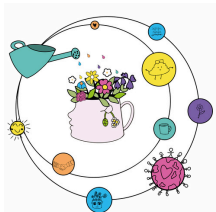


Emotional Health and Wellbeing in Education

There are a range of services and resources available to help support the emotional health and wellbeing of children and young people in education.



HOPE COUNSELLING SERVICE FOR SCHOOLS

Available to post-primary age young people - ask your school / setting for more details. For more information, visit: [EA Hope Service](#).

BEING WELL DOING WELL

This programme is part of The Children & Young People's Emotional Health & Wellbeing in Education Framework. It supports all schools to develop a Whole School Approach to Emotional Health and Wellbeing. Visit: [Being Well Doing Well](#).

RISE NI

Health teams support emotional wellbeing needs of children, including those related to communication, sensory and motor. For information on developing foundations for learning, visit: [RISE NI \(education staff\)](#) / [RISE Parent website](#)

REACH

The EA Youth Service programme is available in schools for children and young people aged 6-19. Request support on the [REACH website](#).

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health teams in mainstream post-primary schools advise on services, CAMHS and positive emotional wellbeing. For more information, visit: [EWTS](#).



THE ATTACH PROGRAMME

Focuses on trauma-informed practice and relationships. It is delivered within the [EA Primary Children Looked After Advisory Service](#).

CCEA WELLBEING HUB

[The CCEA hub](#) provides a range of helpful and relevant learning activities for schools to support promoting emotional wellbeing.

EA HEALTH WELL HUB

Health and Wellbeing support for staff - [EA Health Well Hub](#).



USEFUL RESOURCES

SOLIHULL ONLINE COURSES

Free online courses for parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years and understanding your feelings. Visit: [Northern Ireland - Togetherness](#).

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources: [Youth Wellness Web](#).

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download the app from [Google Play](#) or [Apple Store](#).

HEADSSS SCREENING TOOL

The Belfast Health and Social Care Trust launched [HEADSSS screening tool](#) and resource website in October 2024. It offers self-screening options for adolescents, as well as professional-led and parent-led.

APPS TO SUPPORT MENTAL HEALTH

The HSC Apps Library has free and safe apps made just for kids, teens, and families that can help you feel calmer, more confident, and more in control - [CYP Mental Health App](#).

Further information

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.



DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021, you can find out more on the [DE website](#) or scan the QR code.

