

SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH

Supporting Young People's Mental Health

This is a 60 minute workshop for parents/guardians and other adults interested or concerned about young people's mental health.

Learning Outcomes:

Participants will:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people.
- Learn to promote positive mental health in young people.
- Understand how to recognise some of the signs that a young person may be struggling with their mental health.
- Learn the value of listening as a way of supporting young people.
- Increase knowledge of the supports are available in your area.

We are Jigsaw...

leading the change in youth mental health.

Workshop Information.

Where: Portlaoise Library

When: May 2nd

Time: 6pm – 7.30pm

Scan the QR code to register

