

## Wellbeing Sites



[Life Skills for Schools - Depression Support - Aware](#)

### This programme will help students to:

- Understand the interaction between thoughts, feelings and behaviour
- Recognise unhelpful thinking styles and learn how they might change them
- Build inner confidence and foster positive thinking
- Learn how to manage anger and irritability
- Identify unhelpful behaviours and learn how to make small, practical changes
- Understand how to break a problem down into manageable steps, make a plan and put it into action
- Improve wellbeing by making small, easy changes to their lifestyles

[Resilience Story - Depression Support - Aware](#)



[Young People | Walk in My Shoes](#)

Blogs & Articles, Podcasts and resources – advice in relation to mental health and wellbeing.



[Youth - \(webwise.ie\)](#)



[Young People and Mental Health - Mental Health Training - FutureLearn](#)

### **Young People and Mental Health**

Learn how to identify and manage mental health problems as a young person and the best practices to improve your mental wellbeing.