

5 Steps to Wellbeing – Our Programmes



WHAT IS WELLBEING?

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.

Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences.

But poor mental wellbeing can make it more difficult to cope with daily life.

HOW WE CAN HELP

Familyworks has designed a programme to help pupils, staff and parents develop 5 key skills to encourage mental wellbeing. These include playing an active role in your community, communicating with others, taking control of mental health, dealing with difficulties and exploring your potential.

We have programmes for 7-11's, 11-19's and staff. They are designed to help individuals to take simple steps to enrich their mental health and make life more manageable and enjoyable.

The programmes are available for all of pupils in Northern Ireland including those in our special schools.

OUR PROGRAMMES

Primary School

Age Group: 7-11 yrs

Programme: Wellbeing Stars



Post-Primary School

Age Group: 11-19yrs

Programme: 5 Steps to Wellbeing



Teachers and staff

Programme - Teacher's Steps to Wellbeing

