

Support freefone

Our new freefone line provides free mental health support and advice to young people aged 12 to 25 years-old, and parents or concerned adults who live in the Republic of Ireland. Phone **1800 JIGSAW (544729)** Monday to Friday, 1pm-5pm, or email help@jigsaw.ie and clinicians will respond.

[Learn more](#)

Jigsaw Online

Our clinicians are busy developing articles, videos, webinars, animations and audio for [Jigsaw Online](#). These reflect the changing environment we're in, providing information and support for young people, parents and guardians and those working with young people.

[Visit Jigsaw Online](#)

Live group chats

We are currently hosting free live group chats every week for young people aged 12 - 25. Themes include coping with feeling low, minding your mental health, and dealing with stress. Free and easy registration.

[Find out more](#)