

# NORTHERN AREA

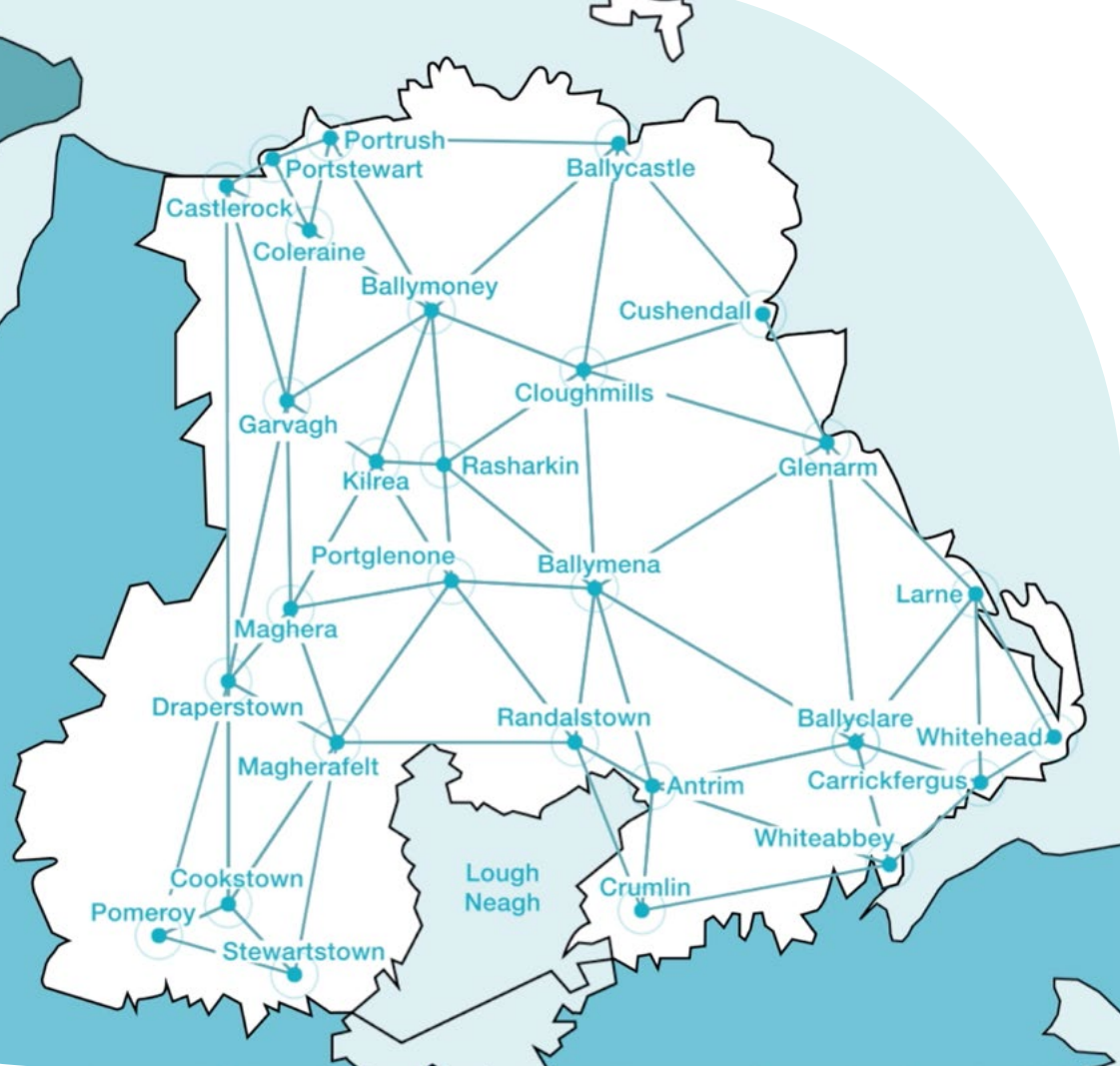
# Emotional Wellbeing & Suicide Prevention Partnership



Our partnership  
is ready to help

## This is the Northern Trust Area;

we are an area that is interconnected and working in partnership.



This brochure is to show you how we are supporting our community in the wider Northern trust locality. We are connecting you with what is available on our doorstep and we encourage you to become involved and connected.

Even if you can't see a building, we are there, the support is here in the community, reach out. We are in your **GP surgeries, community halls, schools, nurseries, colleges, sports groups and more.**

We meet in all kinds of places and meet all level of need. Not just face to face, we can zoom you too or make a call.

There is so much out there and we are hoping that this resource helps get that information out there to the people and our communities.

- Reach out
- We are here
- We are ready to respond individually & collectively
- Our partnership is ready to help



*Our partnership is ready to help...*



Gabrielle Rawashdeh



Selena Ramsey



Denise Doherty



Janine Gaston



Amanda Elliot



Catherine McColgan



Jackie McCaughey



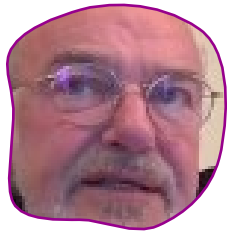
Joanne Moore



Aine Wallace



Julie Emo-Haines



Conor McCafferty



Colette Slevin



Phil Lindsay



Chris Martin



Shaun McCormick



Andrea Proctor



Drew Neill



Patricia Lindsay



Michelle Scullion



Danielle Gallagher



Nuala McLoughlin



David Olphert



Marlyn Grant

Established in response to the Government's Protect Life Suicide Prevention and Making Life Better strategies, a range of key community, voluntary and statutory sector stakeholders are working collectively, they are known as 'The Northern Area Cross Sector Protect Life Implementation Group'.

