

## Delivery Partners Useful Links and Additional Resources

Youth Wellness Hub: <https://cypsp.hscni.net/youth-wellness-web/>

### South Eastern Health and Social Care Trust

Download 'Fostering in a Digital World': <https://apps.apple.com/gb/app/fostering-in-a-digital-world/id1098142357>

Safer Schools App NI: <https://saferschoolsni.co.uk/>

What is 'If I were Jack?': <https://www.qub.ac.uk/sites/if-i-were-jack/what-is-if-i-were-jack/>

Youth Health Advice: <https://setrust.hscni.net/healthy-living/youth-health-advice/>

Mental Health and Emotional Wellbeing training directory 2023/24: <https://setrust-hscni.pagetiger.com/mh-training/version1>

### Healthy Eating

Public Health Dietitians - [https://www.youtube.com/channel/UC\\_-f5E0ehqIR3z-cQdUvkCQ](https://www.youtube.com/channel/UC_-f5E0ehqIR3z-cQdUvkCQ)

Parent Support – <https://cypsp.hscni.net/>

### Mental Health

Take 5 Interactive Resource, Protecting Your Mental Health:

<https://vimeo.com/813556121/050b77ca19>

Take 5 PHA Small Grants Video: <https://vimeo.com/828325531/8f0c3d9e25>

High 5 Friday information Sessions, open to EA pre-school and Primary staff: <https://www.easds.org.uk/booking/?bookingid=8ce6ef6ae8053135>

Mental Health and Well-being Minding Your Head: <https://www.mindingyourhead.info/>

Action Mental Health video: <https://www.amh.org.uk/southern-area-protect-life-resource-centre-video/>



LIVING  
WELL  
TOGETHER

# HEALTH & WELLBEING THEMATIC SUMMIT

## **Southern Health and Social Care Trust**

Stop Smoking Services: <https://southerntrust.hscni.net/your-health/health-improvement/stop-smoking-services/>

Volunteering in SHSCT: <https://southerntrust.hscni.net/involving-you/volunteering/>

Diabetes Prevention Video: [https://www.youtube.com/watch?v=hhFuez6\\_H4Q](https://www.youtube.com/watch?v=hhFuez6_H4Q)

Programme and eligibility/exclusion  
criteria: <https://southerntrust.hscni.net/service/diabetes/>

Support from User Involvement team: <https://forms.office.com/e/5TnnrSriQx#>