



menssana



**Mindset is a Mental
& Emotional Health
& Well-being Awareness
Programme**

**Online
Programme**

**For Adults
and Young
People aged
14-17yrs**



The Mindset programme from Action Mental Health is moving to online delivery!

Mindset is funded by the Public Health Agency. In response to Government guidance the programme will not be available for face to face delivery but will be **delivered online** and is open to youth and community groups across the Northern, Western, Belfast and South Eastern Trust areas for groups of 6 to 12 people.

The online programme can be delivered in a format to suit participant needs and will be agreed prior to booking confirmation:

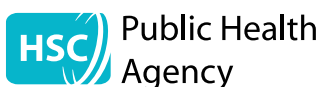
- 1 A one-off interactive workshop**
- the full Mindset programme
Duration: 3 hours (with breaks)
- 2 Mindset sessions**
- The full Mindset programme in bite size
Duration: 2 or 3 sessions over separate days

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Well-being
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and well-being
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

For more information or to register your interest contact:

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