



# About Jigsaw

Jigsaw is the National Centre for Youth Mental Health in Ireland.

Jigsaw offer free, clinical support to young people (aged 12-25) both face-to-face and online.

They also work with schools and community organisations to support them to develop the knowledge and skills they need to support the youth mental health and wellbeing of the young people they work with.

# What is One Good School

- One Good School is Jigsaw's initiative aimed at supporting the mental health and wellbeing of young people by developing a shared responsibility for mental health across the whole school community.

# Why we are involved

Participating in this initiative will support our school community to build their knowledge and understanding of mental health, develop skills to mind their own mental health and learn strategies to support young people with theirs.

We want our school to be a place where mental health and wellbeing is valued. We know the impact that school can have on the lives of young people, and we want to make sure that our school fosters a sense of belonging and connection for all, so that looking after our mental health and wellbeing is a part of the fabric of our school. We all have a role to play in supporting youth mental health.



# What we aim to achieve

For a Gold One Good School Award, schools must have completed all of the criteria for the bronze award, plus:



- 50% of school staff complete the eLearning course, Mental Health and Wellbeing – a One Good School Approach
- 50% of young people complete the self-directed eLearning course, Let's Talk - Sure Why Not?
- Parent/guardian engagement at the Mental Health Awareness for Parents/Guardians webinar and Mental Health Awareness for Parents/Guardians online course
- Complete four areas of activity from their One Good School action plan (at least one area per school group i.e. leadership, staff, young people, parents).
- School represented at a minimum of 3 cluster meetings.

What will  
be involved  
for  
students

We are asking you all  
to fill out the forms  
checklist that has  
been emailed to your  
office 365 account.

- We will ask you to do a one  
hour course online.

# How to set up an account

## Accessing the LearnUpon Portal for One Good School

**Here are some quick steps to support you to sign up to the One Good School LearnUpon Portal so that you can access courses, webinar sign-ups and other resources.**

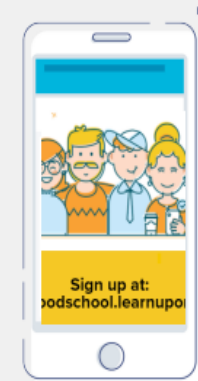
1.To create a One Good School Jigsaw account use this link <https://onegoodschool.learnupon.com> and click SIGN UP NOW.

2.If you already have an account on another Jigsaw portal you can simply sign in at <https://onegoodschool.learnupon.com> using your email and pre-existing password.

3.If you can't remember your password, please click on FORGOT PASSWORD on the sign in page and an email will be sent to reset it.

4.If you create an account and you see this then you already have an account and should follow step 3.

5.Enjoy your One Good school content!



Failed to create user as the email address is either invalid or already taken. If you have an account, [click here to login](#).

# Support for you: Jigsaw live chat

# HOW ARE YOU?

Scan me:



## Jigsaw Live Chat

Looking for mental health support?

Chat online with one of Jigsaw's clinicians.

We offer a free, text-based confidential service.

Login to chat Monday - Friday and talk about whatever is bothering you.

Please see our Jigsaw, registered charity in Ireland.  
Registered charity number 20062885. Charity revenue number CHY0285.

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



# One Good School For Staff

## One Good School Staff Webinars

Jigsaw would like to invite you to two optional, one-hour support webinars for One Good School staff.

Hosted by Caroline McCarron and Aisling Creighton from Jigsaw's Youth Mental Health Promotion Team.

### Let's Talk - Sure Why Not? Staff Support Webinar

#### Who is it for?

School staff who are rolling out the online introduction to youth mental health course for young people, "Let's Talk - Sure Why Not?"

#### What will it cover?

You will explore the key messages that young people learn about when completing the online course as well as reflect on your role in supporting young people to learn about mental health.

#### When is it?

Tuesday 5th April at 7:30pm

### Mental Health and Wellbeing - a One Good School Approach Staff Support Webinar

#### Who is it for?

School staff who have completed or who plan to complete the online course "Mental Health and Wellbeing - a One Good School Approach".

#### What will it cover?

You will explore key themes from the online course focusing on the important role that school staff play in promoting and supporting youth mental health.

#### When is it?

Thursday 5th May at 7:30pm



Register for both webinars at  
[onegoodschool.learnupon.com](https://onegoodschool.learnupon.com) or by  
signing into your LearnUpon account



# One Good School for Parents/Guardians

## Mental health awareness webinar for parents/guardians for Jigsaw's One Good School

Jigsaw invites you to this parent/guardian webinar aimed at raising awareness about youth mental health. This webinar is hosted by Jigsaw staff and in collaboration with your One Good School.



### Who is it for?

Parents and guardians of participating One Good Schools.

### What will it cover?

You will explore the definition of mental health and how this might apply to your child, as well as tips and strategies to promote and support your child's mental health. You will also hear about the supports available from Jigsaw.

### Webinar details

This webinar is taking place in your local Jigsaw region across March, April and May. For more details and to register for the date that suits you, please click on this link:

<https://onegoodschool.learnupon.com/catalog/courses>