

PEACE of Mind

empowering young minds, building resilience

A FREE, cross-community wellbeing and personal development programme for young people aged 11–25 in Northern Ireland and the border counties.

For more than six decades, **Inspire** has supported people across our communities with person-centred mental health services.

That experience sits at the core of PEACE of Mind, shaping a programme designed to meet young people where they are and respond to the challenges they face today.

Our commitment to supporting people and their wellbeing guides every element of the programme. We understand that young people need spaces that feel safe, welcoming and genuinely supportive.

PEACE of Mind gives young people the opportunity to build confidence, strengthen their emotional resilience and develop practical strategies they can use in everyday life. Through group discussions, guided activities and meaningful conversations, participants learn tools that help them navigate pressures, relationships and personal challenges in a healthier, more grounded way.

At its heart, PEACE of Mind is about empowering young people to feel seen, supported and capable and giving them the skills to move through the world with greater confidence and connection.

Click the bullet points below to learn more about the elements that make up PEACE of Mind.

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PEACE of Mind Programme Overview

We support young people aged 11–25 across Northern Ireland and the border counties of the Republic of Ireland to build resilience, confidence and emotional wellbeing.

We provide a safe, inclusive, welcoming and accessible space where young people can access professional guidance on a wide range of topics and challenges, including:

Strengthening coping skills

Navigating challenges

Personal development

Increasing personal awareness

Building emotional resilience

Developing healthy relationships

Social media behaviour

Improving overall wellbeing

How it works

PEACE of Mind is delivered through six in-person sessions, each 1–2 hours, facilitated by trained mental-health and youth-work professionals. Sessions combine guided discussion, practical skill-building and reflective activities that help young people understand themselves, develop coping strategies, build resilience, strengthen relationships and navigate online spaces safely.

Groups are capped at 10 to maintain a supportive environment, and the youth-led approach ensures the content is relevant and engaging while your organisation benefits from a structured, professionally managed wellbeing programme that complements existing support.

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Tailor the Programme to Your Group

Our PEACE of Mind programme can be tailored to match your group.

We know you and your staff team work in all sorts of settings, so our sessions are intentionally designed to be flexible, adaptable, and easy to weave into your existing structure.

Whether you're working with:

- A sports team who thrive on teamwork and routine
- A youth club that needs energisers and bite-sized activities
- School-based wellbeing groups
- Faith-based or community settings

We can tailor our PEACE of mind programme to suit the young people in front of you.

How do we personalise PEACE of Mind?

- Adapting language and examples to match your group
- Swapping activities to suit energy levels or abilities
- Re-framing lessons with themes your group cares about
- Blending activities with your existing programme goals

How we support you

Our team can help create a version of the programme that feels authentic, achievable, and aligned with the needs of your young people, no matter your setting.

Growing the Next Generation of Youth Leaders

At the end of the six week programme, young people are invited to take the next step by joining our Peer Facilitation programme, an optional pathway that allows those who are interested to continue developing their leadership skills and play a more active role within future PEACE of Mind groups.

The Peer Facilitation pathway equips young people with the confidence and practical skills to co-lead sessions alongside trained staff, strengthening your organisation's capacity while nurturing future youth leaders.

Across four focused sessions, participants develop core facilitation abilities such as active listening, group management, setting boundaries, and responding calmly to challenges.



