is getting on. The One Good School Team will have regular support from Jigsaw on their One Good School journey.

I'm interested – what should I do now?

Great! Talk to a member of the school leadership team and complete the expression of interest form.

One Good School Team expression of interest

Name: _____

Contact details

Student class: _____

Parent (email or phone): _____

Staff (email address): _____

Please tell us why you are interested in being on our One Good School Team?

Membership of the One Good School Team will require a time commitment. Please tell us how much time you would be able to give to being a part of this team?

Submit form to: _____

For more information, visit jigsaw.ie

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JIGSAW
Young people's
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