

Connect with FLARE on social media

flare@eani.org.uk

We often use social media to connect with young people, youth workers and the wider public. We use Facebook to highlight the fantastic programmes that young people are involved in through FLARE, often posting photos, videos and resource ideas created by us and others. Please use the QR code below to take you directly to our FLARE page and if you see something you would like to use as a resource then email us and we will support you as best we can.



How to use the QR codes.
-[If you have a smartphone]-

Open the Camera app from your device's Home screen, Control Center, or Lock screen. Hold your device so that the QR code appears in the Camera app's viewfinder. Your device recognizes the QR code and shows a notification. Tap the notification to open the link associated with the QR code.

If this doesn't work then download a free QR code app and follow the instructions.

FLARE AMBASSADORS 12 Day Self Care Challenge

Self care is one of the most important factors in keeping yourself healthy and motivated. Here are a few things you can try for yourself or develop within your work.

Day 1

Make contact with that person you've been meaning to.

Day 2

Watch your favourite TV show.

Day 3

Get an early night - maybe take a break from your phone.

Day 4

Savour your breakfast, start your day right.

Day 5

Listen to your favourite music.

Day 6

Set aside time for what you love.

Day 7

Read a book.

Day 8

Listen to a new podcast or watch a new youtube show.

Day 9

Write down 3 qualities you like about yourself.

Day 10

Plan a night in with friends or family.

Day 11

Get outside and go for a walk.

Day 12

Do something creative, draw, write, sing.

Contact Information



Belfast HSC†

FLARE Team Leader
North Belfast
Resource Centre
95-97 Woodvale Road
Belfast, BT13 3BP

T: 028 9035 2774
M1: 075 4816 2190
M2: 078 0316 9696

Southern HSC†

Senior Youth Worker
Newry Youth
Resource Centre
4 Cambane Road
Newry, BT35 6QA

T: 028 3025 1515
M: 075 4816 2186

Western HSC†

Senior Youth Worker
Western (North)
Waterside
Resource Centre
40 Dungiven Road
Waterside, Derry
BT47 6BW

T: 028 7131 3444
M: 075 4816 2192

Western (South)
EA Omagh Office
1 Hospital Road
Omagh, BT79 0AW

T: 028 8241 1411
M: 079 0270 1073

Northern HSC†

Senior Youth Worker
Ballykeel Youth Centre
20 Crebilly Road
Ballymena, BT42 4DN

T: 028 2563 0064
M1: 077 3997 9443
M2: 077 2071 7275

South Eastern HSC†

Finaghy Youth
Resource Centre
59-73 Finaghy Rd S,
Belfast, BT10 0BY

T: 028 9060 0271
M1: 075 4816 2185

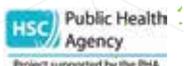
If you wish to make contact with any staff please use the above details or the shared email account below

flare@eani.org.uk



FLARE

Facilitating Life and Resilience Education



Vision, Mission & Practice Brief

Rationale

The Education Authority Youth Service has developed, in partnership with the Public Health Agency (PHA), an innovative support service for young people 11- 25yrs old experiencing poor mental health. Extensive health service research and needs evidenced by Priorities for Youth and Regional Assessment of Need has established the need for such a service to improve young people's mental health and well-being. Poor mental health is proven to affect young people's educational attainment, ability to form positive relationships thus increasing isolation, sense of happiness, and threat to their future opportunities and meaningful role in the community.

FLARE Facilitating Life and Resilience Education

FLARE Operate under a model of youth work practice and all staff are qualified youth workers with specific training and experience within the Mental Health and wellbeing landscape.

