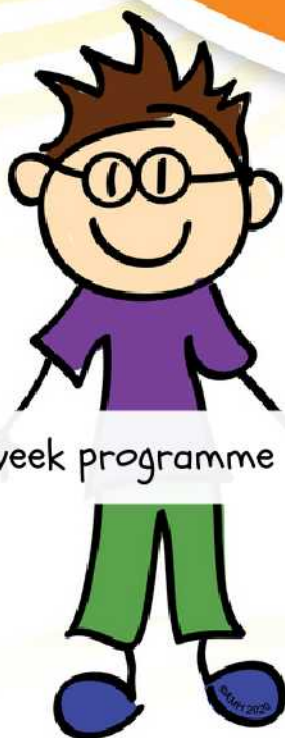


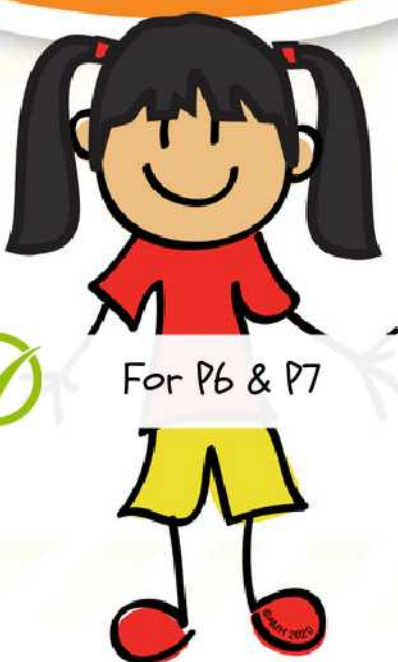
better together

peer listener

Better Together is a vibrant & engaging Peer Listener programme for children aged 4-11. Exploring mental health and emotional wellbeing, it uses a youth work approach to build resilience and foster peer support. By encouraging kindness, empathy, and respect for differences, children grow together and develop valuable skills for a happier, healthier future.



6 week programme



For P6 & P7



1.5 hr sessions

Sessions

1. Mental health and emotional wellbeing
2. TALK- (Communication Active listening & Kindness)
3. Empathy & Friendship

4. Managing Change & Gratitude
5. Why do we think the way we do? (Diversity & Inclusion, influences)
6. Inter-group Workshop

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

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Northern Ireland - Ireland

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UK Government



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Executive
www.northernireland.gov.uk

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SCAN ME



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



action
mental
health

