

# IT'S TIME TO START TALKING

## It's Time to Start Talking

This 40 minute workshop for 13-17 year olds encourages young people to talk with someone they trust when feeling stressed, worried or down.

### Learning Outcomes:

Young people will:

- Gain an understanding of mental health
- Become aware of what helps and what hurts their mental health
- Gain an awareness of the importance of talking to a trusted adult when they feel down, worried or stressed.
- Learn how and where to get help.

### We are Jigsaw...

leading the change in youth mental health.

### Workshop Information.

**Where:** St. Sylvester's GAA Club

**When:** Tues 3<sup>rd</sup> October 2017

**Time:** 7:30p.m.

**Contact:** Barbara Condon

**JIGSAW**  
**NORTH FINGAL**  
Young people's  
health in mind