Practice

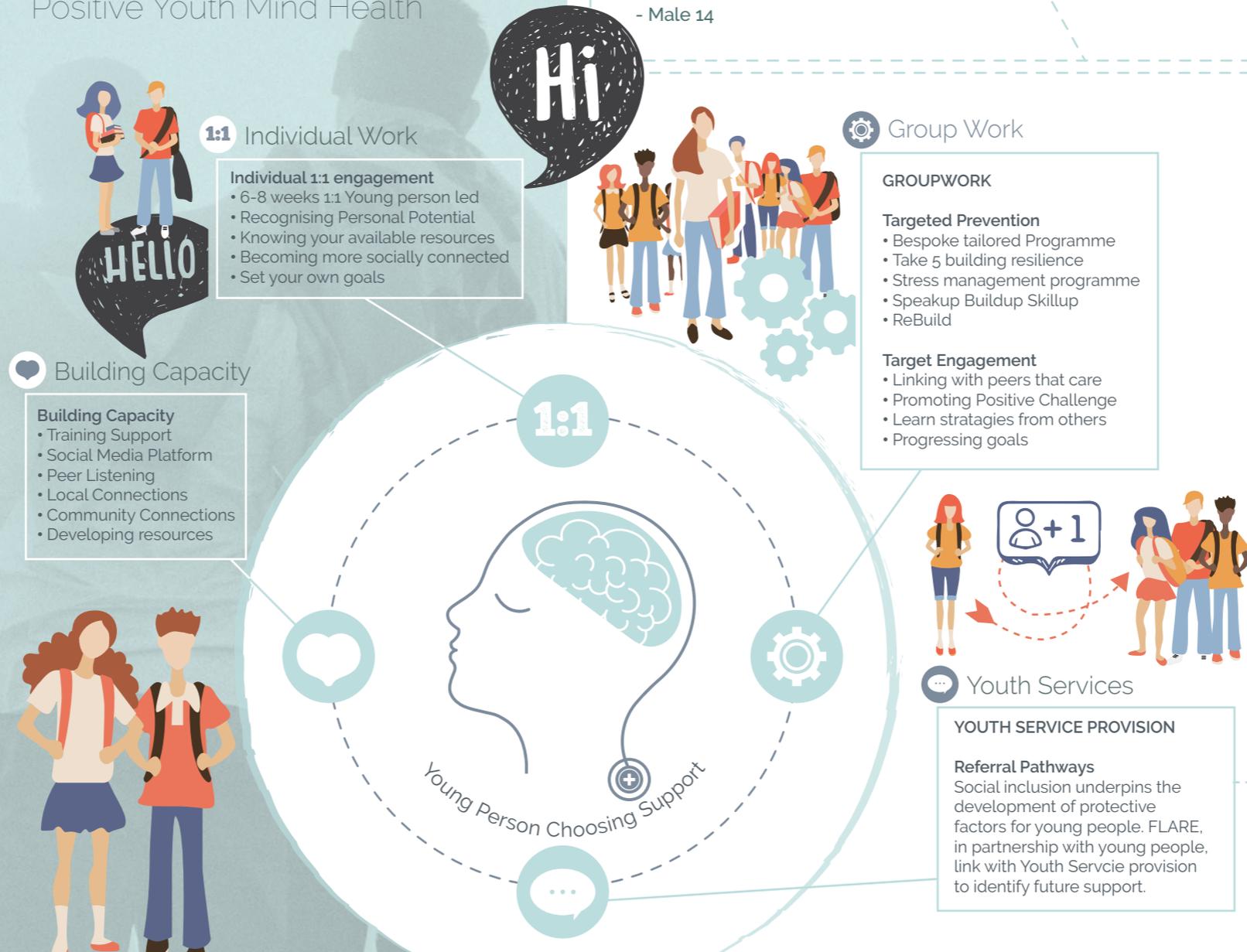
FLARE, offer through youth work, a social inclusion model of practice to engage young people with moderate mental health needs or risks. We aim to support young people to build the internal reserves of confidence, resilience and positive aspirations that we know can provide the best opportunity to promote mental wellbeing and providing the best foundation for enabling young people to thrive.

Mission

Supporting young people to develop their personal strengths & capabilities towards positive mental wellbeing.

Vision

Lighting The Path For Positive Youth Mind Health



Young Peoples quotes about the FLARE project and how it has positively impacted their mental health,

Just the way that we can talk openly makes me think more about my personal journey
- Female 15

This programme had allowed me to step out of my comfort zone and gain a lot more confidence
- Male 14

Throughout this programme I've learnt that not everything goes to plan but it's not the end of the world. You simply get back up and try again!
- Female 18

"Before my initial contact with FLARE my life was something I was deeply unsatisfied and struggling with. Thanks to support and guidance I have learnt skills for dealing with issues within my life and have become much more self assured and satisfied in myself."
- Male 22

Further Support



Directory of services developed by the PHA to help improve mental health and emotional wellbeing

SCAN ME



www.lifelinehelpline.info

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.

www.helplinesnetworkni.com

Helplines Network NI is a membership-led organisation consisting of over 30 different helplines operating across Northern Ireland.

