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## ONLINE EDUCATION FOR PARENTS

### Mental Health Awareness for Parents

**Suitable for:** Parents and guardians

**Duration:** 40 minutes

**Format:** Online - self-directed learning that can be done at own pace

**How:** Go to this link to get started: <https://jigsaw.ie/mental-health-awareness-course-for-parents/>

**Content:**

- Module 1: The changing needs of our young people
- Module 2: Introduction to youth mental health
- Module 3: Youth mental health in Ireland
- Module 4: Promoting and supporting youth mental health for the young people in our lives

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### Self-Care for Parents

**Suitable for:** Parents and guardians

**Duration:** 1 Hour

**Format:** Self-directed learning at own pace

**How:** Go to this link and get started: <https://jigsaw.ie/self-care-course-for-parents/>

**Participants will:**

- Have a greater understanding of what self-care is
- Have a greater understanding of the importance of looking after their own wellbeing in the role as a parent
- Be more aware of their own self-care needs
- Be able to develop their own self-care plan

## Recorded Webinars for Parents (including questions from parents):

- Supporting Young People While in Lockdown: <https://jigsaw.ie/webinar-supporting-young-people/>
- Helping Young people Adjust to Change: <https://jigsaw.ie/webinar-adjusting-to-change/>
- Helping Young People Manage Disappointment: <https://jigsaw.ie/webinar-managing-disappointment/>
- Supporting Young People to Manage Anxiety: <https://jigsaw.ie/webinar-managing-anxiety/>

## Other information for parents:

- Supporting young people to deal with the Coronavirus: <https://jigsaw.ie/young-people-coronavirus/>
- Self-Care Tool for Parents: <https://jigsaw.ie/snack-self-care-tool/>
- School Avoidance: <https://jigsaw.ie/school-avoidance/>
- Supporting the transition to secondary school: <https://jigsaw.ie/supporting-the-transition-to-secondary-school/>