



menssana



**Mindset is a Mental
& Emotional Health
& Wellbeing
Awareness
programme**

**For Young
People aged
14 - 17 years
or Adults**



Mindset is funded by the Public Health Agency and will run continuously throughout the year.

Programmes will be delivered in all youth and community settings across all Trust areas for groups of 8 – 20 people.

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- 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 wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

Facilitators

AMH MensSana Project Workers

Duration

3 Hour Programme (can be delivered over 1-2 sessions)

Delivery Options

In person or online via Zoom

Course Content

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in all HSC Trust areas.

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Project supported by the PHA

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