**AMH MensSana delivery suite**

**1** **Post Primary Schools/Colleges/Universities**

AMH are offering the following **Mental Health Resilience workshops** to young people in all Trust areas:

* Provoking Thought Mental Health Awareness workshop
* Bullying
* Self-Esteem and Confidence
* Mental Health Awareness
* Suicide & Self harm
* Transition for year 8
* Transition for 17+

**2 Primary Schools**

 **Healthy Me** across all Trust areas

* Promoting Mental Health and social and emotional wellbeing in children with a strong focus on self-help for age 8 – 12
* Healthy Me training for teachers

**3 To Key Contacts:** Teachers/Parents/Carers/Youth Leaders

AMH are offering the following **Mental Health Resilience workshops** in in all Trust areas:

* **Provoking Thought** Adult Mental Health Awareness workshop
* **Mindset** mental health awareness and resilience programme

**4 Within Community Groups**

AMH are offering the following **Mental Health Resilience and Provoking Thought workshops,** in all Trust areas:

* **'Provoking Thought'** Adults Mental Health Awareness workshop
* **Mindset Young People** mental health awareness and resilience programme
* **Mindset Adult** mental health awareness and resilience
* **Provoking Thought for Young People**
* Bullying
* Self-Esteem and Confidence
* Mental Health Awareness
* Suicide & Self harm
* Transition for year 8
* Transition for age 17

**5 To Health Professionals** (voluntary & charitable organisations)

 AMH are offering tier 1 mental health awareness training to **staff teams** in in all Trust areas.

* **Provoking Thought** Mental Health Awareness workshop
* **Mindset** mental health awareness and resilience programme