



Press Release
Youth Work Ireland

29 October 2016

Youth Work Ireland and Carlow Regional Youth Services launch major mental health programme for young people.

Youth Work Ireland and Carlow Regional Youth Service today announced the roll out of a national mental health programme for young people which has been successfully piloted in Carlow. The FRIENDS Programme for 12 -15 years olds was developed in Australia for children and adolescents to reduce anxiety and promote emotional resilience. The FRIENDS programme is a cognitive behavioural approach early intervention and prevention programme focusing on anxiety and depression. The programme is group and skills based. Youth Work Ireland is now making the programme available throughout its 22 local member youth services which work with over 100,000 young people all around the country. The programme was launched by Minister of State Helen Mc Entee and has the support of renowned speaker and psychologist Dr. Fergus Heffernan.

“Friends is the only World Health recognised universally effective programme to support resilience and reduce anxiety. The Royal College of Surgeons has found that difficulties with anxiety are the most common challenges to mental wellbeing for young people.” Said Helen Mc Entee, Minister of State for Mental Health and Older People at the launch

“The FRIENDS programme is an exciting and effective way in which Youth Work can make a significant contribution to building resilience and improving the emotional wellbeing outcomes for young people involved in Youth Services” said Kathryn Wall CEO Carlow Regional Youth Services

“The Friends programme helped me open up to people and talk about my problems a lot easier” Said Mary, aged 13, a programme participant

ENDS

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Images:

<https://www.dropbox.com/s/l6xeyrol2f7bnd4/Friends%20Launch%20Image.jpg?dl=0>

https://www.dropbox.com/s/x2lx2gy5ec7z4y4/HelenMcEntee_Squad.jpg?dl=0