

PUBLIC INFORMATION SESSION

WHAT LIES BENEATH: understanding & supporting young people's mental health

Are you volunteering with a sports group or youth club?
Are you a member of a community forum, working with parents of teens, or taking a course that covers adolescence?

Are you interested in understanding more about youth mental health and how to support young people who may be struggling?



Jigsaw youngballymun is delighted to offer this 2½-hour information session, which will be delivered by Headstrong, the National Centre for Youth Mental Health. The session will explore:

- >> key issues impacting on the emotional and mental health of young people.
- >> signs to look out for if a young person is experiencing emotional distress or a mental health difficulty.
- >> the value of listening as a way of supporting young people.
- >> what to do if you are concerned about a young person.
- >> what supports are available in your area.

DATE: Wednesday 3rd March 2010

OR Thursday 6th May 2010

TIME: 19.00 - 21.30 VENUE: axis centre

PLACES ARE LIMITED FOR THIS WORKSHOP. You will not be required to share any personal information during the session. Light refreshments will be served.

To book a place, please contact:

>> Catherine McGowan
Network & WAF Coordinator
youngballymun
Axis Centre
catherine@youngballymun.org
087 2830236



www.headstrong.ie

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