

Action Mental Health (AMH) works to enhance the quality of life and the employability of people with mental health needs. MensSana, meaning 'healthy minds', is a AMH project that has been offered in the Southern Trust area over the past 10 years, and recently expanded through a cross border project in the Western Trust area and bordering counties of Cavan and Fermanagh.

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

The **Together For You** project, funded by the Big Lottery Fund, has allowed Action Mental Health to extend provision of MensSana services into the Belfast/SE/ Northern Trust areas. **Together For You** is an innovative and exciting new project which will promote positive mental health and wellbeing in Northern Ireland and provide services to meet a range of the country's mental health needs.

If you are concerned about your mental health, or the mental well-being of a young person, AMH MensSana Project Workers can be contacted in confidence for information on available sources of support in your area.

## For the Belfast, South Eastern & Northern Trust & Western Trust Area

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**TOGETHER FOR YOU** is an innovative and exciting new project led by Action Mental Health (AMH) in partnership with Aware Defeat Depression, CAUSE, Cruse, MindWise, NEXUS NI, Praxis Care and Relate NI, which will deliver mental health and wellbeing services to a range of people across Northern Ireland. [www.togetherforyou.org.uk](http://www.togetherforyou.org.uk)

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

  
action mental health

  
LOTTERY FUNDED

 **TOGETHER  
FOR YOU**  
Working towards  
mental wellbeing  
for everyone

  
menssana

  
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**PROMOTING  
positive  
mental health**  
through working with young people  
and their key contacts



# what is amh mensSana

AMH MensSana supports young people and their key contacts in the area of mental and emotional well-being through a range of activities tailored to suit group needs. AMH MensSana operates across the Belfast/South Eastern/Northern/Western Trust Areas.

# your mental health matters!

## key activities

Through the delivery of *Provoking Thought* workshops AMH MensSana aims to help young people between the ages of 8 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 designed 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.

## amh mensSana will also

- Deliver **Applied Suicide Intervention training** and **Mental Health First Aid** training to adults and young people's key contacts
- Deliver **Safetalk** training to young people, carers and youth facilitators
- Deliver **well-being and resilience** training programmes for young people and other target groups
- Involve schools in Belfast/South Eastern/Northern/Western Trust areas in **mental health promotion** activities
- Co-ordinate and participate in community based health and well-being events.