



Connect



Keep learning



Be active



Take notice



Give

Where it began...

Take5
to wellbeing

HSC Health and
Social Care

Give

Be active

Connect

Keep learning

Take notice

Take 5 Steps to Wellbeing

A theme of work addressed through 3 Community Planning areas in the Northern Area

(Mid and East Antrim, Antrim and Newtownabbey and Mid Ulster Borough Council Areas)

A Northern Area Community Planning Working Group was established to address the thematic issue of Good Health & Wellbeing through the Take 5 Steps to Wellbeing initiative.

Action Plan

- A Two Year Bespoke Take 5 Steps to Wellbeing Action Plan for the Northern Area Working Group to address underlying causes of poor mental health and suicide by roll out of Take 5 Steps to Wellbeing to increase uptake across the Borough

Outcome

- Making Life Better Strategy - Improved mental health and wellbeing and reduction in self-harm and suicide.

Strategic Direction

- Facilitate the roll out of the 'Take 5 Steps to Wellbeing' across the Northern Area with a specific focus on increasing up take in schools, community and businesses.

Three streams of work within the action plan:

Schools, Communities & Work Places

Schools

- An Education Task and Finish Group established to consider the development of resources for schools.
- A Take 5 Schools Model was launched March 2020.
- EANI designed and facilitated Take 5 transition resources within a number of schools.
- Many schools across the area have engaged with the officers involved to plan and facilitate their journey on this model.
- A celebration event took place on Wednesday 8th June 2022, with schools receiving certificates and resources on the day.

