

RALLYING Around Young People

A 1 hr 15 min workshop for adults working with young people who would like to learn more about supporting young people's mental health



Workshop Objectives:

By the end of this workshop, participants will

- Have a greater understanding of mental health and what influences young people's mental health
- Explore the concept of 'One Good Adult'
- Know how to use the RALLY approach to support young people's mental health

Workshop Information

When: Wednesday 10th November

Time: 10:30am – 11:45am

Contact: emma.prunty@jigsaw.ie

Cost: Free

*Spaces are limited so please book early to avoid disappointment

Jigsaw is a registered charity. Our charity (revenue) number is CHY 17439. Our Registered Charity number is 20064846