



menssana

# healthy me

"Healthy Me" is a vibrant and engaging mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive play and song.



Healthy Me positively promotes mental health and social and emotional wellbeing in children and has a strong focus on prevention and self-help.



Targeted at 8-11 year olds, Healthy Me is a refreshing interactive and fun 3 hour workshop, delivered by our very experienced AMH MensSana project workers.

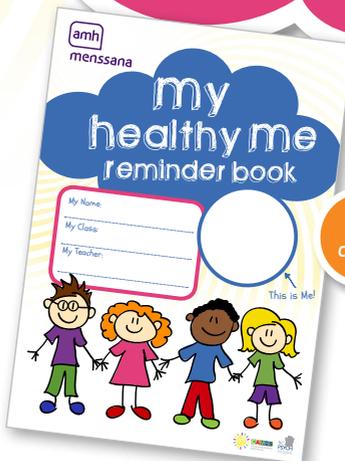


AMH MensSana is just one of the many projects run by Action Mental Health, NI's leading mental health charity. Find out more at [www.amh.org.uk](http://www.amh.org.uk)

To find out more, contact our MensSana team at:

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Teaching notes and workshop materials are provided!

**action  
mental  
health**