

MY MIND AND ME

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A 3 hour interactive Mental Health Awareness workshop for Primary School Children (P5-P7 students)

Aims of the programme:

TO TEACH

children about the 5 Ways to Wellbeing and how they can use these to stay well

TO PROMOTE

mental health and wellbeing amongst children.

TO HELP

children understand when they might need support

TO DEVELOP

language and understanding around thoughts, feelings, emotions and healthy behaviours.

TO SIGNPOST

students to those equipped to help if needed.

The workshop is usually delivered to one class of a maximum 30 students. To enquire about or book a course, please contact training@aware-ni.org