

Who are we?

We are a free, confidential and voluntary mental health support service for 12 to 25 year olds.

Accessing Jigsaw Kerry:

Young people, their parents/guardians or professionals that work with young people can contact us directly via phone **0667186785** or email: kerry@jigsaw.ie. You can make an appointment with a Jigsaw Kerry Clinician. We can listen, advise and signpost to other services if needs be. If an appointment with us is the most suitable next step for the young person, they can use the following options:

- **Face-to-face therapeutic interventions:** If young people prefer to see a clinician in-person, they can do this in the Jigsaw Kerry hub on Edward Street, Tralee, however this is currently only available in exceptional circumstances.
- **Phone and Video Support:** Clinicians also work with young people using video-conferencing (Microsoft Teams) or over the phone.

Other Jigsaw Supports

Jigsaw freefone: 1800 JIGSAW (544 729) – free mental health support, advice and guidance for young people aged 12 to 25 years old, and/or their parents or concerned others who are resident in the Republic of Ireland.

Opening hours: Monday to Friday 1pm- 5pm.

Text and Email service: Get in touch and ask for a return call from a Jigsaw Clinician. Clinicians will be responding from **Monday to Friday, 9am to 5pm at**

1. **Text:** 'Call me' with your name to 086 1803880
2. **Email:** help@jigsaw.ie

Visit www.jigsaw.ie/talkonline

Group chats which are live discussions online with up to 10 young people, facilitated by Jigsaw Clinicians focused on certain topics: <https://jigsaw.ie/talk-online/group-chats/>

Live chats for young people **1:1 with clinicians** over Monday, Wednesday and Friday from 1-5pm, and Tuesday and Thursday from 2-8pm. Registration is necessary to chat or email. Login and talk about what's on your mind or send us an email anytime <https://jigsaw.ie/talk-online/live-chat/>.

Ask Jigsaw: Young people, parents/guardians and people working with young people you can **anonymously** ask any mental health question and have it answered by a Jigsaw Clinician within 48 hours <https://jigsaw.ie/ask-jigsaw/>. The questions and answers are published on the jigsaw.ie website at: <https://jigsaw.ie/information-and-elearning/?bring=a%20young%20person&search=Ask%20jigsaw>.