



menssana

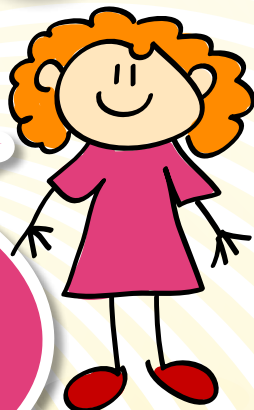
healthy me

Hi Grown Ups!

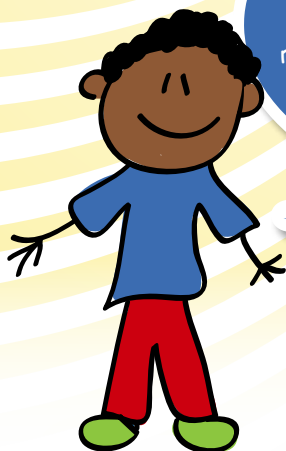
We can't wait to tell you how much fun we had today learning about Healthy Me with the MensSana team from Action Mental Health.



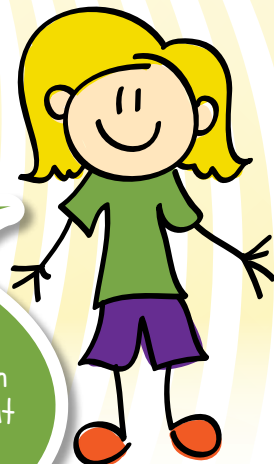
The programme is aimed at 8-11 year olds, it promotes good mental health and social and emotional wellbeing in children with a strong focus on prevention and self-care.



Healthy Me uses interactive play and song to explore emotional and mental health, healthy lifestyle choices and where to get support if needed.



My Healthy Me reminder book is lots of fun! Together we can complete the activities in it and learn so much more about positive mental and emotional health and resilience.



Healthy Me is supported by

Danske Bank

www.amh.org.uk @amhNI   

Healthy Me promotes social and emotional well-being through problem-solving, coping and resilience skills.

Healthy Me highlights the benefits of the 5 ways to well-being.

Healthy Me challenges stigma and discrimination.

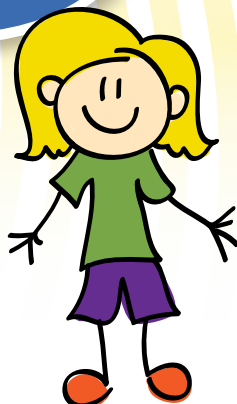
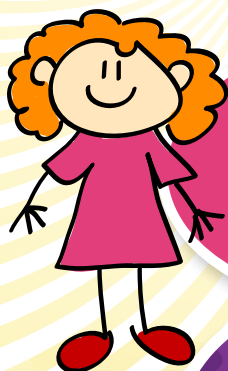
Healthy Me encourages help-seeking behaviour in children and helping them identify sources of support.

Healthy Me teaches children how to understand and express feelings.

Healthy Me promotes the importance of mental health with physical health.

Healthy Me supports the move from primary to secondary school.

Healthy Me encourages adults to think about their own mental health needs and those of the children they care for.



Healthy Me sessions can also be delivered to parents and carers.

To find out more, contact the MensSana team at:

T: 028 9442 5356

(all areas except Southern Trust Area)

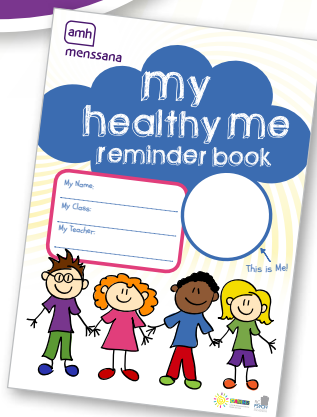
T: 028 3839 2314

(Southern Trust Area)

E: menssana@amh.org.uk

@amhNI   

www.amh.org.uk/services/menssana



CAMHS
Child & Adolescent Mental
Health Services

RC PSYCH
ROYAL COLLEGE OF
PSYCHIATRISTS

Healthy Me is supported by

Danske Bank