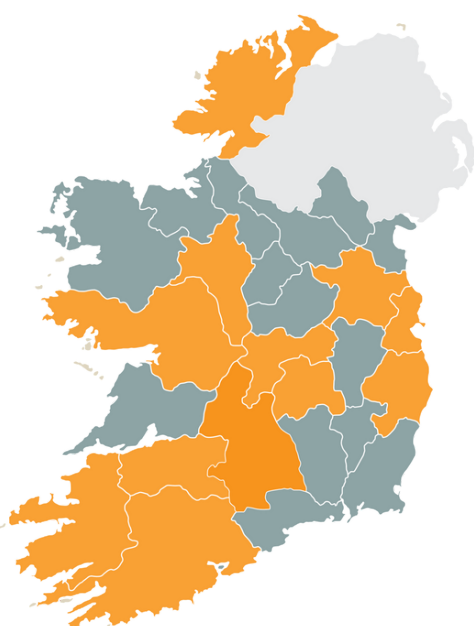


An online course to develop the skills students need to support their friends' mental health

WE ARE JIGSAW

Our vision is an Ireland where every young person's mental health is valued and supported



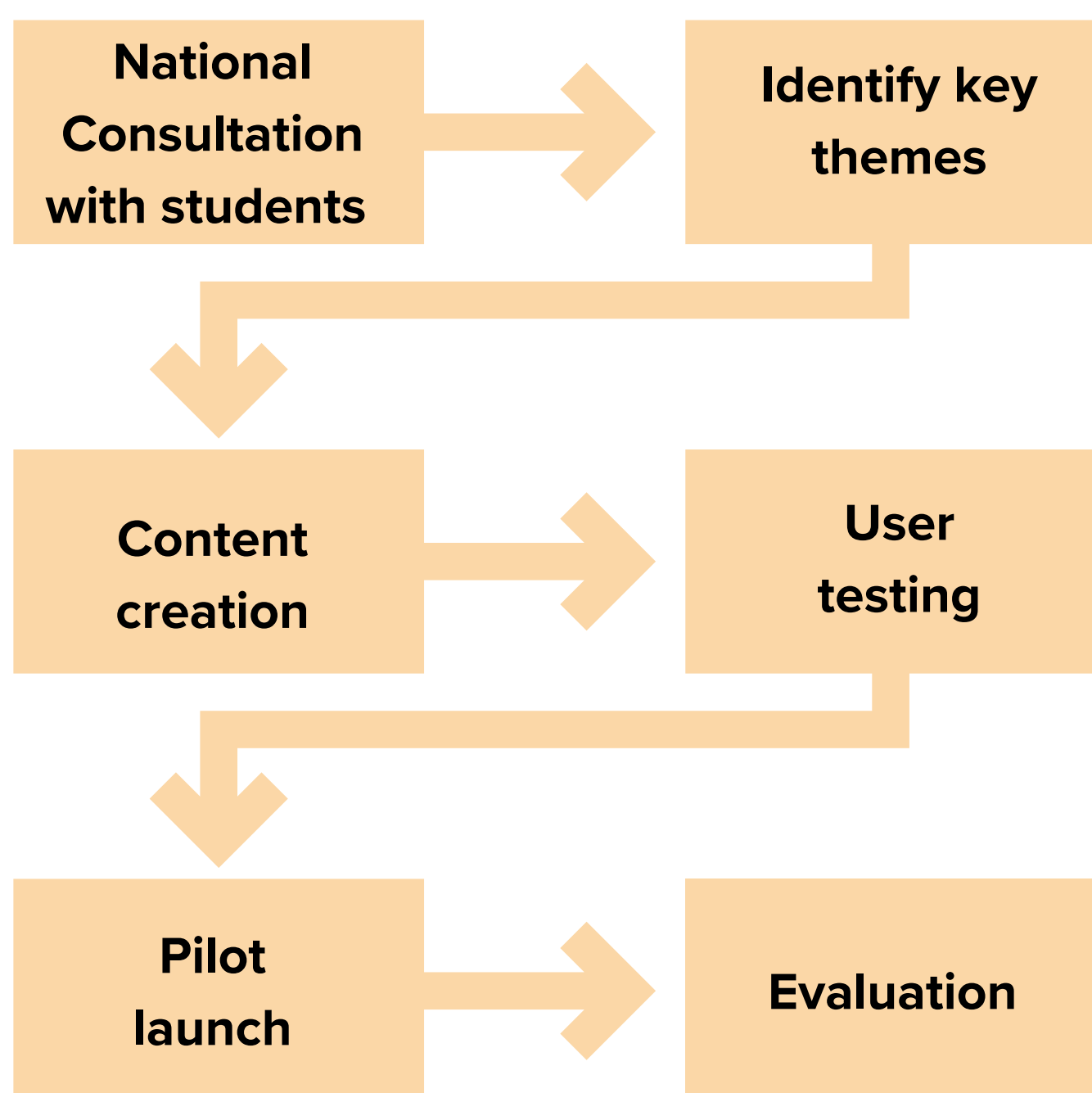
OUR AIMS

Increase feelings of confidence in initiating support for a friend's mental health

Develop knowledge, understanding and skills in order to best respond to and support a friend's needs

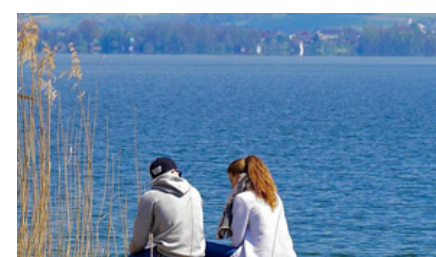
Increase understanding of boundaries and the importance of looking after your own mental health while supporting a friend

OUR METHOD



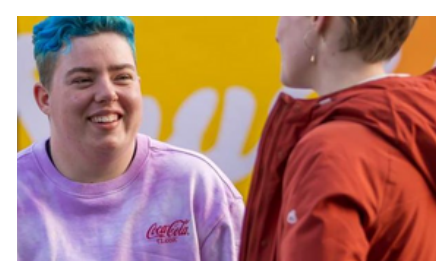
For more information about One Good Friend please contact fetandhighered@jigsaw.ie

KEY THEMES



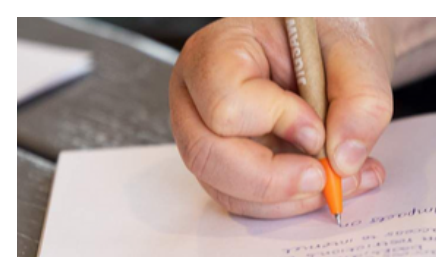
One Good Friend - Module 1: Starting the conversation

START



