



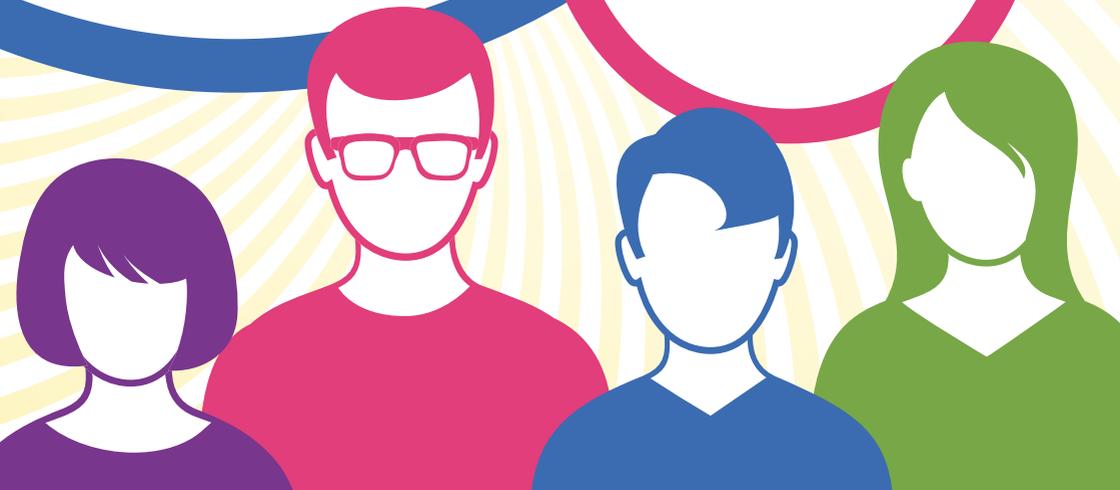
menssana

A graphic for the 'mindset' logo featuring several overlapping circles in various colors (yellow, orange, red, pink, blue, green, purple) behind the word 'mindset' in a bold, blue, sans-serif font.

mindset

**Mindset is a
Mental & Emotional
Health & Wellbeing
Awareness
programme**

**For Young
People
14 - 17 years
and Adults**





Mindset is funded by the Public Health Agency and will run continuously throughout the year. Programmes will be delivered in all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas for groups of 8 – 20 people.

Aims:

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

Facilitators:

AMH MensSana Project Workers

Duration:

3:5 Hour programme

Course Content:

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups above in the four HSC Trust areas.

email:

mindset@amh.org.uk

telephone:

0779 3241238

0788 9804516

www.amh.org.uk/MensSana

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 **Public Health Agency**

Project supported by the PHA

