

# healthy me

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.



6 week programme



For 9-11 year olds



1.5 hr sessions



## Sessions

- S1. Mental & physical Health awareness
- S2. Emotional health & wellbeing
- S3. Bespoke session
- S4. Bespoke session
- S5. Why do we think the way we do? (Diversity & inclusion, influences)

## S6. Inter-group workshop\*

\*With another group or 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. Find out more at [www.amh.org.uk](http://www.amh.org.uk)

**PEACEPLUS**  
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Rialtas  
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Northern Ireland  
Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)

SCAN ME



OUR Generation  
will also provide  
Training for staff/ volunteers  
who work with young people  
aged 4-25 years



action  
mental  
health

To find out more, contact :  
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