

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**

Action Mental Health
Schools & Community Wellbeing
4a Steeple Road
Antrim
BT41 1AF

T: 028 9442 5356
E: wellbeing@amh.org.uk

www.amh.org.uk



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information



For adults

Everyone has mental health, and caring for it is just as important as caring for physical health. Our resilience-building programmes give you the tools to do this.

Programmes can be delivered in settings such as community or church groups and sports clubs.

Programmes at a glance:

	Provoking Thought	Mindset	YEW Programme
What will I learn?	Improve your understanding of mental health, how to look after it, and where to access support.	Take an in-depth look at maintaining positive emotional wellbeing, recognising mental ill-health, and reaching out for support.	Learn evidence-based techniques to build resilience in key areas such as coping with change, managing stress and communicating effectively.
Time	1.5 hrs	3hrs (over 1 or 2 sessions)	6x 2hr sessions
Delivery	In-person or online	In-person or online	In-person or online
Group numbers	8-35	8-20	8-12
Additional information	Programme tailored for adults. SEN version also available.	Supported by the Public Health Agency. SEN version also available.	



Suicide Awareness

These certified programmes equip anyone in the community to respond to someone experiencing mental health issues and connect them with professional help and support.

safeTALK

Most people with thoughts of suicide invite people to help them stay safe. safeTALK is a certified training programme that prepares you to support that desire for safety and invitation for help.

Ages: 15+
Time: 4 hours / half day
Group numbers: 15-30
Delivery: In-person only, across Northern Ireland. Limited availability, contact us to find out more.

Currently only available for delivery in Southern HSC Trust areas:

- **Mental Health First Aid (Adults)** - teaches participants how to identify, understand and help someone who may be experiencing a mental health issue.
12hr certified course, online and in-person options available.
- **ASIST (Applied Suicide Intervention Skills Training)** is a certified interactive course teaching participants suicide first aid intervention. The emphasis is on helping a person to stay safe and seek further help.
15hr course, 2 full days in-person.

Please email us at **wellbeing@amh.org.uk** for further information or to book these programmes for individuals or groups in the SHSCT area.



Schools & Community Wellbeing

Resilience-building programmes for children, young people and adults across Northern Ireland



About us

Action Mental Health is a leading local charity supporting minds and changing lives across Northern Ireland.

Our Schools & Community Wellbeing service offers tailored programmes for all ages to promote positive mental health and build emotional resilience. We also deliver certified training in suicide awareness.

Our experienced Project Workers deliver workshops across the whole of Northern Ireland and will work with you to ensure the needs of your group are met.

This guide provides an overview of all our Schools & Community Wellbeing programmes. To find out more, visit our website or get in touch with our team.

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For children

Learning about mental health from a young age is essential in helping children understand how to express their feelings and deal with difficult emotions.

Our programmes for primary schools are vibrant, engaging and trauma informed, with a strong focus on resilience and self-care. SEN versions are also available.



Using interactive play and song, we explore emotional and mental wellbeing, healthy lifestyle choices and where to get support.

- **Little Healthy Me** is 3 x 1 hour workshops for ages 4-7.
- **Healthy Me** is 1 x 3 hour workshop for ages 8-11.
- 1-hour bitesize workshops also available for non-classroom groups.



Building upon the core messages of Healthy Me, these small group sessions benefit children who need additional support with anxiety, self-esteem, self-regulation and self-expression.



Prepare for the move to 'big school' with this year-long programme for children in P7. Includes: one themed workshop each term, monthly teaching resources, and regular support from our Project Workers. (Limited availability – get in touch to find out more)

For young people

Our programmes help young people gain a better understanding of their mental health and emotional wellbeing.

They can be delivered online or in-person in settings like post-primary schools, sports clubs, and youth or community groups.



Designed for ages 11-25, Provoking Thought challenges the stigmas around mental health, raises awareness of the signs of mental distress, and develops the confidence to seek help.

Time: 1.5 hours
Group numbers: 8-35
Bespoke topic and SEN workshops also available.



Dive deeper into mental health awareness with Mindset. For ages 14+, this is a longer programme which offers more time for group discussions.

Time: 3 hours (over 1 or 2 sessions)
Group numbers: 8-20
SEN workshops also available.



safeTALK can be delivered to anyone aged 15+. For more programme information, see our suicide awareness programmes.

“Students were able to articulate how they felt more after the programme, demonstrating more emotional maturity.”
Feedback from a local teacher

To help you support young people

School staff, parents, carers and other key adult contacts of children and young people can also benefit from our tailored versions of Healthy Me and Provoking Thought.



These programmes will help you to build your own personal resilience and equip you with the tools to support the mental health of children and young people in your care.



Time: 2 hours
Delivery: In-person or Online
Group numbers: 8-35

safeTALK for school staff

safeTALK equips school staff to be more alert to someone thinking of suicide and better able to connect them with further help. You will learn how to apply the TALK steps – Tell, Ask, Listen, KeepSafe – to offer potentially life-saving assistance.

safeTALK can also be delivered to anyone aged 15+. For more information, see our suicide awareness programmes.

Time: Half-day (4 hours)
Delivery: In-person only
Group numbers: 15-30

