

WHAT'S PLAYING ON YOUR MIND?

If you are:

- Aged between 12 and 25 and need mental health support
- A parent / guardian / concerned adult looking for mental health support or advice for a young person
- A health professional looking for mental health support or advice for a young person.

Contact Jigsaw Tipperary by calling **0504 60023** or email us at tipperary@jigsaw.ie

Opening Hours:

Mon, Wed, Thurs: **9am – 5.30pm**

Tues: **10.30am – 7.30pm**

Fri: **9am – 4.30pm**

Jigsaw is a free, early intervention, primary care service offering mental health support for young people with a qualified mental health professional. If you, or someone you are concerned about are in need of urgent support, please contact your GP or go to the Accident and Emergency department of the nearest hospital.

You can also visit jigsaw.ie now for practical advice and support on mental health.

