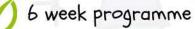




# healthy

Healthy Me is a vibrant and engaging, trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive workshops.











For 9-11 year olds







1.5 hr sessions







## Sessions

- SI. Mental & physical Health awareness
- 52. Emotional health & wellbeing
- 53. Bespoke session
- 54. Bespoke session
- 55. Why do we think the way we do?

(Diversity & inclusion, influences)



# 56. Inter-group workshop\*

school & may be off-site

### Bespoke sessions

- Managing change (transitions) P7
- · Anxiety & self-soothers
- Self-esteem & self-expression
- · Anti-bullying & friendship



This is just one of the many Projects run by Action Mental Health NI's leading mental health charity. www.amh.org.uk



### PEACEPLUS Northern Ireland - Ireland

Co-funded by the









To find out more, contact: **OUR Generation Project Bloomfield House** 395-405 Newtownards Road Belfast BT4 1RH T: 028 9182 8494

E:ogteam@amh.org.uk www.ourgeneration-cyp.com

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

### **SCAN ME**



OUR Generation will also provide Training for staff/ volunteers who work with young people aged 9-25 years



action mental health