

Healthy breaks for pre-school children

We are committed
to healthy eating

At break time we enjoy healthy snacks
because they help us grow properly,
do our best and make us healthy and
happy in the future.



Milk

Whole or
semi-skimmed
unflavoured milk



Water

Tap water or
unflavoured, still,
bottled water



Fruit and vegetables

All fresh fruit
and vegetables



Other snacks

Bread-based snacks,
low-sugar cereals,
plain yogurt or
plain fromage frais

Title Publication

[Healthy
breaks for
pre-school
children
poster
\(English
and Irish
translation\)](#)

10/09

12:00

Healthy breaks for pre-school children

A guide for parents



 Public Health
Agency

**school
food**

Title Publi

[Healthy
breaks for
pre-school
children
leaflet
\(English
and Irish
translation\)](#)

10/09

12:00

Healthy breaks for schools

A guide for pupils and parents



HSC Public Health
Agency

**school
food**

Title **Publi**

[Healthy
breaks for
schools
leaflet
\(English
and Irish
translation\)](#)

10/09
12:00

Healthy breaks for schools

At this school,
we are committed
to healthy eating

At break time we enjoy healthy snacks because they help us grow properly, do our best in school and make us healthy and happy in the future.



Milk
All whole, semi-skimmed or skimmed unflavoured milk



Water
Tap water or unflavoured, still, bottled water



Fruit and vegetables
All fresh fruit and vegetables



Bread based snacks
White or wholemeal breads spread thinly with a little low-fat spread, plain breadsticks or toast

Title Public

[Healthy breaks for schools poster \(English and Irish translation\)](#)

10/09
12:00

Are you packing a healthy lunch?

Title Publi



**school
food**

[Are you
packing a
healthy
lunch?
\(English
and Irish
translation\)](#)

10/09

12:00

Alcohol and pregnancy

Think before
you drink

HSC Public Health
Agency

[Alcohol and
pregnancy:
think
before you
drink](#)

26/08
04:34

Talking really helps campaign evaluation



Summary

On 3 February 2025, the Public Health Agency launched the 'Talking really helps' mass media campaign. The campaign ran over eight weeks and was a rerun of an existing campaign that evaluated positively.

The aim of the campaign was to encourage openness and talking about feelings of anxiety, distress or crisis, increase help-seeking behaviour, and reinforce the concept of recovery. The campaign promoted Lifeline, Northern Ireland's crisis response helpline. The primary audience for the campaign was all adults. Secondary targeted audiences were those people at greater risk of suicide (males and those who live in areas of deprivation), and family and friends of those most at risk of suicide.

Reach: 65% of those surveyed reported that they saw or heard at least one element of the campaign.

Positive action: 86% of respondents, who were exposed to the campaign prior to taking part in the survey, took at least one positive action as a result of seeing or hearing the campaign.



[Talking
really helps
campaign
evaluation
2024-2025](#)

22/08
03:55

Mental health in Northern Ireland: Strategies and suicide statistics

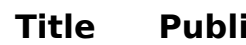
The 'Talking really helps' campaign delivered on action 1 of the [Mental Health Strategy](#) and supported [Protect Life 2 – Suicide Prevention Strategy](#). Action 1 of the Mental Health Strategy is to increase public awareness of how life can impact upon mental wellbeing and increase public knowledge of the key measures that can be taken to look after mental wellbeing. The action also aims to increase understanding of mental ill health and reduce stigma by encouraging people to talk about their mental health. Protect Life 2 is a long-term strategy for reducing suicides and the incidence of self-harm. Population approaches in the strategy include increasing awareness of suicide prevention, reducing stigma associated with suicidal behaviour and mental illness, and promoting help-seeking behaviour.

Suicide is complex and often occurs as a result of a number of interacting factors, making it a major challenge for public health. Areas of higher socioeconomic disadvantage tend to have higher rates of suicide and the greater the level of deprivation experienced by an individual, the higher their risk of suicidal behaviour. There is also a gender aspect to suicide; more men die from suicide than women.

At the time of the campaign, the latest suicide statistics from the Northern Ireland Statistics and Research Agency (NISRA) were for 2022. There were 203 suicide deaths registered in 2022. The percentage of suicides from Northern Ireland's most deprived areas (31%) was over three times that of the least deprived areas (9%). In 2022, 77% of suicide deaths were male and 23% were female. More information on suicide statistics is available from [NISRA](#).

Campaign advertising

Campaign advertising ran from 3 February until 31 March 2025 across TV, radio, outdoor and digital, including social media advertising. Radio also ran 21-30 April 2025. The advertising was exposed over 29 million times and it is estimated that 95% of adults in Northern Ireland saw/heard the campaign. The campaign was supported by PR and engagement with partners and stakeholders. A toolkit of resources was developed to support the campaign.



21/08
12:00

Coping after a traumatic event

Information for adults

Being involved in, or affected by, a traumatic event can affect how we feel mentally and physically. It is important to understand how these incidents may impact on our thoughts, feelings and behaviours, and what to do if things don't get better.

This leaflet explains how people may feel after a recent trauma, and provides information on what might help and where to go for support.

[Coping after a traumatic event](#)

13/08
02:03

**Health needs assessment of Minority Ethnic
populations in Northern Ireland – June 2025**

[Health
needs
assessment
of minority
ethnic
populations
in Northern
Ireland](#) 13/08
10:37



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