



AMH MensSana also develop mental health promotional resources, such as Changing Minds a training manual designed in partnership with young people, for young people. Key issues discussed include bullying, exam stress, peer pressure, bereavement and young carers. This resource also includes facilitator's notes and DVD to assist delivery. Other resources include leaflets, posters and artwork.



AMH MensSana is a key partner in a number of multi-agency mental health working groups continually working to promote the importance of our mental health to young people and is keen to work with other groups with specific needs and encourage people to get in contact.



AMH MensSana is part funded by the Southern HSC Trust as a Protect Life Resource Centre to implement a suicide / self-harm prevention programme for young people and their key contacts. AMH MensSana is also part funded by BBC Children in Need.



action mental health

If you are concerned about a young person's mental health, service staff can be contacted in confidence for information on available sources of support.

AMH MensSana

13 Church Street
Portadown BT62 3LN

Tel: 028 3839 2314

Fax: 028 3839 2315

Email: rtallon@amh.org.uk

www.menssanaproject.org.uk

www.amh.org.uk



menssana

AMH mensSana

Promoting positive mental health through working with young people and their key contacts



What is AMH MensSana?

AMH MensSana supports young people and their key contacts in the area of mental and emotional wellbeing through a range of activities tailored to suit group needs. AMH MensSana operates across the southern area.

An important element of AMH MensSana's work is to promote early intervention and pathways to appropriate support when mental health problems arise.

Key Activities

AMH MensSana works positively with all groups in a range of settings to achieve its aims:

➡ **Our Provoking Thought workshops, for 12-25 yr olds, make innovative use of drama, personal stories and group work to explore mental health issues and highlight sources of available support.**

➡ **Provoking Thought is available to:**
Young people in post-primary school
Youth sector in church/community settings
Parents/carers
Teaching staff

Workshops for teachers, non-teaching staff and parents/carers will improve your understanding of mental health, mental ill health, key conditions, signs and symptoms and promote early intervention.

The positive impact of this work is reflected in the comments of both young people and teachers.

It helped me to see that what I felt wasn't me 'just being silly'. In fact it was something that could influence my later life - I will definitely open up to someone.

student

Very creative package. Varied and interesting format. Pupils attention was excellent.

teacher