

# amh mensSana also provides:

Applied Suicide  
Intervention training  
and Mental Health First  
Aid training to key  
adult contacts.

Safetalk training to  
young people, carers  
and youth facilitators.

Well-being and  
Resilience training  
programmes.

Opportunities for  
schools to get involved in  
Mental Health Promotion  
activities.

Co-ordination for and  
Participation in community  
based Health and  
Well-being events.

If you are concerned about your mental health or that of another, AMH MensSana Project Workers can be contacted in confidence for information on available sources of support at:

Belfast, South Eastern,  
Northern & Western Trust Areas

AMH MensSana  
9 Upper Queen Street  
Belfast  
BT1 6FB  
T: 028 9032 9150  
E: [tfymenssana@amh.org.uk](mailto:tfymenssana@amh.org.uk)

Southern Trust Area

AMH MensSana  
9 Upper Queen Street  
Belfast  
BT1 6FB  
T: 028 9032 9150  
E: [tfymenssana@amh.org.uk](mailto:tfymenssana@amh.org.uk)

Alternatively, if you or someone you know is in distress please  
contact Lifeline on 0808 808 8000.

**Action Mental Health** works to enhance the quality of life and the employability of people with mental health needs.

**MensSana**, meaning 'healthy minds', has been operating for over a decade. It works to promote the value of early intervention and the importance of identifying appropriate pathways and support when mental health challenges arise.

[www.amh.org.uk/services/menssana](http://www.amh.org.uk/services/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 the mental and emotional well-being of young people and their key adult contacts through the provision of a range of free activities tailored to suit specific group needs.

**AMH MensSana** operates across Northern Ireland and the bespoke sessions last for a maximum of 90 minutes depending on group requirements.

# your mental health matters!

## key activities

AMH MensSana's Provoking Thought workshops are designed to help young people aged 11 to 25 improve their mental health and equip them with the resilience skills to cope better with everyday life events.

These interactive workshops are completely free and delivered by professional facilitators using evidence based and quality assured materials. The sessions can be delivered in settings where young people usually meet such as post-primary schools, youth clubs, community groups and church/sport club settings.

Specific workshops have also been created for key adult contacts including teachers, parents, carers and non-teaching staff to improve their understanding of mental health and the issues associated with it.

Provoking Thought encourages all participants to explore the issues around mental health, emotional well-being, the importance of early intervention, and discover more about the sources of support that are available.

## key issues

The importance of looking after physical and mental health and emotional well-being.

Providing information on types of mental illness.

Raising awareness of the signs and symptoms of mental distress.

Challenging the stigmas and misconceptions about mental health.

Highlighting the sources of support available.

Identifying factors that cause stress in young people.

Learning how we express stress.

The value of coping skills.