Equipping Your Team to Support Young People's Wellbeing

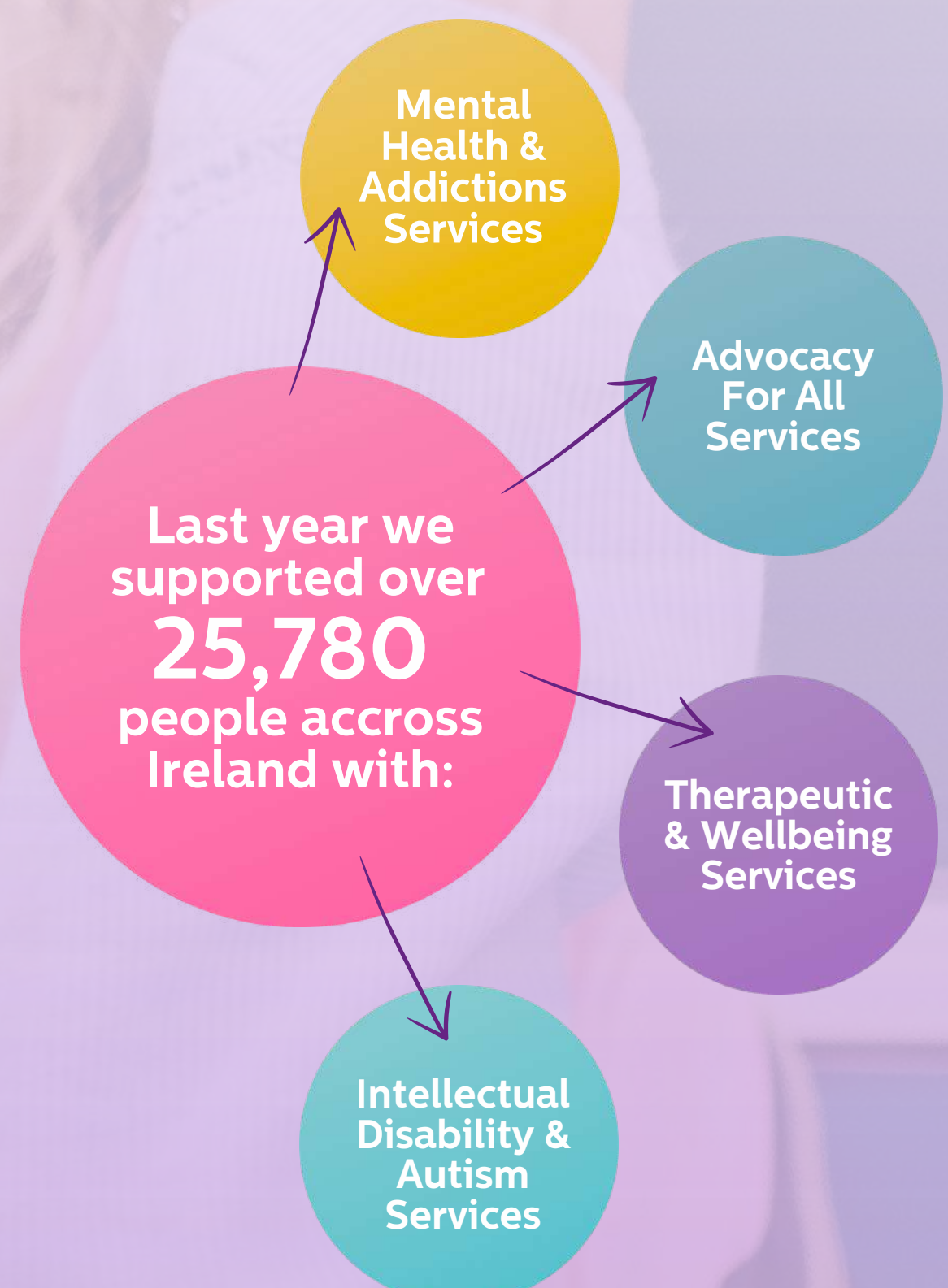
Our Building Resilient Young People programme provides staff and volunteers with practical, accessible tools that strengthen their confidence when supporting young people.

Designed specifically for youth-work environments, the training builds a clear, youth-friendly understanding of what mental health really means and equips your team to recognise early signs when a young person may need support.

Through creative, strengths-based activities, participants learn how to open up tricky conversations, nurture emotional resilience and create safer, more responsive group environments.

This training is grounded in years of frontline experience, ensuring your team benefits from approaches that have been tried, tested and trusted across youth settings.

