

EARLY INTERVENTION & PREVENTION ACTION PLAN UPDATE

Mental
2021-2031 **Health**
Strategy

3

Summer 2025

Intro

Welcome to this third newsletter to share information about the work underway to deliver on the Early Intervention & Prevention Action Plan which focuses on Actions 1 and 2 of the Mental Health Strategy.

[Mental Health Strategy Early Intervention & Prevention Action Plan 2022-2025](#)



Data and Outcomes Framework

Thanks to the many contributors to the work on data and outcomes for mental health promotion and early intervention. A framework and a number of supporting resources have now been finalised through the Early Intervention and Prevention Steering Group.

The framework identifies robust population measures for mental wellbeing and early intervention and helps support improved measurement of impact of services and interventions through the provision of a toolkit. The framework report also outlines a number of recommendations for next steps.

The final document will soon be available for circulation.



Conference Ulster University Coleraine

Mind the Gap: Tackling Mental Health Inequalities:

Using a Public Mental Health Approach to Close the Gap

More than 200 people from across health and social care, voluntary and community sectors, local councils, academics and policy makers attended the Mental Health Strategy Early Intervention and Prevention conference on the 29th May 2025.

The conference focussed on taking a public mental health approach to tackling the inequalities that drive poor mental health.

Key partners in the conference were the Department of Health, Mental Health Foundation NI, Ulster University, the Mental Health Champions office, Queens University Belfast and the University of Ulster who hosted the conference on their Coleraine campus.

Speakers included Dr. Jacqui Dyer who has led the co-development of the NHS's Patient and Carer Race Equality Framework (PCREF) and acted as Mental Health Equalities Advisor to NHS England and Dr Denise O'Hagan, Assistant Director Strategic Public Health (Mental Health & Learning Disability) Public Health Agency.

Through panel discussions and posters, the conference showcased work underway to address inequalities in public mental health and offered an opportunity to share learning.

A full report from the conference is in development. The posters displayed at the conference are available to [review here](#) and the slides from the key note speakers are available on request. Please email mentalhealthEIPactionplan@hscni.net



Mental Health In all Policies – Rapid Review



The Mental Health Early Intervention and Prevention Action Plan recognises the wide range of determinants that impact mental health and the need to co-ordinate and maximise opportunities to improve mental health across government departments and across relevant policies, strategies and plans.

The IMPACT Research Centre, in a collaborative effort with Queen's University Belfast, was commissioned to undertake a rapid review on Mental Health in All Policies.

The report aimed to examine the literature on models and approaches to implementing 'Mental Health in All Policies' and to provide recommendations for implementing 'Mental Health in All Policies' in Northern Ireland.

The findings of the review are available [here](#).

Mental Health in All Policies: A Rapid Review

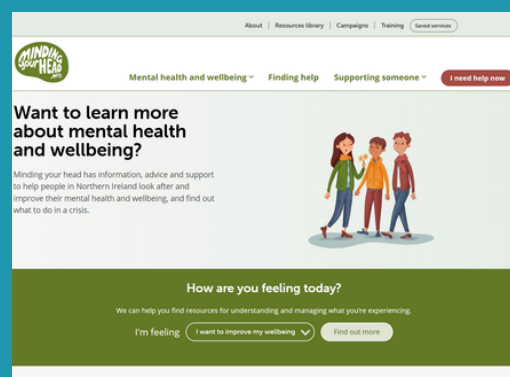


Refresh of Minding Your Head

Work has been underway to refresh the Minding Your Head website and the Public Health Agency are encouraging all stakeholders to contribute to the new service directory within the site.

You are invited to add mental health and emotional wellbeing services that your organisation provides in your local community.

Please e-mail myh@hscni.net to receive the guide to adding your services and share this opportunity for inclusion in the service directory with your partnerships and networks.





Children & Young Peoples Strategic Partnership

Locality Planning Team Self Care Programme

The CYPSP Southern Area Locality Planning Team hosted a Self- Care Programme for the members of its 6 Locality Planning Groups (LPG's) funded through the Making Life Better Short Term Funding Programme; a Protect Life 2 initiative.

Since 2022, members of the LPG's have reported greater pressures and stresses placed on their services supporting children and young people. Agreement was reached to apply for funding to incorporate self-care into LPG meetings, as well as stand-alone events, to support the emotional health and wellbeing of participants in the locality planning process.

The programme took place from November 2024-February 2025 and included 4 facilitated sessions by Inspire Wellbeing.

Details of the programme and its impact are provided in the [programme's score card](#).

The connection between Poverty and Mental Health: Drivers and Solutions

The Learning Network sub group hosted a seminar exploring a Public Mental Health approach to Poverty. The seminar aimed to enhance knowledge and understanding and to examine solutions that could inform future policy in Northern Ireland.

The presentations made clear the impact of poverty on mental health and highlighted how inequalities have a considerable effect on risk and protective factors for mental health. Through discussion, attendees identified actions which could be taken to alleviate the impact of poverty on mental health in Northern Ireland.

A report from the seminar is available [here](#).



NATIONAL
CHILDREN'S
BUREAU



Infant Mental Health

National Children's Bureau host monthly one-hour Infant Mental Health 'Lunchtime Learning' seminars to support networking and shared learning across the 5 Trust-based IMH strategy groups in NI and between statutory and voluntary services. We would like to invite you to explore the NCB Lunchtime Learning Library at [Lunchtime Learning Webinars](#) with over 20 webinar recordings to watch.

Through the webpage link, you can also catch up on NCB's Parenting Support in NI Showcase event, which highlighted evidence-based parenting programmes and discussions from the practitioners who deliver them locally in NI.

If you would like to hear about future Lunchtime Learning sessions or receive the NCB E-bulletin please contact Seren McKeever, NCB Early Years Project Coordinator NI, smckeever@ncb.org.uk.

If you or your team would be interested in presenting a Lunchtime Webinar in 2026 please contact Claire Phillips, NCB Early Years Programme Manager NI, cphillips@ncb.org.uk.

If you are interested in getting involved in your local Trust IMH strategy group, please contact the CDIC for your Trust Area. If you are unsure who this is contact Claire Phillips cphillips@ncb.org.uk.

Self-Care Tips

Be Active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good.

Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Quick Links - News & Resources

- Consultation on the HSC Children and Young peoples Emotional Health and Wellbeing Framework – closing date 26th September - [Consultation on the HSC Children and Young People's Emotional Health and Wellbeing Framework](#)
- Consultation on NI Executive Anti-Poverty Strategy | Department for Communities- Consultation closes 19th September - [Consultation on NI Executive Anti-Poverty Strategy](#)
- The Children & Young Peoples Strategic Planning Partnership's outcomes monitoring report 2023/24 is full of multi-agency population Indicators. This is a great resource for assessing need, planning services & can be used as evidence for funding opportunities - Download your copy now at <https://tinyurl.com/bdzc52cw> (you will see download prompt at top right corner of your browser page)
- CiNI Launch Best Practice Guide for Schools on Anxiety and Distress - <https://www.ci-ni.org.uk/>
- The Welsh government has launched a Mental Health and Wellbeing Strategy 2025 to 2035 - [GOV.WALES](#)

For further information about anything detailed in this newsletter or to get involved please contact: mentalhealthEIPactionplan@hscni.net

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