Self care is one of the most important factors in keeping yourself healthy and motivated. Here are a few things you can try for yourself or develop within your work.

Day 1
Make contact with that person you’ve been meaning to.

Day 2
Watch your favourite TV show.

Day 3
Get an early night - maybe take a break from your phone.

Day 4
Savour your breakfast, start your day right.

Day 5
Listen to your favourite music.

Day 6
Set aside time for what you love.

Day 7
Read a book.

Day 8
Listen to a new podcast or watch a new YouTube show.

Day 9
Write down 3 qualities you like about yourself.

Day 10
Plan a night in with friends or family.

Day 11
Get outside and go for a walk.

Day 12
Do something creative, draw, write, sing.

If you wish to make contact with any staff please use the above details or the shared email account below.

flare@eani.org.uk

How to use the QR codes:
- [If you have a smartphone]-

Open the Camera app from your device’s Home screen, Control Center, or Lock screen.
Hold your device so that the QR code appears in the Camera app’s viewfinder. Your device recognizes the QR code and shows a notification.
Tap the notification to open the link associated with the QR code.

If this doesn’t work then download a free QR code app and follow the instructions.
The Education Authority Youth Service has developed, in partnership with the Public Health Agency (PHA), an innovative support service for young people 11-25yrs old experiencing poor mental health. Extensive health service research and needs evidenced by Priorities for Youth and Regional Assessment of Need has established the need for such a 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.

Vision
Supporting young people to develop their personal strengths & capabilities towards positive mental wellbeing.

Mission
Lighting The Path For Positive Youth Mind Health

Rationale
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FLARE Facilitating Life and Resilience Education
FLARE Operate under a model of youth work practice and all staff are qualified youth workers with specific training and experience within the Mental Health and wellbeing landscape.

Practice
FLARE offer through youth work, a social inclusion model of practice to engage young people with moderate mental health needs or risks. We aim to support young people to build the internal reserves of confidence, resilience and positive aspirations that we know can provide the best opportunity to promote mental wellbeing and providing the best foundation for enabling young people to thrive.

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Youth Services

GROUPWORK
Targeted Prevention
• Bespoke tailored Programme
• Take 5 building resilience
• Stress management programme
• Speakup Buildup Skillup
• ReBuild

Target Engagement
• Linking with peers that care
• Promoting Positive Challenge
• Learn strategies from others
• Progressing goals

Further Support
Directory of services developed by the PHA to help improve mental health and emotional wellbeing.

www.lifelinehelpline.info
Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.

www.helplinesnetworkni.com
Helplines Network NI is a membership-led organisation consisting of over 30 different helplines operating across Northern Ireland.

Young Peoples quotes about the FLARE project and how it has positively impacted their mental health.

• Just the way that we can talk openly makes me think more about my personal journey
  - Female 15

• This programme had allowed me to step out of my comfort zone and gain a lot more confidence
  - Male 14

• Throughout this programme I’ve learnt that nothing goes to plan but it’s not the end of the world. You simply get back up and try again!
  - Female 18

• “Before my initial contact with FLARE my life was something I was deeply unsatisfied and struggling with. Thanks to support and guidance I have learnt skills for dealing with issues within my life and have become much more self-assured and satisfied in myself.”
  - Male 22

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