

# An Exploration of the Well-being Outcomes of Young People who have attended the JIGSAW Service: An explorative study of the views of young people

## What Did We Want To Find Out?

We wanted to talk to some young people about:

- What well-being means to them and
- If going to Jigsaw Galway had an effect on their well-being.

## Why?

Well-being is an essential part of young people's health. We talk about mental health and well-being a lot these days. It's important to hear the views of young people and to do more research that includes young people.

## Who Was Involved?



Rachel Gibbons (Student)

Sarah Simkin

Professor Caroline McGregor (Social Work)

Youth Advisory Panel (YAP) members

Ann Lyons (Community Knowledge Initiative – CKI)

## What Happened?

The YAP chatted about the different areas of well-being: emotional, social, physical and educational / employment. Then Rachel used notes from this discussion to create questions. She met with 9 young people (aged 18 – 25) who had attended Jigsaw Galway.

## So What Did We Find Out?

Young people described well-being as feelings and balance in their lives:

- “Well-being is feeling okay in yourself, in your own skin”.
- “I guess it means, for me, balance”.
- “Being well, mind and body that’s what I think of it anyways”.

All of the young people said that they noticed a positive change in each area of well-being. All of the young people said that they learned new ways to deal with difficulties; they were all confident that they could use these for the rest of their lives.

On the reverse are some examples of what they were like before and after Jigsaw Galway...

Area of Well-being	Before Jigsaw	After Jigsaw
<b>Emotional Well-being</b>	"To me it was sadness, almost like a numbness, or almost like there's a glass wall between you and the world. No matter how hard I tried, no matter what I did, I just couldn't make that connection".	"I'm in a really good place in my life at the minute. I feel like I'm in a really, really strong position emotionally. I would say Jigsaw has helped, definitely. I know who I am".
<b>Social</b>	"I was socialising but it was difficult... I had social anxiety. I would have been very aware of how I was coming across to people and what people thought of me".	"Now, if I'm somewhere I'll make the most of it, because I think that's more important, and it is kind of healthy to actually enjoy social things".
<b>Physical</b>	"I had major migraines, I couldn't eat, I couldn't sleep. I felt like getting sick constantly. I would get pains in my stomach".	"I don't get any migraines or any pains or anything physically... I was told to go to the gym, go for walks. It's good for you, your serotonin levels".
<b>Education</b>	"I had no interest in studying, I had poor concentration. I'd come home from school and just feel exhausted. I was pure depressed".	"I'm in college now and things are much better. It's definitely different now, I've got more confidence".

### Other things that they said:

"Jigsaw has given me a chance to take a breather and just look at life in a better way".

"If you compare me then to now, through all the counselling and all the help, I'm back working now and managing the my life. But if it wasn't for all the help I got, I'm not going to lie, I'd probably be dead".

"The total process was really based on giving me tools to help myself out in the future, as opposed to just fixing me now. I still have the box of stuff [information and leaflets] from Jigsaw... when I kind of feel like I'm slipping a bit, I take out the box and I look through all my papers, and I kind of settle myself".

"Just knowing that I was told here that I was strong and I was a survivor".

"I actually feel I can do all that myself now. I actually lead a healthy lifestyle that I can carry out throughout my life".