

Young people are actively involved in influencing all aspects of the Salus project and there are two cross border youth forums - one for the Cavan/Fermanagh region and one covering Donegal/Derry/Londonderry.

The **Salus Project** is funded through the European Union's **INTERREG IVA programme** and is a joint project between **Action Mental Health** (lead partner) and the **National Learning Network**. The work of the Project will be influenced by its Strategic forum which includes key public sector decision makers from both sides of the border.

An important element of **Salus's** work is to promote early intervention and pathways to appropriate support **when mental health problems arise**. Service staff can be contacted in confidence for information on available sources of support for young people.

For more information on the **Salus Project** please contact:

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

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



action mental health

National Learning Network  
Investing in People, Changing Perspectives

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salus

Promoting Positive Mental Health

PROMOTING  
**positive**  
mental health  
through working with young people

# what is salus?

Salus is a cross border project supporting **young people** and their key contacts in the area of **mental and emotional wellbeing** through a range of activities tailored to suit group needs. The Project covers the border counties of Fermanagh, Cavan, Donegal and Derry/Londonderry.



## key activities

Through the delivery of its **Provoking Thought workshops** the Salus Project aims to help young people between the ages of 12 and 25 improve their mental health and equip them with the skills to cope better with everyday life events.

These interactive workshops, delivered by experienced facilitators, will **fully engage young people** to explore issues around mental health and highlight sources of available support.

**Provoking Thought workshops are available to:**

- Young people in post-primary schools
- Young people in community/church/sport club settings
- Parents/carers/youth leaders
- 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.

## Salus will also



- Deliver **Mental Health First Aid** training to young people, carers and youth facilitators
- Deliver **Safetalk** training to young people, carers and youth facilitators
- Involve **schools** on both sides of the border in mental health promotion activities
- Co-ordinate and participate in **community based health and well-being** events within the four counties