One Good Friend - Module 2: Navigating the conversation

START

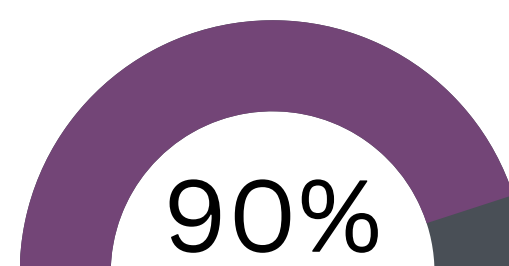
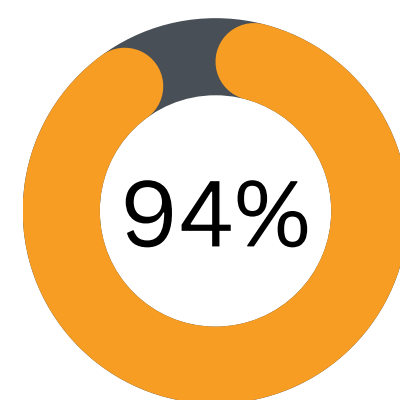


One Good Friend - Module 3: Boundaries and self-care

START

OUR FINDINGS (SO FAR)

'Satisfied' or 'Very Satisfied' with the course



Average likelihood to recommend

STUDENTS' FEEDBACK

I love this... I think everyone should do it.

I really found this course beneficial . It gave practical advice that was easy to understand and would be easy to implement.

Found it useful that it gives scenarios that could probably happen in real life and how to deal with situations without sounding judgemental

I really enjoyed the interactive aspects of this course and found these really helpful to stay engaged in the course

I think that using language that is common for young people is helpful also, as this makes it more accessible and could make it more realistic for young people.