

Young people are actively involved in influencing all aspects of the Salus Project. There are **two cross border youth forums**, one which covers Counties **Cavan and Fermanagh** and one covering Counties **Donegal and Derry/Londonderry**.

The **Salus Project** is funded through the European Union's **INTERREG IVA programme**. It is a joint project between **Action Mental Health** (lead partner) and the **National Health 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**. Salus 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:

Siobhan Wallace
Project Co-ordinator
AMH New Horizons Fermanagh
Drumcoo
Enniskillen
BT74 4FY
Tel: from NI **028 6632 3630**
from ROI **048 6632 3630**
email: siobhanwallace@amh.org.uk

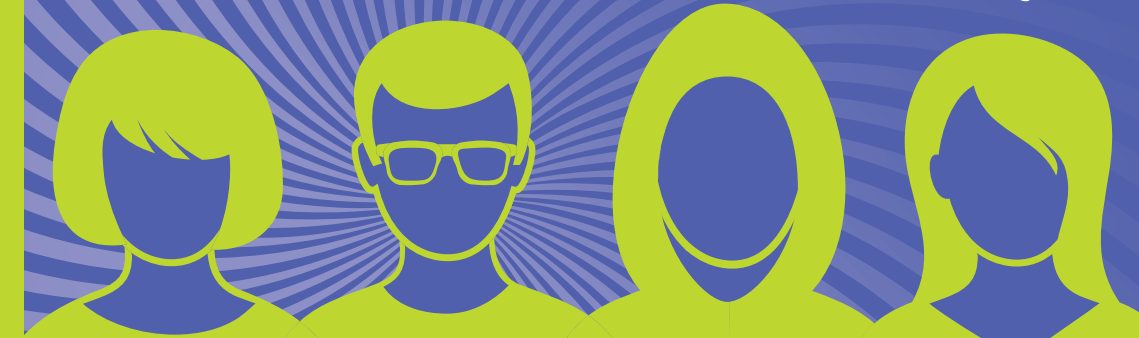
Information officers

Pauline O'Hagan
Co. Fermanagh and Co. Cavan
email: pohagan@amh.org.uk

Michaela McDaid
Co. Donegal and Co. Derry/Londonderry
email: m.mcdaid@amh.org.uk

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

www.amh.org.uk/salus



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 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