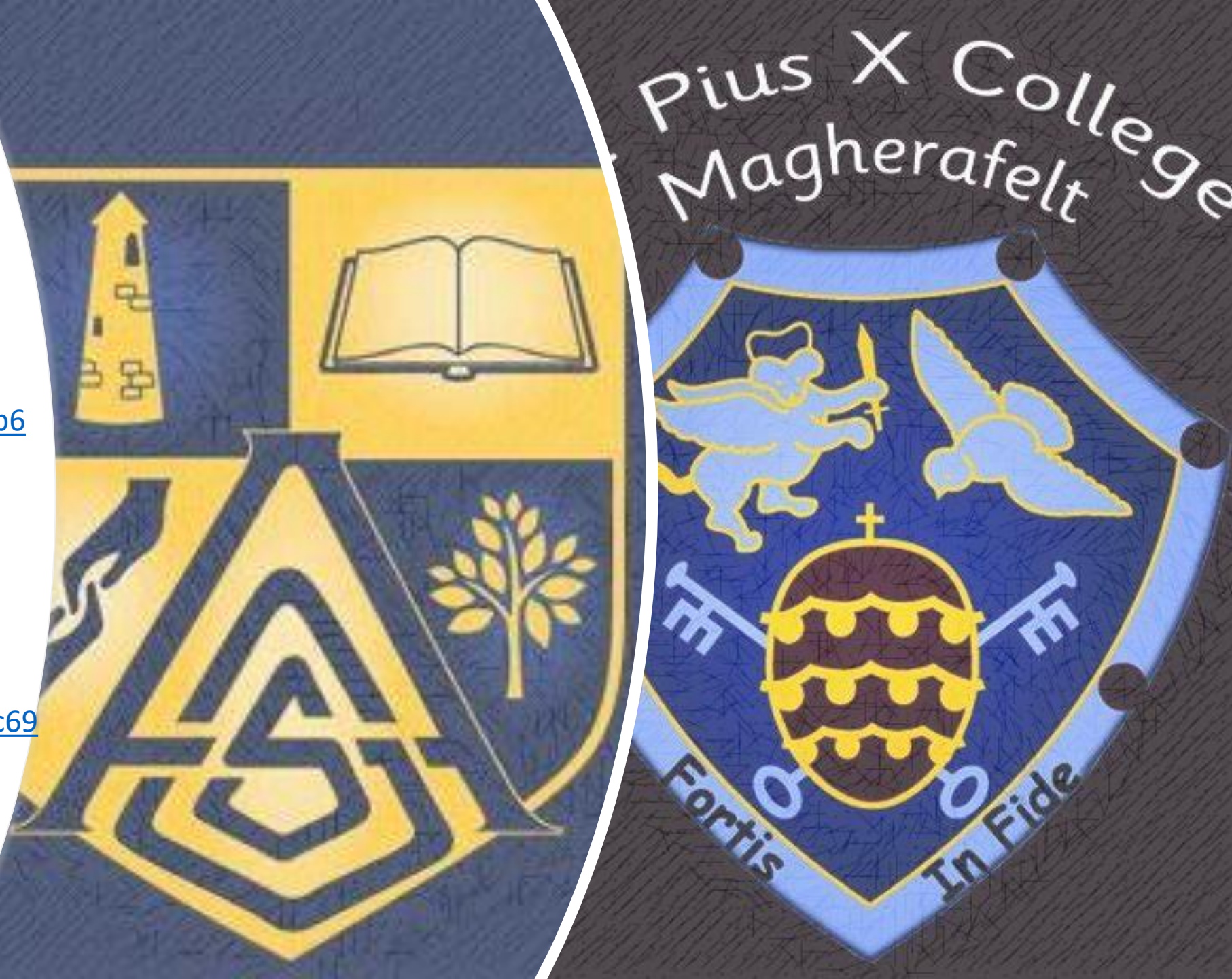
Videos

- St Pius X

<https://vimeo.com/715037972/b67af51ba4>

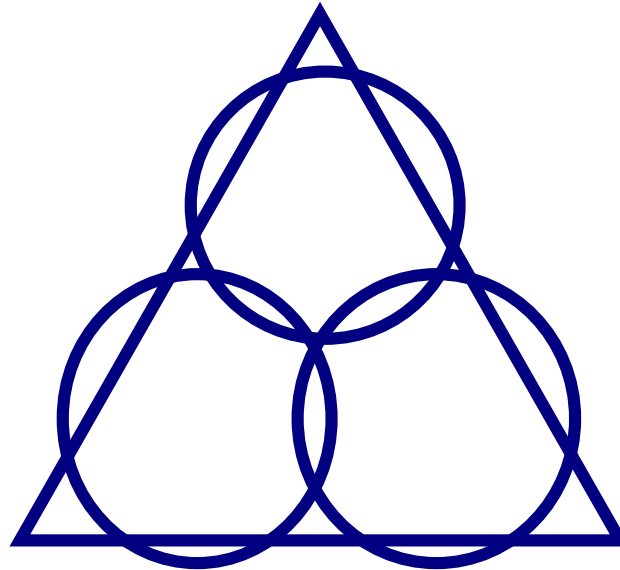
- Antrim Grammar

<https://vimeo.com/715141282/c6923ebe40>



The Three Concepts of the Solihull Approach Model

Containment



Reciprocity

