

# Topics available

Mental Health Awareness

Social Media

Bullying

Body Image

Exam Stress

Transitions

Sleep

Confidence & Self Esteem

Mental Health in Sport

## Mental Health Awareness

We are delighted to be able to provide these sessions **FREE OF CHARGE** to all participants, across Northern Ireland. This is only possible thanks to the generosity of corporate partners and the local community who support us through donations, fundraising and gifts in Wills.

## Bespoke Programmes

In addition, we have developed a range of specialist, bespoke workshops that can be packaged and delivered according to the specific needs of the groups involved. These workshops can be purchased individually or as a range of sessions. Prices and booking arrangements for these courses are available on request.

**To find out more or to book your session please contact your local team** (details overleaf).

## For more information, please contact:

Belfast, South Eastern,  
Northern & Western Trust Areas  
T 028 9442 5356  
E: amhmenssanani@amh.org.uk

Southern Trust Area  
T 028 3839 2314  
E: menssana@amh.org.uk

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

**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.

**Action Mental Health** changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.

To find out more about our recovery and employability services or opportunities to support the work of AMH please visit our website.

[www.amh.org.uk/services/menssana](http://www.amh.org.uk/services/menssana)



[www.amh.org.uk](http://www.amh.org.uk)

@amhNI   

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Promoting resilience and emotional well-being to young people and their key adult contacts



[www.amh.org.uk](http://www.amh.org.uk)

# AMH MensSana

AMH MensSana supports the mental and emotional needs of children and young people and their key adult contacts through the provision of a range of activities tailored to suit specific group needs.

AMH MensSana operates across Northern Ireland.

Your mental health  
**matters!**

# Provoking Thought

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

These interactive workshops are 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 support for young people.

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 Aims

Recognising the importance of looking after our mental health and emotional well-being.

Developing confidence to seek help.

Developing mental health literacy.

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.

Building resilience for well-being.

Highlighting the value of coping skills.