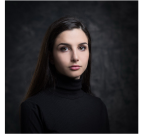


Saoirse O'Brien

Junior Mental Health Worker



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Psychology graduate from Trinity College Dublin with practical experience supporting individuals with anxiety, depression, and personality disorders across community and inpatient settings. Completed a **6-month voluntary placement** with Jigsaw, Ireland's youth mental health charity, supporting **45 young people** aged 12 to 25. Trained in Mental Health First Aid, motivational interviewing, and suicide awareness (SafeTALK).

Experience

Jun 2025 – Dec 2025

Voluntary Mental Health Support Worker, Jigsaw, Dublin

Provided one-to-one and group support to young people experiencing mild to moderate mental health difficulties.

- Supported **45 young people** aged 12 to 25 through brief intervention sessions covering anxiety, low mood, and self-esteem
- Co-facilitated **8 psychoeducation workshops** in secondary schools reaching **200+ students**
- Completed intake assessments and risk screenings for **30 new referrals** using standardised tools (PHQ-9, GAD-7)
- Attended weekly clinical supervision and **12 CPD sessions** on topics including DBT skills and trauma-informed care

Jan 2025 – May 2025

Research Assistant (Part-time), Trinity College Dublin - School of Psychology, Dublin

Assisted Dr. Fiona Kearney with a research project on digital interventions for adolescent anxiety.

- Recruited and screened **60 participants** aged 14 to 18 for a randomised controlled trial
- Administered **120 questionnaire batteries** (pre and post intervention) and entered data into SPSS
- Transcribed and coded **15 qualitative interviews** using thematic analysis

Sep 2023 – May 2025

Barista (Part-time), Insomnia Coffee Company, Dublin

Worked 15 to 20 hours per week alongside university studies in a busy city centre branch.

- Served an average of **200 customers per shift** during morning rush periods
- Trained **5 new starters** on drink preparation and till operations

Education

Sep 2021 – Jun 2025

BA (Hons) Psychology in Psychology, Trinity College Dublin, Dublin

Graduated with a Second Class Honours, Grade I (**2:1, 67% average**). PSI-accredited programme qualifying for graduate basis for chartered membership.

- Final year project on the relationship between social media use and body image in Irish adolescents, graded **71%**
- Relevant modules: Abnormal Psychology, Cognitive Behavioural Approaches, Health Psychology, Research Methods

Skills

Mental Health Assessment (PHQ-9, GAD-7), Risk Screening & Safety Planning, Motivational Interviewing, CBT-Informed Support, Group Facilitation, Suicide Awareness (SafeTALK), Person-Centred Approach, Data Collection & SPSS, Safeguarding & Child Protection, Record Keeping & Case Notes, Active Listening, De-Escalation Techniques

Certifications

Nov 2024 – Nov 2024

Mental Health First Aid, Mental Health Ireland

Feb 2025 – Feb 2025

SafeTALK Suicide Alertness, LivingWorks

May 2025 – May 2025

Garda Vetting (Enhanced), National Vetting Bureau

Languages

English - Native, Irish - Intermediate (B1)

Extra Curricular Activity

Sep 2023 – Jun 2025

Peer Mentor - Trinity College Dublin Student Counselling

Provided peer support to **20 first-year students** transitioning to university life.

- Held **fortnightly check-in meetings** and signposted students to counselling, disability, and financial support services