Develop Internal Reserves
Targeted support for vulnerable young people in individual and group work strategies by Professional Youth Workers to develop:

- Protective Factors
  - Supporting Mental Well Being

- Resilience
  - Assisting the capacity to deal with mental crisis

- Knowledge
  - Building Personal Awareness of Mental Health Concerns

- Self Esteem
  - Reinforcing Positive Self Perception & Values

- Confidence
  - Underpinning Life Affirming Choices

INDICATORS
- Gender identity issues
- Self-Harm
- Struggling after relationship break up
- Bereavement Family/Friends
- Isolation
- Problematic use of Alcohol/Drugs
- Suicidal thoughts
- Withdrawn behaviour
- Poor mental health

FLARE
Facilitating Life and Resilience Education
The Education Authority Youth Service (EA YS) has developed, in partnership with the Public Health Agency (PHA), an innovative support service for young people (Year 11-25 years old) experiencing poor mental health. The model is a development of the effective Young Men’s Support Project, operated since 2010. Extensive health service research and evidence has established the need for such a regional service to improve young people’s mental health and well-being. Poor mental health is proven to affect young people’s educational attainment, ability to form positive relationships thus increasing isolation, sense of happiness, and threat to their future opportunities and meaningful role in the community and economy.

The service is provided by a team of 8 professionally qualified youth work staff delivering a youth work practice based support service for young people from Year 11 to 25 year olds experiencing mental health issues/impacted by suicide.

The aim is to use youth work interventions with these young people to raise their awareness of positive mental health, how to find support, and develop their confidence, resilience and coping strategies. The service is focused in areas, identified by local EA YS staff and PHA partners, as being in highest need and are flexible to respond as the need dictates.

FLARE also links with the EA Children and Young People’s Services (CYPs) and formal education sector as well as the relevant community, voluntary and statutory agencies across NI for referrals, delivery and signposting. Project staff also train and support EA Youth Service staff in related practice and development and dissemination of good practice throughout the Youth Service.

What does the programme provide?

- Outreach - support to reach out to all localities
- Out of hours cover (evening/weekend/day)
- Advocacy Role
- Individual Mentoring/motivational support offered outside of group work
- Partnership working with key locality providers under Protect Life Strategy
- Professional Youth Work approach (personal & social development, needs based, voluntary engagement, relationship focus, etc.)
- Wide range of methodologies applied
- Early and Response Intervention as required

How do young people benefit?

- Increase Personal and Social Development
- Develop a sense of independence and self-worth
- Gain a sense of purpose and goals for the future
- Increase ability to understand and manage emotions and feelings (coping and resilience skills)
- Enhance problem solving skills
- Have a safe place to talk
- Help form and maintain respectful relationships with others
- Raise awareness of support services in their areas, and
- Increase knowledge of mental illness, health issues and self-care.

Contact Information

FLARE is a regional project with key EA Youth Service staff located in each of the 5 Health & Social Care Trust Areas.

**Belfast HSCT**
FLARE Team Leader
North Belfast Resource Centre
95-97 Woodside Road
Belfast, BT13 3BP
T: 028 9035 2774
M: 075 4816 2190
W2: 078 0316 9696
E: flare@eani.org.uk

**Western HSCT**
Senior Youth Worker (Western)
Western Waterside Resource Centre
40 Dungiven Road
Waterside, Derry
BT47 6BW
T: 028 7131 3444
M: 075 4816 2192
E: flare@eani.org.uk

**Southern HSCT**
Senior Youth Worker (South)
Newry Youth Resource Centre
4 Carnbane Road
Newry, BT35 6QA
T: 028 3025 1515
M: 075 4816 2186
E: flare@eani.org.uk

**Northern HSCT**
Senior Youth Worker (North)
Ballykeel Youth Centre
20 Crebilly Road
Ballymena, BT42 4DN
T: 028 2563 0044
M: 028 2564 1966
M2: 077 3997 9443
W2: 077 2071 7275
E: flare@eani.org.uk

**South Eastern HSCT**
Senior Youth Worker (Ards Arena)
60 South Street
Newtownards
BT23 4JU
T: 028 9181 3987
M: 075 4816 2185
E: flare@eani.org.uk

**Western HSCT**
Senior Youth Worker (Western)
Waterside Resource Centre
40 Dungiven Road
Waterside, Derry
BT47 6BW
T: 028 7131 3444
M: 075 4816 2192
E: flare@eani.org.uk