

# MY MENTAL HEALTH

What helps

## My Mental Health: What helps

This two hour interactive workshop is for 16-25 year olds engaged in informal education and community settings.

### Learning Outcomes

As a result of this workshop, participants will:

- Gain an understanding of mental health
- Have a greater awareness of what helps and hurts their mental health
- Become aware of mental health as a resource for living
- Identify strategies that they can implement to improve and manage their own mental health on a day-to-day basis
- Learn how and where to get help
- Become aware of the supports available in their local area.

**We are Jigsaw...**  
leading the change in youth mental health.

### Workshop Information.

**Where:** St. Sylvester's GAA Club  
**When:** Thurs 14<sup>th</sup> Sept 2017  
**Time:** 7:30p.m.  
**Contact:** Barbara Condon

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