

Poor mental health affects at least one in five of the adult population in Northern Ireland. The current economic downturn has led to an increase in unemployment, fears of redundancy and money worries – all of which have an impact on the mental health and wellbeing of individuals, families and communities in Northern Ireland.

## **Actions**

The campaign to promote Lifeline, the free helpline for those in distress or despair, has led to increased public awareness of the Lifeline number 0808 808 800. **A website [www.lifelinehelpline.info](http://www.lifelinehelpline.info) was launched to raise the profile of the service.**

Responding to a request from the Irish Congress of Trade Unions (ICTU), we facilitated training for 36 union representatives from across Northern Ireland to help build their skills and confidence in supporting colleagues in a range of workplace settings. Participants attended Mental Health First Aid (MHFA) training and applied suicide intervention skills training (ASIST).

## **Outcomes**

ICTU plans to re-run both training programmes as part of its ongoing calendar of training next year.

## **Key resources:**

- [Alcohol | Drugs and Alcohol - PHA](#)
- [Finding Help | Minding Your Head](#)
- [Lifeline | Lifeline Helpline](#)

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