

# The Amber Flag

The Amber Flag initiative is an initiative run by Pieta House which recognises the individual efforts of primary and secondary schools, youth reach, third level institutions, community groups, clubs and companies to create healthy, inclusive environments that support mental wellbeing.

- Part of School Self Evaluation
- Wellbeing talks - Tips on how to deal with stressful situations
- Student Council focus group chooses some Wellbeing activities for the school as a whole during the year.
- Activities: Nature Walks, Pyjamas & hot chocolate Day, Worry Box – for any worries we may have, extra exercise/sporting activities. Bring your teddy/comforter to school Day. School Funday with neighbouring school.