

## Northern Area Mental Health Initiative

The Executive Office, in conjunction with CWSAN, Action Mental Health and Nexus NI are launching a new initiative to promote mental health awareness and improve resilience among 8 - 25 year olds. The Initiative will provide a range of FREE training, information, support and signposting to mental health and well-being support services for the young people and their key contacts, e.g. parents/teachers.

### Target areas:

- Coleraine - Ballysally 1, Central Coleraine, Cross Glebe
- Newtownabbey - Dunanney, Monkstown 1, Valley 2
- Carrickfergus - Northland
- Ballymena - Ballee
- Antrim - Farranshane
- Larne - Ballyloran

### Training on offer:

- Mental Health Awareness 8 - 11 years, 11 - 25 years
- Confidence Building & Self Esteem 11 - 25 years
- Exam Stress 11 - 25 years
- Body Image 11 - 25 years
- Bullying Awareness 11 - 25 years
- Personal Resilience 18+
- Internet Safety, Sexual Abuse & Exploitation Education 11 - 16, 16 - 25, 18 +

### Northern Area Mental Health Initiative

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