



Ballyclare Secondary School

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Principal: Mrs K O Bell BA Adv Cert Ed PQH

25 September 2024

Dear Parent/Carer

As part of our commitment to “Being Well,Doing Well”, we are pleased to partner with the charity Aware Defeat Depression for Mood Matters sessions for our Year 10 pupils.

Between Wednesday 9 October and Friday 11 October 2024, each Year 10 class will participate in a 90 minute workshop. This also coincides with World Mental Health Day which falls on Thursday 10 October.

This evidence-based programme introduces the ‘Five Steps Approach’ which is based on cognitive behavioural concepts. Participants use practical examples to learn that by challenging and changing unhelpful thinking and behaviours, they can make a positive difference to their lives.

Mood Matters Young People also features ‘Take5 for emotional wellbeing’ which focuses on the five most evidenced-based ways of looking after our mental health : Connect, Be Active, Take Notice, Keep Learning and Give. Participants take part in group activities and discussions which highlight ways that they can build ‘Take5’ into their lives just by making some simple changes.

The programme is delivered by experienced trainers and there is a workbook which accompanies the programme.

If you have any queries about the Mood Matters programme please contact the school before Monday 7 October.

Yours faithfully

L Collins

Health Promotion Development Officer/Being Well, Doing Well Champion

