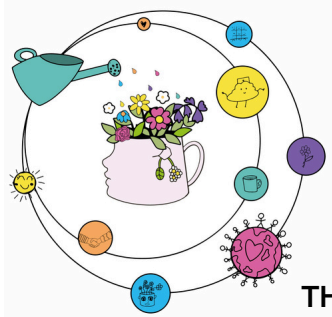




EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION.

CHILDREN AND YOUNG PEOPLE

HOPE COUNSELLING SERVICE FOR SCHOOLS

Available to post-primary age young people - ask your school / setting for more details.

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

PARENTS / CARERS

SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

RISE NI

The RISE NI website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

SCHOOLS

RISE NI

Visit [RISE NI \(education staff\)](#)

or contact your local Health Trust Coordinator for more information.

REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

BEING WELL DOING WELL

Programme which supports schools to develop a Whole School Approach to Emotional Health and Wellbeing. Find out more on the EA website - [Being Well Doing Well](#).

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [EWTS](#).

THE ATTACH PROGRAMME

Focuses on trauma-informed practice and the importance of relationships. Delivered as part of the EA Primary Children Looked After Advisory Service - [Primary CLAAS](#).

CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Find out more on the [CCEA Hub - Schools](#).

EA HEALTH WELL HUB

Health and Wellbeing support for staff. Find out more on the [EA Health Well Hub](#).

FURTHER INFORMATION

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021, you can find out more on the [DE website](#) or use QR code:

