



**Delivery** of transitional support for school years 5 and 6 >

**Mental health** awareness training to professionals, community members >

**Community** engagement programmes >




**Working with** partner organisations to better support parents and care givers >

**Workshops** in schools >

**Resource** packs for families >

**Youth** social action group >

At Action East Devon we are passionate about raising awareness of the issues facing those with mental health difficulties but also sharing ways to wellbeing that we can all do to stay healthy.

info@actioneastdevon.org.uk  
www.actioneastdevon.org.uk  
01404 549 045   

## Testimonial >

**“Talking about how I’m feeling** and how to manage my emotions has helped me to overcome my self-harm urges, I feel more comfortable to talk to my family about mental health and ask for support if I need to.”



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