

amh

menssana

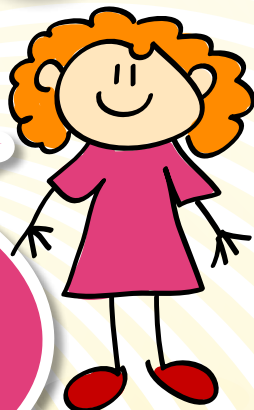
healthy me

Hi Grown Ups!

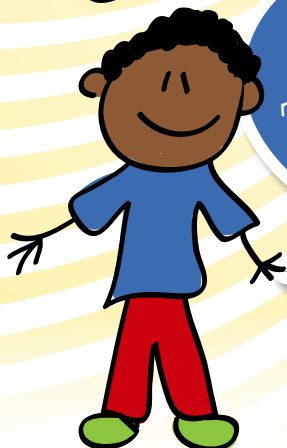
We can't wait to tell you
how much fun we had today
learning about Healthy Me with
the MensSana team from
Action Mental Health.



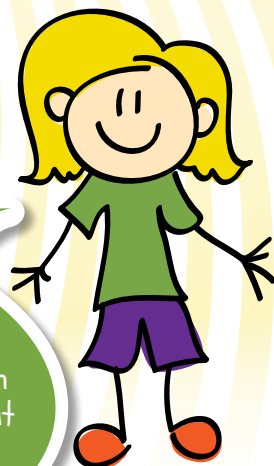
The programme is
aimed at 8-11 year olds, it
promotes good mental health
and social and emotional
wellbeing in children with a
strong focus on prevention
and self-care.



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.



action
mental
health

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.

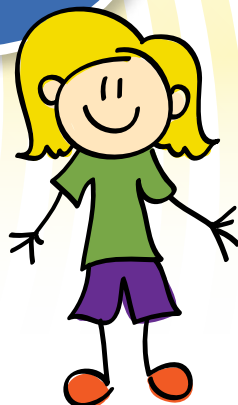
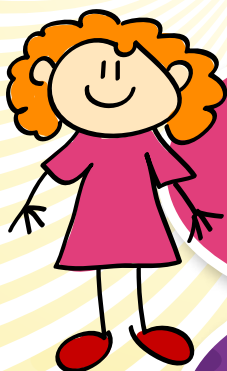
Healthy Me encourages help-seeking behaviour in children and helping them identify sources of support.

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)

E: amhmenssana@amhni.org.uk

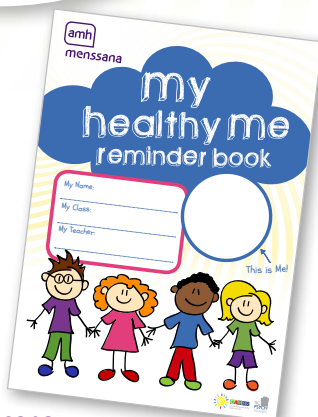
T: 028 3839 2314

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www.amh.org.uk/services/menssana



CAMHS
Child & Adolescent Mental
Health Services

RC PSYCH
ROYAL COLLEGE OF
PSYCHIATRISTS

**action
mental
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