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**Northern Area Mental Health Initiative**

**Post Primary School Booking Form**

*Please enter X in the box/es below to indicate which workshops you are interested in.*

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| **Workshops available**  | **Action Mental Health**  | **Nexus NI** |
| **All staff** | Mental Health Awareness/Resilience training to increase your skills, knowledge and awareness, to enable you to identify and support 8 – 25 year olds presenting with issues affecting mental health and emotional well-being. | Increase your knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety. |
| **Teachers** | Mental Health Awareness/Resilience training to increase your skills, knowledge and awareness, to enable you to identify and support 8 – 25 year olds presenting with issues affecting mental health and emotional well-being. | Increase your knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety. |
| **Parents** | Mental Health Awareness/Resilience training to increase your skills, knowledge and awareness, to enable you to identify and support 8 – 25 year olds presenting with issues affecting mental health and emotional well-being. | Increase your knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety. |
| **Young people aged 11 – 16 years** | Mental health and emotional well-being workshop promoting and raising awareness of the signs and symptoms of mental ill-health and self-help/self-care.*Resilience workshops:* Exam StressConfidence Building & Self-esteemBody ImageBullying Awareness | Internet Safety, Sexual Abuse & Exploitation Education – increase knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety. |
| **Young people aged 16 – 25 years** | Mental health and emotional well-being workshop promoting and raising awareness of the signs and symptoms of mental ill-health and self-help/self-care.*Resilience workshops:* Exam StressConfidence Building & Self-esteemBody ImageBullying Awareness | Internet Safety, Sexual Abuse & Exploitation Education - increase your knowledge of the risks of sexual exploitation, abuse and grooming, as well as online safety. |
| **Key contact name** |  |
| **Job title/role** |  |
| **School** |  |
| **Telephone number** |  |
| **Email** |  |
| **Please highlight the SOAreas that you have pupils from** |

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| **Coleraine**Ballysally 1 CentralCrossGlebeChurchland | **Newtownabbey**Valley 2 DunanneyMonkstown 1CooleMossley\_ Carnmoney\_ | **Antrim**Farranshane  | **Larne**Ballyloran Craigy HillAntiville | **Carrickfergus**NorthlandSunnylands | **Ballymena**Ballee BallykeelMoat |

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|  | **To help promote The Initiative we may mention your school as a beneficiary of the workshops on websites, social media, in the press, newsletters etc and include photographs. If children are under 18 we will not identify them.****Do you give your consent? YES NO**  |

**Please return this form to** **northernareamhi@amh.org.uk**

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