action mental health

healthy me

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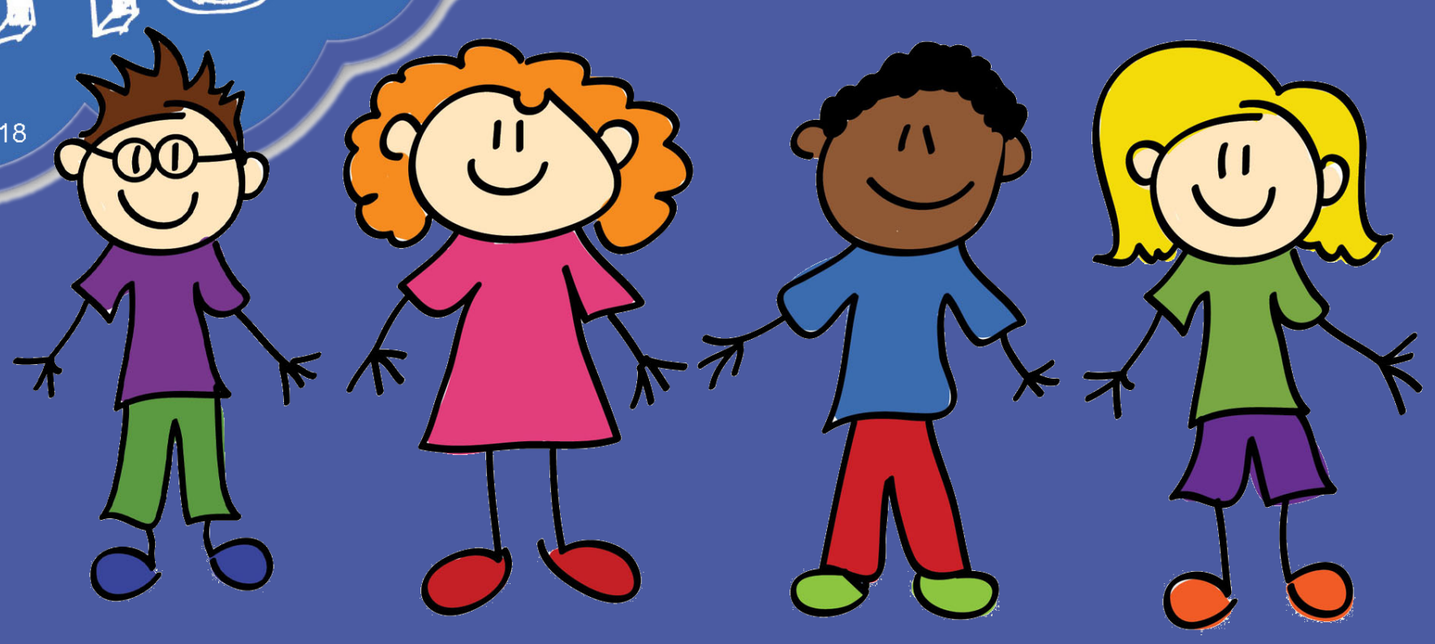

Now being delivered on-line!

Interactive workshops promoting positive mental & emotional well-being

provoking thought

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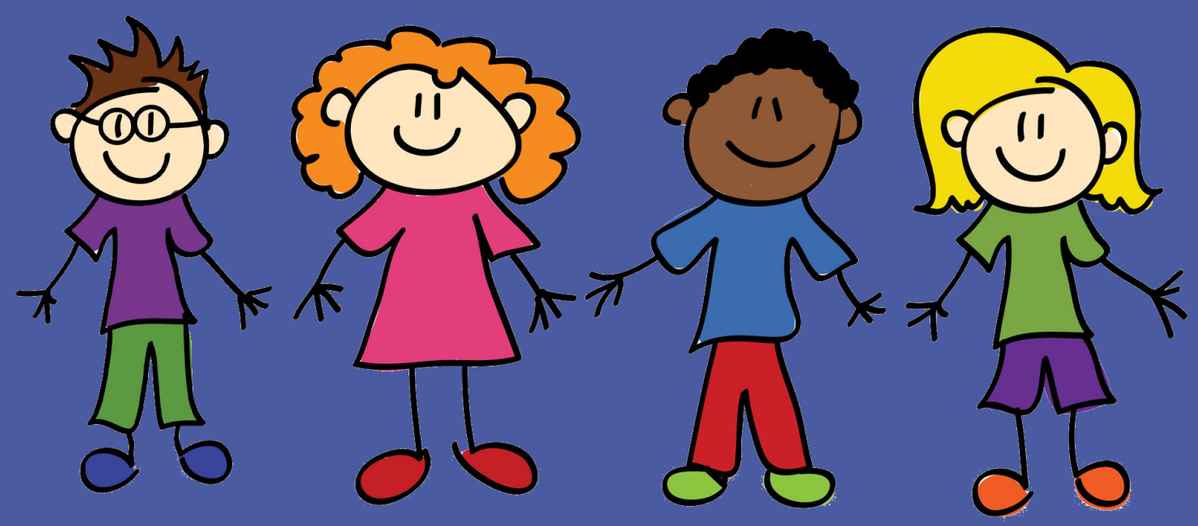
For Parents, Carers and Teachers of young children



