



Are you working within your local community?

Would you like to join with others in promoting positive mental health?

The **Take 5 Ambassador Briefing** will equip you to deliver a short Take 5 session for your local groups.



Aims of the Take 5 Ambassador Briefing Session

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

For briefing session dates or further information on the role of Take 5 Ambassadors please email: Take.5@southerntrust.hscni.net

This is a partnership programme

