



Jigsaw are pleased to announce that our Support Line is now up and running on
freefone 1800 JIGSAW (544 729).

This new initiative, developed as part of our Covid – 19 response, aims to provide free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and their parents.

Alongside the Support Line, we are also offering an inbound SMS and email service, both operated by a designated group of Jigsaw Clinicians. You can get in touch and initiate a request for a return call from a Jigsaw Clinician.

Our contact details and opening hours:

1. 1800 JIGSAW (544729) Opening hours: Monday to Friday 1pm- 5pm.
2. SMS 086 180 3880. Opening hours: Monday to Friday 9am to 5pm.
3. Email help@jigsaw.ie. Opening hours: Monday to Friday 9am to 5pm.

You can also check out www.facebook.com/JigsawCork/