

action
mental
health

Mindset: Mental health awareness programme





Mindset is a mental health and emotional wellbeing programme, offered to Young People and Adults.

How can the Mindset programme help you?

- Raises your awareness and understanding of mental and emotional health and wellbeing.
- Increases your knowledge of signs and symptoms of mental ill health.
- Promotes self-help, self-care and resilience techniques.
- Explores how to maintain a safe level of positive mental and emotional health and wellbeing.
- Provides information and resources on mental health support organisations available locally and regionally.



Who is Mindset for?

- The Mindset Programme can be tailored to young people from 14 years and to adults. There is also a version tailored for young people and adults with Special Educational Needs (SEN).

Where is Mindset offered?

- Mindset is delivered by Action Mental Health Project Workers across Northern Ireland in all youth and community settings.

More information

- Mindset is funded by the Public Health Agency. The programme is available throughout the year in all HSC Trust areas.

Learner requirements: None

Time: 3 hours (Can be delivered in 1 or 2 sessions)

Delivery: In-person or online via Zoom.

Group numbers: 8-30

Programmes will involve a mixture of learning slides and audience participation, along with group work and exercises. Everything shared in a session is confidential.

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

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

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

www.amh.org.uk



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