

action
mental
health

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

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Registered with the Charity Commission
for Northern Ireland NIC100753.

Provoking Thought: Programme for parents and carers



provoking thought

This programme is for parents and carers of young people. It aims to increase awareness and understanding of mental health issues and build their own personal resilience to equip them with the tools they need to support those within their care.

The course will:

- Help you develop core skills to better support young people's mental health and wellbeing.
- Provide guidance on how to access further help and information on mental health services.



Participants will:

- Gain knowledge and awareness about mental health.
- Learn about the indicators of poor mental health and how to identify them.
- Develop a better understanding of what can cause anxiety in young people.
- Learn skills to support young people to improve their mental health, including how to help those experiencing emotional dysregulation.
- Explore the importance of self-care and resilience, including tips for stress management.
- Become proficient in signposting young people to sources of mental health support.

Learner requirements: None

Time: Two hours, at a time convenient to you

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.