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Locations



PEACE of Mind Programme Overview

The true value of PEACE of Mind is best demonstrated through the voices of the young people who have completed the programme.

Their feedback highlights the positive changes they experienced and the skills they took forward into their everyday lives.

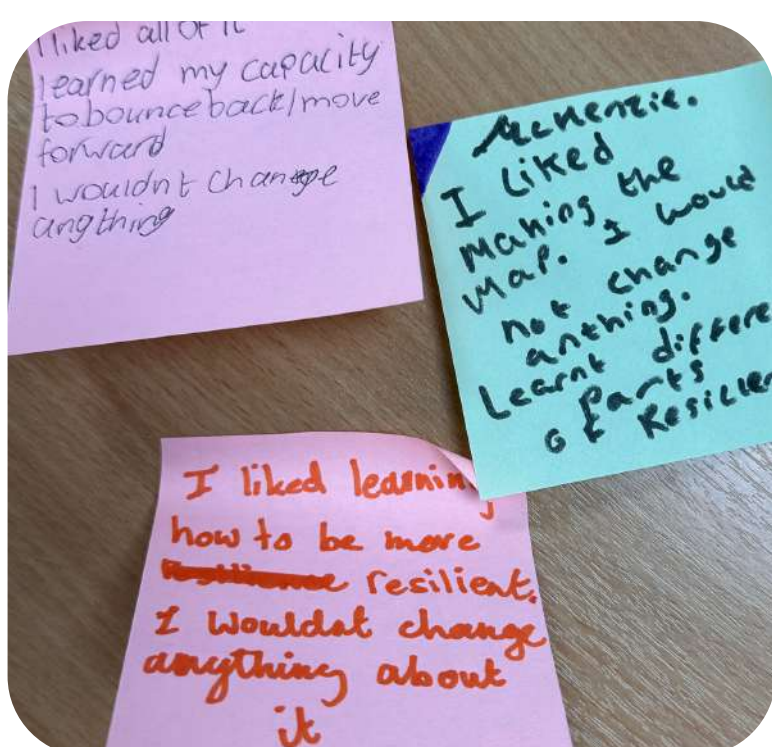
These testimonials offer a window into that journey.

I liked learning how
stay safe online
and how to cope
with stress

Learning about mental
health helped me
understand myself more.
I didn't realise how many
coping skills existed. I
loved that.

It felt like a safer space
to be open about my
own experiences
especially with the
resilience course

Mental health has been a
major issue for me and now
I finally have someone at
school to talk to about it



Ready to Create Something Meaningful for Your Young People?

Bringing PEACE of Mind to your setting is more than just running a programme, it's investing in a space where young people feel seen, supported and empowered to grow.

Our team is ready to work alongside you to create sessions that genuinely speak to the needs of your group, strengthen your existing provision and offer something meaningful for the young people you care about.

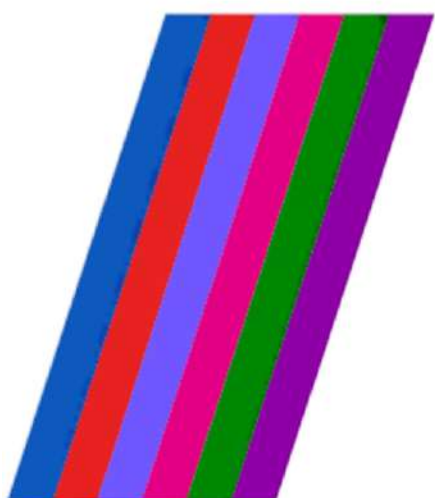
If you're ready to take the next step, we'd love to hear from you!

Let's start a conversation about how we can shape PEACE of Mind together and create a positive impact that lasts long after the sessions end.

Get in touch with our team to register your interest

Freephone - 0808 189 0036

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Northern Ireland
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www.northernireland.gov.uk



Rialtas
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