

FEELINGS



Moodmatters

THINKING

- Delivered in schools and other appropriate settings
- Can accommodate up to 25 young people

- Workbook to accompany the programme
- Delivery time 90 minutes approx
- Downloadable app

BEHAVIOUR

PHYSICAL

A new mental health awareness programme for young people

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.





Moodmatters

Mood Matters is an exciting and interactive programme which gives young people knowledge and skills which they can use to help maintain good mental health, build resilience and deal with problems in their lives.

It incorporates a range of delivery methods including group activities, discussions, video clips, animation, music and fun activities to appeal to all learning styles and engage with participants.

Mood Matters is delivered in schools to young people in the 14-18 years age range and fits well into the school curriculum e.g. Learning for Life and Work or as part of a pastoral care programme. It may also be delivered to young people in other appropriate settings.



AWARE

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For further information and bookings contact us on:

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Aware Defeat Depression is registered in Northern Ireland as a company limited by guarantee no. N.I. 30447 and is registered with The Charity Commission for Northern Ireland NIC100561