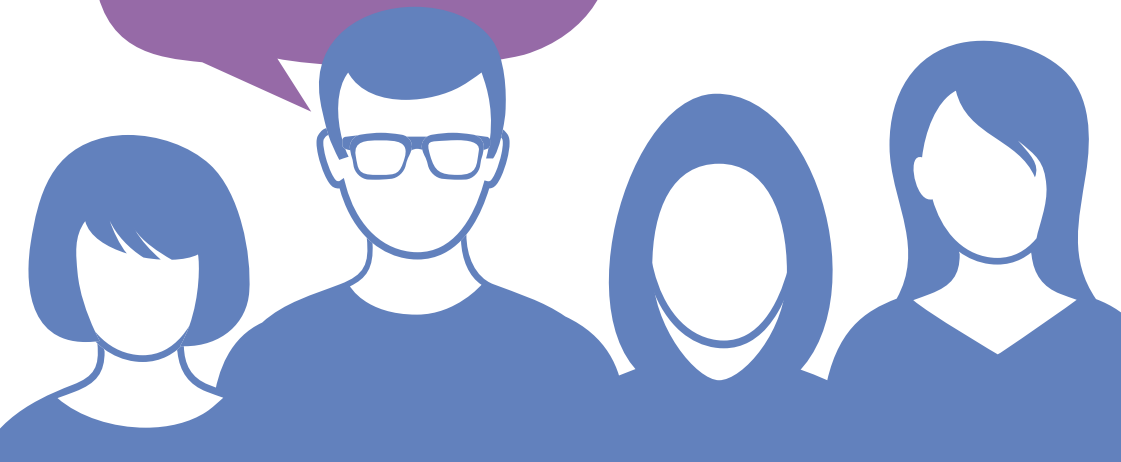


AMH MensSana implements a targeted and population approach to mental health promotion and has the capacity to work with your group to develop mental health promotional resources to suit your community and communities of interest.

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 and is keen to work with other groups with specific needs and encourage people to get in contact.

Our staff will work with you confidently and promptly to ensure you get the right support at the right time.



To find out more about how we could help you or your community contact your local AMH MensSana service.

For the Southern Health and Social Care Trust Area

AMH MensSana Project Workers

13 Church Street  
Portadown  
BT62 3LN

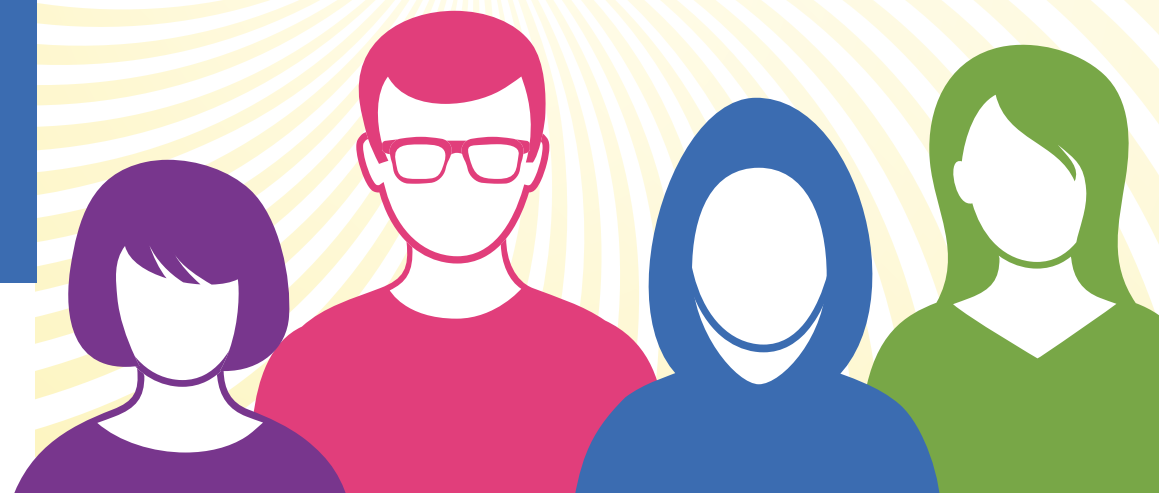
T 028 3839 2314  
E menssana@amh.org.uk

[www.amh.org.uk/menssana](http://www.amh.org.uk/menssana)

  
action mental health

  
menssana

PROMOTING  
**positive**  
mental health



# what is amh mensSana?

AMH MensSana is where your mental health matters. AMH MensSana is **positive about mental health promotion** and will work with you and your community to ensure that your needs are met.

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

AMH MensSana works with all ages and operates across NI.

# your mental health matters!

# key activities

In supporting you and your community AMH MensSana will:

- Increase your knowledge of mental health issues and services
- **Challenge stigma and misconceptions** associated with mental health
- Encourage help-seeking behaviours and **early intervention** in response to mental health problems
- Identify for you appropriate and prompt sources of support
- Enhance your skills to **remain mentally healthy** through a range of training options

# training options

**Qualified and experienced staff** can deliver a range of training for your group including:

- Provoking Thought – A Mental Health Promotion Programme
- Mental Health First Aid
- ASIST
- SafeTALK
- Bounce
- B+

You'll find more details of training options at [www.amh.org.uk/menssana](http://www.amh.org.uk/menssana)