Suitable for:

groups of key adult contacts (parents, carers or school staff) of children aged 8-11 (P5-P7)

Duration:

1 hour (delivered as 1x1hour or 2x30mins sessions)

Healthy Me aims to:

- help support how to start conversations about mental health
- raise awareness of signs/symptoms of mental ill-health
- teach self-care techniques for building resilience and confidence
- show how and where to access support (locally & regionally)

for further information please contact us:-

Southern Trust Area : menssana@amh.org.uk
All other Trust Areas : amhmenssanani@amh.org.uk

www.amh.org.uk

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RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS

CAMHS Child & Adolescent Mental Health Services

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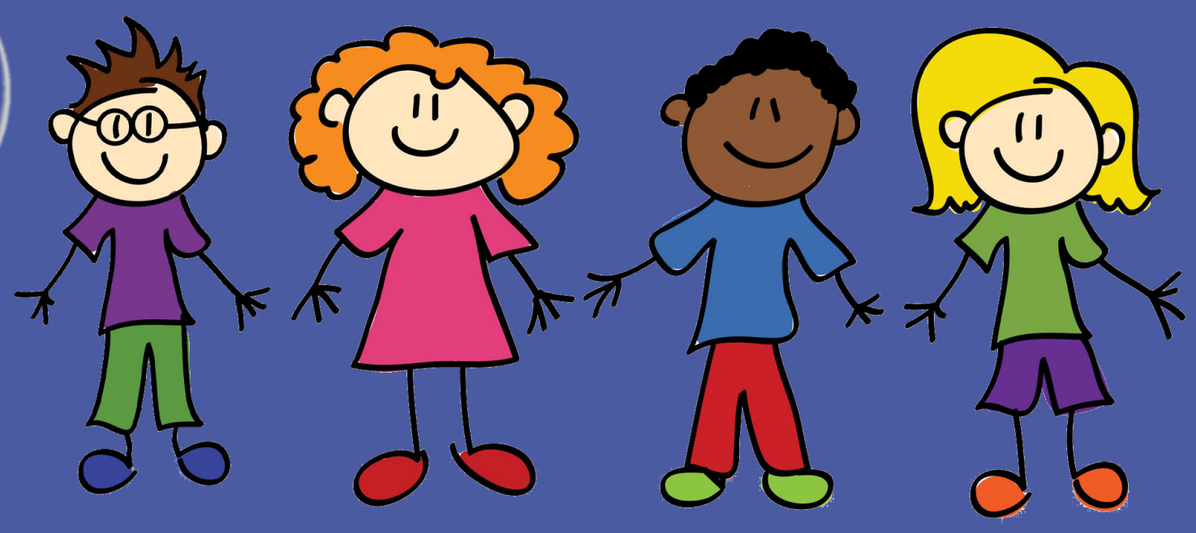
For Children Aged 8-11



Suitable for:

pupils aged 8-11 (P5-P7) within Primary School or Community & Youth Groups

Duration:

30 mins

A vibrant engaging programme, Healthy Me aims to:

- improve social and emotional well-being through use of coping skills and managing feelings
- Develop self-help skills
- Encourage help-seeking behaviour
- Promote the correlation between mental and physical health
- Promote the Five Ways to Well-being
- Support transition from primary to secondary school

Activity sheets will be available to reinforce learning. Staff or volunteers can receive information on how to promote positive emotional well-being and sources of support.

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For Young People
11-25 year olds

Suitable for:

groups of young people aged 11-25 and their key adult contacts within post-primary and community groups

Duration:

30 mins

This workshop aims to promote :

- Positive mental and emotional health & well-being and resilience
- Importance of looking after your own physical and mental health
- Self-care & Five Ways to Well-being
- Sources of support available locally and regionally

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