

Vincent Glynn
Kilglass
Ahascragh
Ballinasloe
Galway

16 March 2024

THANK YOU!

Dear Vincent,

Thank you and all the student council at Kilglass National School so much for your wonderful and caring support in donating €486 to Jigsaw. Your generosity will allow more young people across Ireland to take the first step towards better mental health. I hope these words, from a young person who recently got our support, remind you just how important your support really is...

"I have been using the Jigsaw Live Chat for a while now and every single time, no matter how low I felt, I always came away from the chat feeling listened to, understood, and looked after. Jigsaw has helped me through a lot so this is my thank you."

Helping young people

With your amazing support, we can help more and more young people with the mental health challenges they face by offering:

- **New supports in ways that suit them best.** These include our 1:1 Jigsaw Live Chat, group chats, and expert advice and information on [jigsaw.ie](https://www.jigsaw.ie)
- **Training and education to help parents, guardians, and those working with young people to support their mental health and wellbeing.** Our One Good School initiative is running in secondary schools right across Ireland, and we have more community initiatives taking place all over the country
- **Vital research** to educate and advocate for what young people need to support their mental health and wellbeing. Like our My World Survey, the largest study **everevery** done in Ireland of young people's mental health and wellbeing

Welcome to our Jigsaw community, where we share a vision of creating an Ireland where young people's mental health is valued and supported.

Kind regards,



Steven Short
Community Fundraising Officer

Ref: Don25767

For information, support, or just to find out more about what we do, visit [jigsaw.ie](https://www.jigsaw.ie)

National Centre for Youth Mental Health, CLG. Registered in Dublin, no 421016
Jigsaw, registered charity in Ireland

Registered charity number 20064846. Charity revenue number 17439
Directors: J. Stewart (Chair), S. Ryan (Vice Chair), A. Geraghty, R. Melia,
M. Cunningham, B. Geoghegan, M. Scully, E. Smyth, T. Donaghy, S. Mathais



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