

# Northern Area Mental Health Initiative

## Action Mental Health:

### David Duly

# Action Mental Health

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- Founded in 1963
- New Horizon Services
- Workable
- Works
- Menssana

# Funding

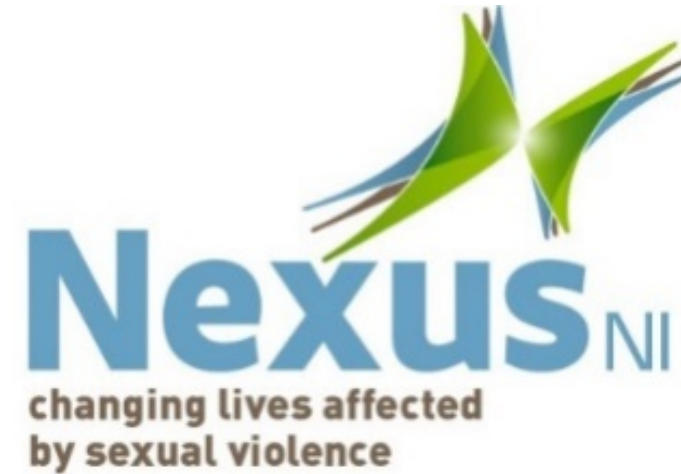


Northern Ireland  
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action  
mental  
health



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DELIVERING SOCIAL CHANGE  
THROUGH THE SOCIAL INVESTMENT FUND



Northern Area Mental Health<sup>®</sup>

Initiative

# The Initiative

- Two year initiative (March 2017 – March 2019)
- Reduce stigma and increase the personal resilience of young people
- Informing and equipping Key Contacts
- Free workshops on key issues affecting young people
- Inform, educate and empower



# The Initiative



Focusing on the top 20  
SOAs in  
the Northern Area

# Workshops

## Young People

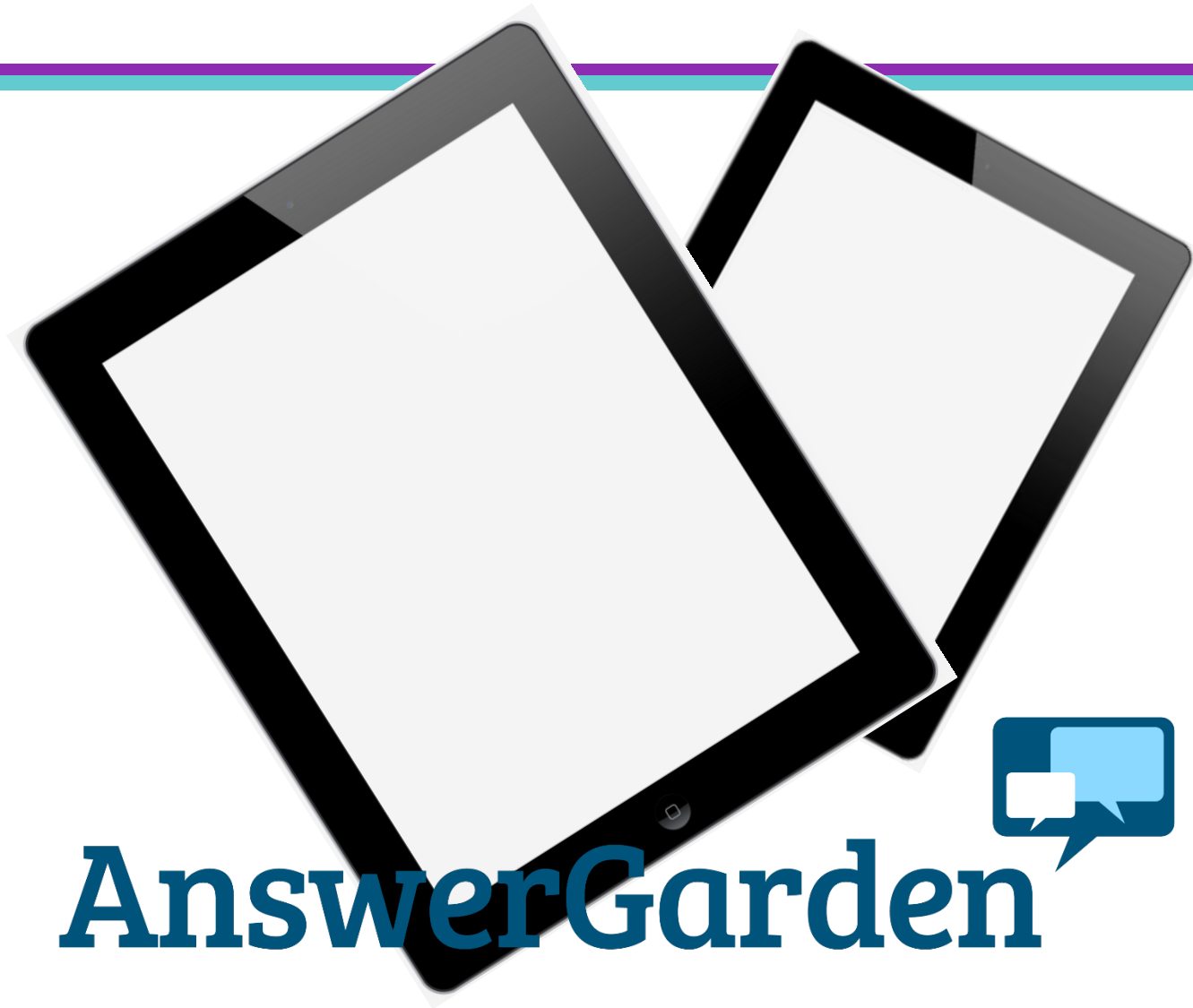
- Mental Health Awareness
- Exam Stress
- Body Image
- Bullying
- Confidence and self esteem
- Sexual Abuse/Exploitation + Internet Safety

