

mind your MELON

Free Online Mental Health
and Wellbeing Festival
for Young People
in Donegal

» mindyourmelon.ie



Explore themed festival stages, at iconic locations across Donegal, packed with inspirational talks and tips to look after your mental health & wellbeing.

Created in partnership with young people from Donegal Youth Council and Jigsaw's Youth Advisory Panel.

Created by



**JIGSAW
DONEGAL**
Young people's
health in mind

Mind your Melon is supported by Healthy Donegal through the Healthy Ireland Fund, the HSE and Donegal Local Development CLG.