

action
mental
health

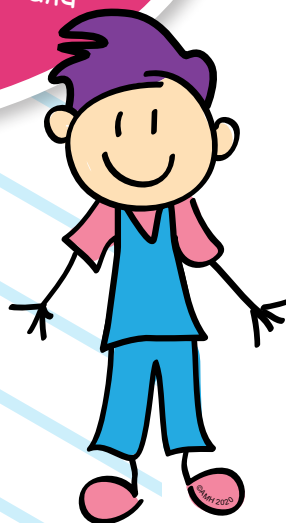
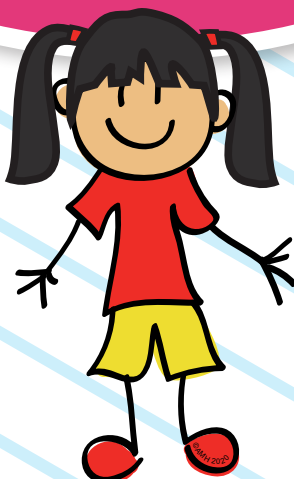
healthy
me

little
healthy
me

Mental & Emotional Wellbeing Programmes for Primary Schools

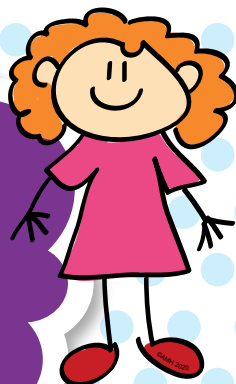
Healthy Me and Little Healthy Me
are vibrant, engaging, and trauma informed
mental health promotion programmes for children.

They explore emotional and mental health,
healthy lifestyle choices and pathways to
effective support through imaginative and
interactive play and song.





The programmes positively promote mental health and social and emotional wellbeing with a strong focus on prevention and self-help.



Healthy Me is for ages 8-11 and delivered in 1 x interactive 3 hour workshop.

Little Healthy Me is for ages 4-7 and delivered in 3 x fun 1 hour workshops.

All workshops are delivered free of charge by our experienced Action Mental Health Project Workers. Sessions are also available for staff, parents and carers.

To find out more about our Schools & Community Wellbeing programmes, contact:

T 028 9442 5356

E wellbeing@amh.org.uk

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland. To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit **amh.org.uk**

www.amh.org.uk



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