Through this work a wide range of local actions and initiatives are being progressed within the Northern area to improve mental health and reduce the number of deaths by suicide. In essence, all the work being driven forward will aim to empower and build resilience for all age groups and support them to make positive choices in relation to their own mental health.

**Our partnership is active in your locale | Our partnership is ready to help**

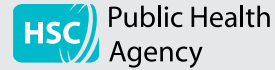
# Northern Area PROJECTS & SERVICES



## PUBLIC HEALTH AGENCY

Gabrielle Rawashdeh  
*Senior Officer for Health and Social Wellbeing Improvement*

Leading on the coordination of the Northern Area partnership for Mental and Emotional Wellbeing and Suicide Prevention



Project supported by the PHA

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TO VIEW  
WEBSITES



## NORTHERN HEALTH & SOCIAL CARE TRUST

Selena Ramsey - *Health and Wellbeing Manager- Mental Health and Suicide Prevention*

*"My role is to support practitioners to build skills to support people within their community and work setting. We are developing Take 5 models to promote self-care in schools, workplaces and the community."*

☎ 025 2563 5575

@ selena.ramsey@northerntrust.hscni.net

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**Take5**  
steps to wellbeing



## COOKSTOWN & WESTERN SHORES AREA NETWORK

Denise Doherty - *Suicide Prevention Development Officer*

*"We work with a lot of communities around suicide and educate people around the signs and symptoms"*

☎ 07540 969 623 @ denise@cwsan.org

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## IMPACT NETWORK NI

Janine Gaston - *Suicide Prevention Development Officer*

*"My work is about supporting communities to increase their involvement in suicide prevention through support, signposting, fundraising and grants."*

☎ 028 9447 8645 @ Janine@impactnetworkni.org



## Northern Area Community Network and Causeway Rural and Urban Network

Amanda Elliot - *Suicide Prevention Team*

*"Our role is to reach out into the community to support local people with initiatives that will help them get through these difficult times"*

☎ 028 2177 2100 / 07740 282 650

@ amanda@nacn.org

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Our partnership is ready to help...



## AWARE NI

Catherine McColgan - *Training and Awareness Education*

*"We offer support groups to people living with or experiencing depression or caring for someone with the illness"*

☎ 028 7126 0602 @ catherine@aware-ni.org / pat@aware-ni.org



Jackie McCaughey  
*Area Manager*

☎ 028 9446 0873

@ jackie.mccaughey@mindwisenv.org

## MINDWISE

*"Our service is very person centred, person driven, promotes independence and builds confidence"*

Joanne Moore  
*Community Bridge Builder*

☎ 075015 08 170

@ joanne.moore@mindwisenv.org



## FRESH MINDS EDUCATION

Aine Wallace & Julie Emo-Haines - *Suicide Prevention Training*

*"We deliver Suicide Prevention and Resilience training and we do what we do because we want to make a difference to people's lives"*

☎ 07921 861 104

@ hello@freshmindseducation.com



## ZEST – HEALING THE HURT

Conor McCafferty - *Self-Harm Intervention Project*

*"We deliver a service called SHIP, the self harm intervention programme and our work is about people"*

☎ 028 7126 6999 @ conor@zestni.co.uk



## ACTION MENTAL HEALTH

Colette Slevin - *Menssana*

*"We work out in the community and drive forward the message of early intervention"*

☎ 028 94428081 / 07809 553125 @ jdavis@amh.org.uk / khillis@amh.org.uk



# Northern Area PROJECTS & SERVICES



## NORTHERN HEALTH & SOCIAL CARE TRUST

 Northern Health  
and Social Care Trust

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Chris Martin - *Child & Adolescent Mental Health Service*

*"Our service provides assessments to young people when they are having emotional and mental health difficulties"*

 028 2531 7192  oisin.martin@northerntrust.hscni.net



## EDUCATION AUTHORITY NI

*"We work with young people on a one to one basis, supporting young people to feel confident, part of the community, and a whole lot better about life and relationships"*





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Shaun McCormick  
*Facilitating Life and Resilience Education*



 07720 717 275  
 shaun.mccormick@eani.org.uk

Sandra Lawler  
*Facilitating Life and Resilience Education*

 07739 979 443  
 sandra.lawler@eani.org.uk



## ULSTER UNIVERSITY STUDENT WELLBEING

 028 9536 7000  studentwellbeing@ulster.ac.uk

Andrea Proctor

Drew Neill

*"Our dedicated team offers a range of support to students with or experiencing wellbeing, disability or financial challenges, and we are here to support you throughout your journey at Ulster University"*



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*Our partnership is ready to help...* 



Michelle Scullion



# BARNARDO'S

Children and Young People Bereaved by Suicide Support Project

📞 Adviceline 07867 372 711 / 028 9066 8333

@ cbsreferrals@barnardos.org.uk

Phil Lindsay



**Believe in children**



**Barnardo's**  
Northern Ireland

*"We provide a service for children who have been bereaved tragically and traumatically"*

Patricia Lindsay



# NORTHERN HEALTH & SOCIAL CARE TRUST

Danielle Gallagher

*Bereaved by Suicide Support Service*

📞 028 9441 3544

@ danielle.gallagher@northerntrust.hscni.net

*"Our service provides one to one support for families, friends, & communities bereaved by suicide"*

David Olphert

📞 028 9441 3544

@ david.olphert@northerntrust.hscni.net

Nuala McLoughlin

📞 028 9441 3544

@ nuala.mcloughlin@northerntrust.hscni.net



 Northern Health and Social Care Trust



# NORTHERN HEALTH & SOCIAL CARE TRUST

Marlyn Grant - *Consultant for service user experience*

*"I support people from my experience to live a fulfilling life despite their illnesses"*

📞 07913 629 915

@ marlyn.grant@northerntrust.hscni.net



Northern Health and Social Care Trust





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