

NEART LIVE EVENTS this week

Parent Podcast now live!

NEART is delighted to announce the Neart Youth Mental Health Podcast for Parents & Guardians is now live!

Our first episode on Managing Exam Stress for Parents & Guardians is now available on Apple podcasts, Spotify and wherever you get your podcasts.

You can follow this link or search "Neart Youth mental health" on your podcast platform.

<https://shows.acast.com/the-neart-youth-mental-health-podcast>

Thank you to this month's contributors from the Institute of Guidance Counsellors, National Parents Council, Comhairle na nÓg and Principal Joe Leonard from Cross & Passion College in Kildare.

Information on all webinars for school staff, student support teams and parents/guardians is available on www.jigsaw.ie/neart

Should you have any specific queries about Neart, please feel free to contact us on schools@jigsaw.ie