



Calling all Parents & Carers of Primary School Children!

Action Mental Health are running a Healthy Me programme tailored just for you!



The programme aims to:

- ✓ Start a conversation about mental health
- ✓ Raise awareness of signs/symptoms of mental ill-health
- ✓ Teach self-care techniques for building resilience and confidence
- ✓ Show you how and where to access support

Available for groups of 8ppl+

To find out more, contact our AMH MensSana team at:

Southern Trust Area

T: 028 3839 2314

E: menssana@amh.org.uk

All Other Areas

T: 028 9442 5356

E: amhmenssanani@amh.org.uk