## Key Contacts

- Mental Health Awareness
- Personal Resilience
- Sexual Abuse/Exploitation + Internet Safety



# Workshops



AnswerGarden



Poll Everywhere





# Media / Website



Mental health awareness



Bullying / self esteem



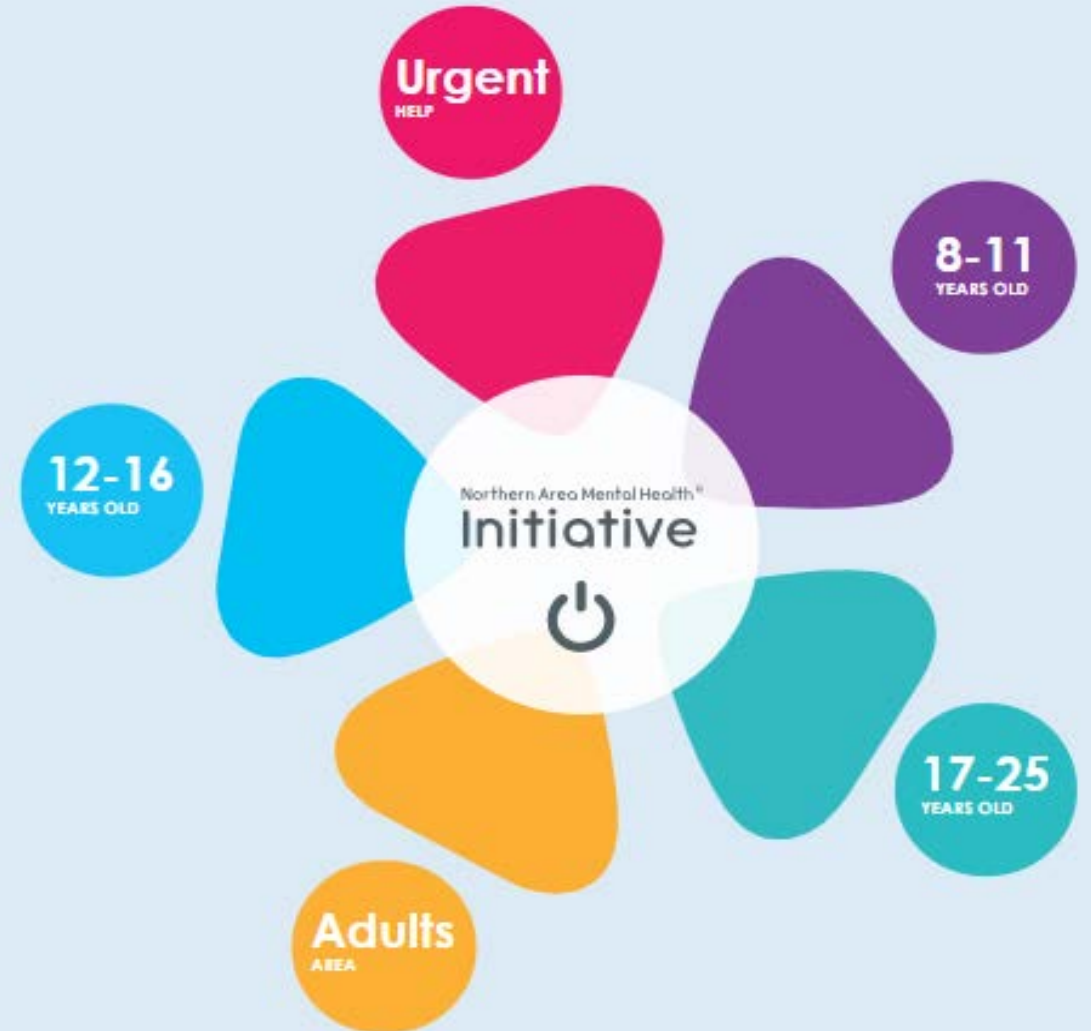
Body image



Exam success



Social media



# The Initiative

- 19,569 beneficiaries
- 1,782 received both training
- 88% of participants reported increased awareness of mental health and wellbeing



# Impact

- 2,233 Young people aged 8 – 11
- 10,210 Young people aged 11-16
- 3,679 Young people aged 16-25
- 1,665 Key contacts



# The Initiative : What have we learnt?

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