



**PEACEPLUS**

Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Riailtas na hÉireann  
Government of Ireland



Northern Ireland  
Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)



## **OUR Generation - Growing Up Better, Together**

OUR Generation is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB). It is a partnership led by Action Mental Health, which aims to empower and invest in children and young people. OUR Generation brings together the expertise of nine partner organisations, and is committed to delivering impactful initiatives under the PEACEPLUS investment area of 'Youth Mental Health and Wellbeing.'

The cross-border partnership consists of: Action Mental Health, Boys & Girls Clubs NI, Co-operation Ireland, Donegal Youth Service, Include Youth, PlayBoard NI, Ulster University, YouthAction NI, and Youth Work Ireland.

The Project is developing and delivering programmes to increase mental health literacy, enhance emotional resilience, build the leadership skills of children and young people (aged 9-25) and leads research in mental health and the impact of trauma on our communities. The project runs in education, youth and community settings across Northern Ireland and the border counties of Ireland (Cavan, Monaghan, Sligo, Leitrim, Louth and Donegal) to contribute to peace and reconciliation through a range of cross-community and cross-border youth mental health and wellbeing models, peace and youth leadership programmes.

These programmes instil confidence in young people to act as agents of change, building peace for future generations. Capacity building programmes and events support key youth workers to enhance mental health and emotional wellbeing and empower children and young people to connect with their communities. Joint Training Schemes incorporate innovative and diverse methods such as new digital resources, art, music, sports, and podcasts. OUR Generation helps children and young people to build intrapersonal, interpersonal, and intergroup skills through activities that promote shared learning and diversity. Programmes like youth leadership, peer mentoring, and accredited training enrich their experiences.





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33,000 children & young people will improve their emotional resilience and empathy, building skills to help themselves and others, gaining greater intercultural awareness and community cohesion whilst increasing capacity and desire to be active citizens in their communities.



5,000 key youth workers of children and young people including teachers, childcare practitioners and volunteers will be equipped with the skills, knowledge and confidence to support their mental health and wellbeing.



Children and young people and their key youth workers will co-design a range of digital resources including a mobile app, animations and podcasts to support their own needs and those of the wider communities.



Joint Training Schemes will be co-designed and implemented, applying two theoretical frameworks in trauma informed approaches to youth work and social identity perspective as a mechanism for peacebuilding.

## Contact OUR Generation:

Visit our website: [www.ourgeneration-cyp.com](http://www.ourgeneration-cyp.com) to find local support programmes in your area. Or scan the QR code on the right using your smartphone to take you straight there.



SCAN HERE ↗



### OUR Generation Project

Action Mental Health

Bloomfield House

395-405

Newtownards Rd,

Belfast,

BT4 1RH



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