

# JOIN OUR FIGHT FOR A YOUTH MENTAL WELLBEING **REVOLUTION**

Friday December 16th, 2022



## RE- LAUNCH AND TRAINING OF BRAND NEW BE WELL 2

### ABOUT BE WELL

University of Ulster is evaluating the effectiveness of the Be Well programme with 3,333 young people currently having taken part. Over 90% of participants state that they can and will apply what they've learned.

Be Well is an evidence informed programme for youth workers to deliver to young people through games and activities in a 90 minute session. Be Well provides young people with information and skills to:

- Identify worry, stress and anxiety and how it affects them
- Manage worry, stress and anxiety

### ABOUT THE RE-LAUNCH AND TRAINING

Based on programme review the University of Ulster recommended the development of an additional young person's booklet to provide further supports to programme participants. December 16th will provide a launch of this new resource and a training session for youth workers to support their delivery of Be Well.

The day will feature discussions and activities with youth workers led by Dr Leighann Culleton, Be Well author on:

- What is anxiety and how does it affect young people in your service?
- Youth work as a support for youth resilience
- Be Well as a youth work support
- Delivering Be Well in a youth work setting

**BOOK  
YOUR  
PLACE**