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**Northern Area Mental Health Initiative**

**Organisation & Community Booking Form**

*Please enter X in the box/es below to indicate which workshops you are interested in.*

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| --- | --- | --- |
| **Workshops available** | **Action Mental Health** | **Nexus NI** |
| **Staff** | Increase your skills, knowledge and awareness on **mental health**, to enable you to identify and support 8 – 25 year olds presenting with issues affecting mental health and emotional well-being. 2.5 hours required. | Increase your knowledge of the risks of **sexual exploitation, abuse and grooming, as well as online safety**.  2.5 hours required. |
| **Parents** | Increase your skills, knowledge and awareness on **mental health**, to enable you to identify and support 8 – 25 year olds presenting with issues affecting mental health and emotional well-being. 2.5 hours required. | Increase your knowledge of the risks of **sexual exploitation, abuse and grooming, as well as online safety**.  2.5 hours required. |
| **Young people aged 11 – 16 years** | Increase your skills, knowledge and awareness of the signs and symptoms of **mental ill-health as well as tips on self-help/self-care**.  Allow 1.5 hours for workshop.  Increase your skills, knowledge and  awareness of how to prevent **exam  stress/stress.**  Allow 1.5 hours for workshop.  Increase your **confidence and build**  **self-esteem.**  Allow 1.5 hours for workshop.  Increase your knowledge and awareness of **body image** messages.  Allow 1.5 hours for workshop.  Increase your knowledge, awareness and skills required to deal with **bullying**.  Allow 1.5 hours for workshop. | **Internet safety, sexual abuse and exploitation** education – increase knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety.  Allow 1.5 hours for workshop. |
| **Young people aged 16 – 25 years** | Increase your skills, knowledge and awareness of the signs and symptoms of **mental ill-health as well as tips on self-help/self-care**.  Allow 1.5 hours for workshop.  Increase your skills, knowledge and  awareness of how to prevent **exam  stress/stress.**  Allow 1.5 hours for workshop.  Increase your **confidence and build**  **self-esteem.**  Allow 1.5 hours for workshop.  Increase your knowledge and awareness of **body image** messages.  Allow 1.5 hours for workshop.  Increase your knowledge, awareness and skills required to deal with **bullying**.  Allow 1.5 hours for workshop. | **Internet safety, sexual abuse and exploitation** education – increase knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety.  Allow 1.5 hours for workshop. |
| **About your group and community** | | |
| **Venue resources** | Does your venue have the following available?  Projector Speakers  Projector screen Internet access | |
| **Additional information** | Please add any mental health issues or concerns within the group or local community that we need to be aware of and sensitive to: | |
| **Access to services** | Are you aware of any local support services in your area that we could promote to the young people/staff? | |
| **Specific learning needs of group** |  | |
| **Please highlight the SOAreas that you have young people attending from** | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Coleraine**  Ballysally 1  Central  CrossGlebe  Churchland | **Newtownabbey**  Valley 2  Dunanney  Monkstown 1  Coole  Mossley\_ Carnmoney\_ | **Antrim**  Farranshane | **Larne**  Ballyloran  Craigy Hill  Antiville | **Carrickfergus**  Northland  Sunnylands | **Ballymena**  Ballee  Ballykeel  Moat | | |
| **Key contact name** |  | |
| **Job title/role** |  | |
| **Organisation**  **name** |  | |
| **Organisation address and postcode** |  | |
| **Workshop venue address (if different from above)** |  | |
| **Telephone number** |  | |
| **Email** |  | |
| **Requested date of workshop** |  | |
| **Perferred time of workshop** |  | |
| **Expected numbers** |  | |
| **Social media** | To help promote The Initiative we may mention your community group/organisation as a beneficiary of the workshops on websites, social media, in the press, newsletters etc. and include photographs. If young people are under 18 we will not identify them.  Do you give your consent? YES NO  Please provide your handle for: Facebook \_\_\_\_\_\_\_\_\_\_\_\_ Twitter \_\_\_\_\_\_\_\_\_\_\_\_ | |

**Please note: a minimum of six people is required for each workshop to run.   
24 hours notice is required for cancellation.**

**Please return this form to** [**northernareamhi@amh.org.uk**](mailto:northernareamhi@amh.org.uk)

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