

Who are we?

We are a free, confidential and voluntary mental health support service for 12 to 25 year olds.

Accessing Jigsaw Kerry:

Young people, their parents/guardians or professionals that work with young people can contact us directly via phone **0667186785** or email: kerry@jigsaw.ie. You can make an appointment with a Jigsaw Kerry Clinician for a young person. We can listen, advise and signpost to other services if needs be. If an appointment with us is the most suitable next step for the young person, they can avail of any of the following options:

- **Face-to-face therapeutic interventions:** If young people prefer to see a clinician in-person, they can do this in the Jigsaw Kerry hub on Edward Street, Tralee. All Covid 19 measures are being adhered to.
- **Phone and Video Support:** Clinicians can also work with young people using video-conferencing (Microsoft Teams) or over the phone.

Other Jigsaw Supports

Jigsaw freefone: 1800 JIGSAW (544 729) – free mental health support, advice and guidance for young people aged 12 to 25 years old, and/or their parents or concerned others who are resident in the Republic of Ireland.

Opening hours: Monday to Friday 1pm- 5pm.

Text and Email service: Get in touch and initiate a request for a return call from a Jigsaw Clinician. Clinicians will be responding from **Monday to Friday, 9am to 5pm at**

1. **Text:** 'Call me' with your name to 086 1803880
2. **Email:** help@jigsaw.ie

Resources such as articles, videos and webinars are available to view, <https://jigsaw.ie/information-and-elearning/>

Visit www.jigsaw.ie/talkonline

Group chats which are live discussions online with up to 10 young people, facilitated by Jigsaw Clinicians focused on certain topics: <https://jigsaw.ie/talk-online/group-chats/>

Live chats for young people **1:1 with clinicians** over Monday, Wednesday and Friday from 1-5pm, and Tuesday and Thursday from 2-8pm. Registration is necessary to chat or email. Login and talk about what's on your mind or send us an email anytime <https://jigsaw.ie/talk-online/live-chat/>.

Ask Jigsaw: Young people, parents/guardians and people working with young people you can **anonymously** ask any mental health question and have it answered by a Jigsaw Clinician within 48 hours <https://jigsaw.ie/ask-jigsaw/>. The questions and answers are published on the jigsaw.ie website at: <https://jigsaw.ie/information-and-elearning/?bring=a%20young%20person&search=Ask%20jigsaw>.

Helplines and Online Resources

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

Alone: telephone number 0818-222-024 and phone line is open from 8a.m. - 8 p.m. seven days a week. It provides a Covid 19 support line to older people.

Aware Support Line: Freephone support line 1800-80-48-48 (10 a.m. -10 p.m. every day). Support provided to over 18's who are experiencing issues in relation to their mood or are concerned for a family member or friend who are experiencing depression or bipolar. Also offers a Life Skills Online Programme. E-mail supportmail@aware.ie for further information.

A.S.D. Online Resources:

<https://southleasad.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.

Bodywhys helpline/online support: Telephone-1890-200-444: (open Monday, Wednesday and Sunday from 7.30 p.m.-9.30 p.m. and Saturday from 10.30 a.m-12.30 p.m). Support also provided to family, friends and professionals.

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

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, 6p.m-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.

Clear Fear App: developed to support teenage mental health and uses an evidence based C.B.T. approach to focus on learning to reduce the physical responses to threat. It has been developed by mental health charity STEM4.

Cork and Kerry Councils Covid Helpline: Kerry County Council free phone 1800-807-009. Cork County Council free phone 1800-805-819. Aims to support the public to access non-emergency, non- medical services and to provide support and advice.

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

Exchange House Ireland National Traveller Mental Health Service: telephone number 01-872-1094 (press 1) for support, help or advice. E-mail www.exchangehouse.ie

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. Telephone line open to 9a.m. to 5p.m. every day.

Grow Mental Health Recovery: information line 1890-474-474.

L.G.B.T. Ireland: helpline 1890-929-539 (open every day).

Mental Health Ireland: 01-284-1166 (9a.m-5p.m. Monday to Friday). Provides information and support for people who experience mental health difficulties.

Pieta 24 hour helpline: 1800-247-247. Text "HELP" to 51444 (standard SMS may apply).

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

Samaritans: telephone: 116123(24 hours, 7 days a week). Provides emotional support to anyone in distress or struggling to cope.

Shine: currently providing remote support and outreach service to people experiencing mental health difficulties and their families. Support provided by phone and e-mail. Visit www.shine.ie/covid-19 or e-mail phil@shine.ie

Suicide or Survive: a series of free online wellness workshops and programmes. Visit www.suicideorsurvive.ie

Spunout: www.spunout.ie

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.

Text Crisis Helpline: text "Talk" to 086-1800-280 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.

Turn2ME: free online counselling and online supports for people over 18 years of age. www.turn2me.org

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.