

EARLY INTERVENTION & PREVENTION ACTION PLAN UPDATE

Mental Health Strategy 2021-2031

4

Winter 2025

Intro

Welcome the fourth 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](#)



HSC South Eastern Health and Social Care Trust



CYPSP Children & Young People's Strategic Partnership

LISBURN NEURO CAFÉ

Join us for an Information and Support event for parents and carers of children with Autism and ADHD and those awaiting assessment.



The event will include:

Information stalls with representatives from statutory and community organisations

Light refreshments

Wednesday 8 October 2025

10am- 12 noon

Lisburn City Library, Linenhall Street, Lisburn

If you require any further information contact Connor on 07540 071 512 or Noelle on 07872 422 101.

CYPSP - Lisburn Neuro Café

Recently The Children & Young People's Strategic Partnership (CYPSP) Lisburn Locality Planning Group hosted the Lisburn Neuro Café – this was an informal drop in information and support event for parents and carers of children with Autism and ADHD and those awaiting assessment.

The report card for this event can be viewed at <https://cypsp.hscni.net/wp-content/uploads/2025/10/Lisburn-Neuro-Cafe-October-2025.pdf>

CYPSP Update - Poster Campaigns

The Youth Wellness Web

The Youth Wellness Web is a supportive online space designed by young people for young people. It offers easy access to resources and services for anyone who needs help at any time. By selecting your age group, you can find information and support on topics like bereavement, bullying, wellbeing, mental health and school. Along with helpful videos and podcasts. Its goal is to ensure no young person feels alone and can get the support they need whenever they need it.

<https://cypsp.hscni.net/youth-wellness-web/>

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Visit
cypsp.hscni.net/youth-wellness-web/

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000



"Behind every child who believes in themselves is a parent who believed in them first" Matthew Jacobson



Resources to help you:

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.

Scan QR codes or visit our parents support pages for lots of advice, information, support services, parenting programmes and much more

Parent Support
The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.
cypsp.hscni.net/ebpp/

WELCOME TO THE YOUTH WELLNESS WEB
Parents/Carers support
tinyurl.com/kxf2yk7v

Parent Support

This resource is designed to support parents and organisations that work with families. It recognises the important influence parents have on their children's life chances and aims to provide meaningful, consistent support when its needed most. The resource offers helpful information and leaflets, evidence-based parenting support and development opportunities for practitioners to strengthen their work with families.

<https://cypsp.hscni.net/ebpp/>

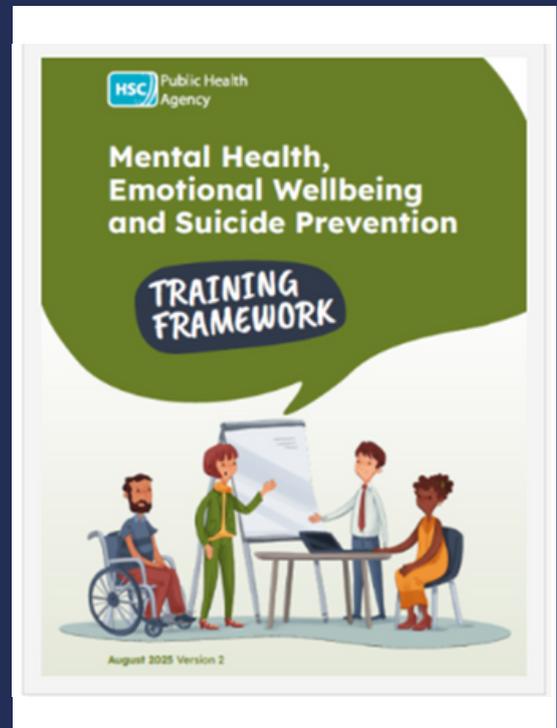
Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework Refresh

An updated version of the [PHA Mental Health and Emotional Wellbeing Training Framework](#) is now [available to download](#). The Framework was developed to provide information for individuals and organisations on mental health, emotional wellbeing and suicide prevention training in Northern Ireland. Its purpose is to:

