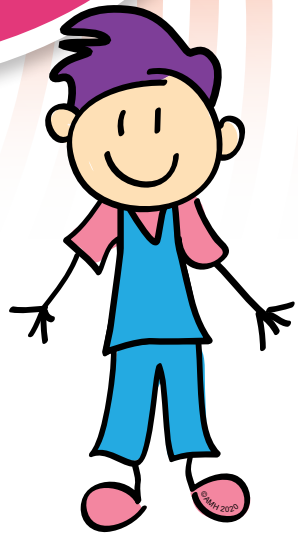
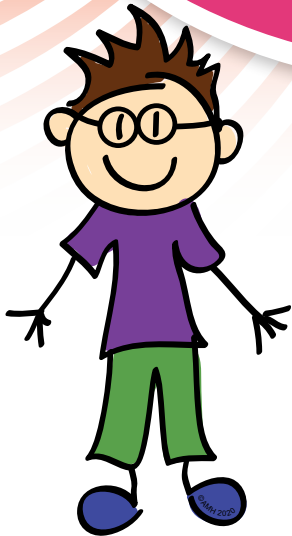




menssana

# little healthy me

Little Healthy Me is a vibrant and engaging, trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive play and song.

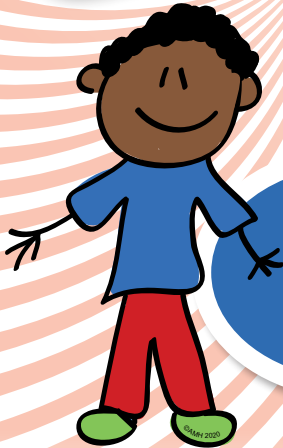




Little Healthy Me positively promotes mental health and social and emotional wellbeing in children and has a strong focus on prevention and self-help.



Targeted at 4-7 year olds, Little Healthy Me is a refreshing interactive and fun 3 hour workshop, delivered over 3 sessions by our very experienced AMH MensSana project workers.



AMH MensSana is just one of the many projects run by Action Mental Health, NI's leading mental health charity. Find out more at [www.amh.org.uk](http://www.amh.org.uk)



To find out more, contact our AMH MensSana team at:

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**All other areas**

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**[www.amh.org.uk](http://www.amh.org.uk)**   



AMH MensSana will also provide Little Healthy Me Parents/Carers and Staff sessions