



MOOD MATTERS

YOUNG PEOPLE

A mental health awareness workshop for 13 -18 year olds

Mood Matters Young People is an interactive mental health awareness workshop for Year 10-14 pupils delivered by AWARE NI, the depression charity for Northern Ireland.

The session is delivered by experienced AWARE trainers in schools to groups of up to 25 pupils.

Learning Outcomes

This evidence-based programme is based on cognitive behavioural concepts. It gives young people knowledge and skills which they can use to help maintain good mental health and build resilience to deal with problems in their lives.

Duration: 90 minutes

Course Content

- What is mental health?
- Things that affect our mental health
- Mental health problems and mental illness
- Signs and symptoms of stress, anxiety and depression
- Looking after our mental health and challenging unhelpful thinking
- How to get help and support

Mood Matters has made me a lot more confident about looking after my mental health and dealing with problems in my life.

I now know how to recognise the signs of stress and depression and how to get help if I need it.

Feedback from student participants



For more information, please email training@aware-ni.org