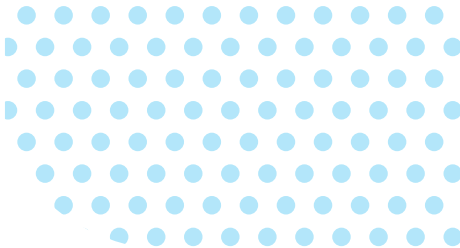


Provoking Thought: Programme for young people





provoking thought

This fully funded programme is for young people aged 11–25 and can be delivered in settings such as post-primary schools, youth clubs, community groups and church or sport clubs. It aims to increase young people’s awareness and understanding of mental health and emotional wellbeing.

The programme will:

- Recognise the importance of looking after our mental health and emotional wellbeing.
- Develop mental health literacy.
- Challenge the stigmas and misconceptions about mental health.
- Raise awareness of the signs and symptoms of mental distress.
- Highlight the value of coping skills.
- Build resilience for wellbeing.
- Identify factors that cause stress in young people.
- Develop confidence to seek help.
- Highlight the sources of support available.

Learner requirements: None

Time: 1.5 hours, at a time convenient to you

Delivery: In-person or online

Group numbers: 8-35

Bespoke Workshops

A range of specialist, bespoke workshops can also be packaged and delivered according to the specific needs of the groups involved.

Topics available:

- Social Media
- Bullying
- Body Image
- Exam Stress
- School Transitions
- Sleep
- Confidence & Self Esteem
- Mental Health in Sport



Find out more about our
Schools & Community Wellbeing
programmes at **amh.org.uk** or
email: **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**

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