

Let's Talk Anxiety

Jigsaw Kerry is a free mental health support service for young people aged 12 to 25 years old. We would like to invite you to join us for an hour and fifteen minutes to explore anxiety and how you can support young people who may be experiencing anxiety. This will be an informal and interactive space led by the Clinical Manager of Jigsaw Kerry, Elaine O'Sullivan and the Youth and Community Engagement Worker, Caoimhe Keogan.

Date: Tuesday July 26th 2022.

Time: 7.00 to 8.15pm.

Where: College Arms, Old Post Office Street, Cahersiveen.



What will the session cover?

- What anxiety is and exploring it as a normal human emotion
- Signs that a young person may be experiencing anxiety & how it can affect them
- To discuss strategies and tools you can use to support young people to learn to manage anxiety
- Information on Jigsaw Kerry and other services available to support young people and you as a parent or guardian

Who is this session for?

- Any parent or guardian with young people in their lives aged 12 to 25 years old

How do I attend the session?

- Contact Carol Naughton SICAP Education & Training Officer, SKDP on: cnaughton@skdp.net or 087 963 1935 to book a place. **Places are limited so booking is essential.**



Rialtas na hÉireann
Government of Ireland



Coiste Forbartha Pobail
Aitiúil Chiarraí
Kerry Local Community
Development Committee



Comhairle Contae Chiarraí
Kerry County Council

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