



Youth Work Ireland

Press Release
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Mental Well-being Activities Focus for Ireland's Largest Youth Organisation This Week

Up to 100,000 Young People take part in events organised by Youth Work Ireland this week. Youth Work Ireland Member Youth Services will hold events across Ireland to promote the mental wellbeing of young people. As part of these events, every Youth Work Ireland service will run sessions the new Youth Work Ireland Activity Pack Be Well – Working with Young People to identify and address Anxiety.

"Ireland's largest youth organisation is facilitating a whole variety of events from Donegal to Wexford and from Kerry to Louth as part of Youth Work Ireland Week 2016. The week's events will focus on mental well-being and highlight the contribution youth services make to the positive well-being of young people across Ireland. Thousands of young people will be taking part in club and project activities which benefit and support their mental well-being. Events include laughter therapy session, meditation, sports event, self-care sessions, Good Mood Clubs, Art sessions, health & wellness days, exercise & fitness programmes, Tai Chi, Acupuncture, Environmental projects, Samba sessions, Positive Life Choice programmes, Inter-generational quizzes, Friendship lunch, Mindfulness exercises, Well-being Walks, Onesie Run, Yoga, Meditation through Music, Boxercise Classes, Pop Up Youth Cafes... any many more" Said Patrick Burke CEO of the organisation

As part of this celebratory week Youth Work Ireland Week services will run Be Well – Working with Young People to Identify & Address Anxiety. This 90-minute activity session will help young people gain knowledge and skills to help them to identify and address anxiety in their lives. The pack was launched by Youth Work Ireland's Well-being Squad of young people today in Dublin.

The Be Well pack is influenced by the Friends Programme, a World Health Organisation recognised programme of support to encourage resiliency and address anxiety. BE Well also uses the well-known 5-A-Day approach to mental well-being namely CONNECT - BE ACTIVE - TAKE NOTICE - KEEP LEARNING – GIVE to help young people learn ways to cope with everyday anxiety, and will help over 100,000 young people across Ireland to identify when and what makes them feel anxious, learn what to do to address this and where necessary get additional supports.

ENDS

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<http://www.youthworkireland.ie/what-we-do/be-well>