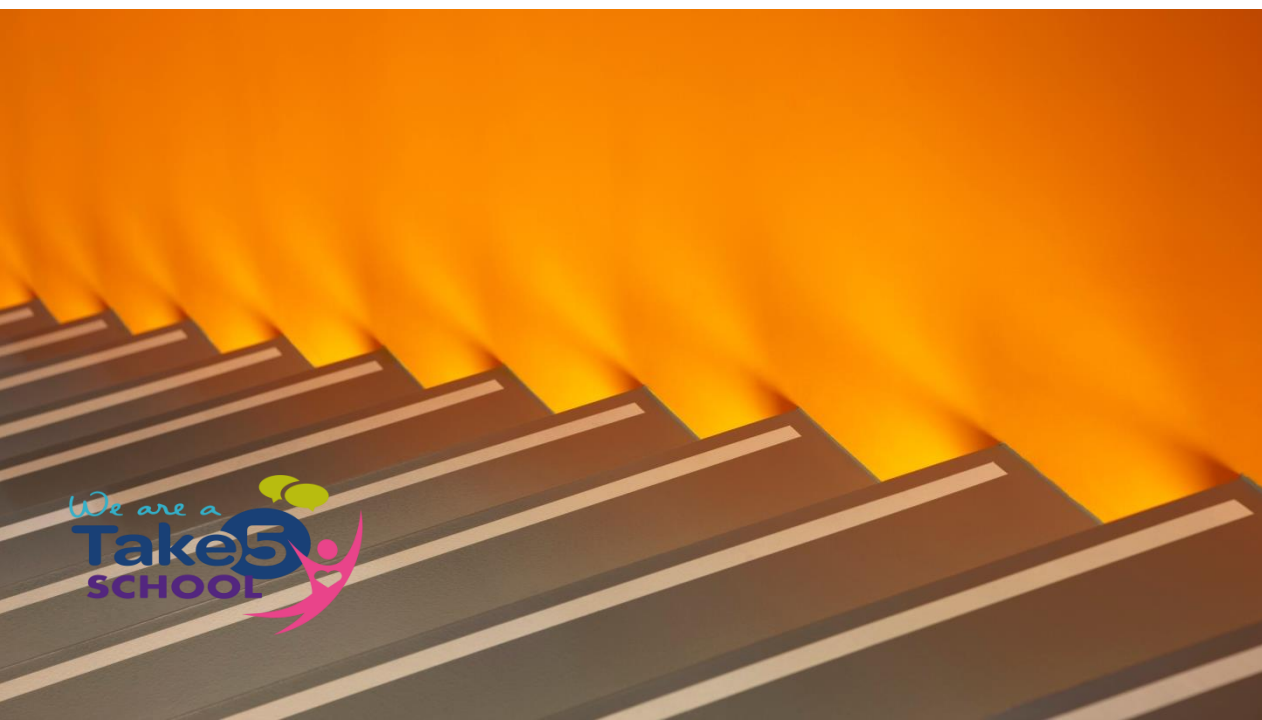
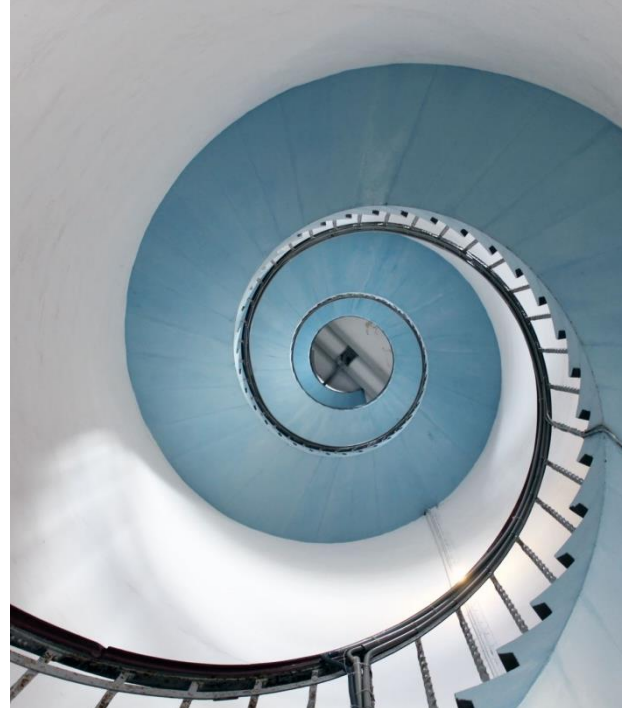
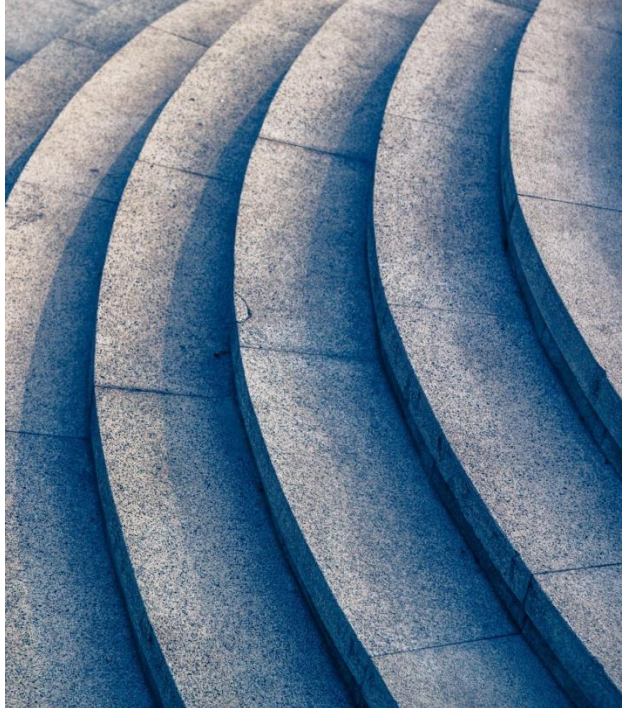
Behaviour for learning/
Behaviour management



Page Tiger

- [Take 5 Resource Area - Primary](#)
- [Take 5 Resource Area - Post Primary](#)





Next Steps...