- Explain the different training levels (called “Tiers”)
- Help people find the right training for their needs
- Build knowledge and skills
- Promote consistent, high-quality training
- Support local planning and link with existing strategies

The Framework aims to support the delivery of Protect Life 2 and the Mental Health Strategy by increasing awareness and understanding of the distinction between mental health, mental ill health and emotional wellbeing, reducing stigma, promoting self-care, increasing understanding of factors that impact mental health, emotional wellbeing and suicide ideation. It also aims to increase awareness and understanding of talking about suicide in a safe way and it promotes the PHA Quality Standards for Services Promoting Mental and Emotional Wellbeing and Suicide Prevention.

Individuals can use the Framework to find the training that best matches learning goals or desired training outcomes. Training providers can use it to determine the tier of training being offered, the target audience, content, learning methods and training outcomes. Workplaces can use it to identify effective and meaningful training to support workplace policies and practice.



Home | Publications | PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework 2025

PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework 2025

Thursday, 31 July 2025 - Health and Social Wellbeing Improvement

The Public Health Agency (PHA) Training Framework for Mental Health Emotional Wellbeing and Suicide Prevention is in line with the Northern Ireland Mental Health Strategy and Protect Life 2 Strategy.

What is the purpose of training framework?

- Explain the different training levels (called “Tiers”)
- Help people find the right training for their needs
- Build knowledge and skills
- Promote consistent, high-quality training
- Support local planning and link with existing strategies

Details

Format
19 pages

Target group
Health and social care professionals, voluntary organisations

Downloads

PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework 2025 1.52 MB

Supporting Mental Wellbeing of Students and Trainees

Action 8 within the EI&P action plan focusses on the importance of creating supportive environments where people engage in daily activities including educational settings. Working with the Department for the Economy (DfE), the PHA administered a small grants programme which spanned 23/24 and 24/25 to fund initiatives focussed on improving the mental health and wellbeing of students and trainees across universities, further education colleges and DfE contracted training providers.

Applicants were encouraged to consider impact on both students and staff and to not only focus on individual interventions and activities but also initiatives which could support systemic change within teams or departments and enhance connections with the wider community.

The funding allocated through those grants to date has been £205k which has supported 29 projects.

Of those 29 projects; 4 have been within Universities, 6 within FE colleges and 19 within training providers.

The projects have included; enhanced training for staff, wellness days, one to one counselling services, awareness raising workshops, meaningful activities, connecting with nature trips, resilience programmes, as well as mental health toolkits and information resources.

The monitoring returns highlighted how feedback from trainees and students had been central to the development and delivery of the programmes of work.



The Early Intervention Support Service

For families with children 0-18 years

As part of the work to implement the early intervention and prevention action plan additional funding has been allocated to enhance capacity within the Early Intervention Support Service (EISS).

The EISS is a service that offers short term support to families with children 0-18 years who have additional needs or are facing challenges such as; difficulties with developmental or health related issues; issues at school; behavioural difficulties; emotional wellbeing; coping with illness or bereavement; family difficulties. Community and Voluntary sector providers have been commissioned by the PHA to deliver the EISS across each HSC Trust area in Northern Ireland and the service provides a range of supports, tailored to the needs of each individual family's specific circumstances. This is achieved through a key worker who works with the whole family, usually in their own home, using a strengths-based approach which is individually tailored to the needs and priorities identified from the whole family assessment.

In 2024/25 children's emotional needs was the primary reason for referrals to the service. 91% of families supported made progress in at least 1 or more outcome areas and 86% made progress in at least 2 or more outcome areas. 81% of parents/carers rated the service as excellent and 82% of children/young people rated the service as excellent.

Requests for support for the EISS are welcome from any source, provided they meet the criteria for support; more details are available [here](#)



Review of the Deliverability of the Mental Health Strategy's Actions 2026-2029

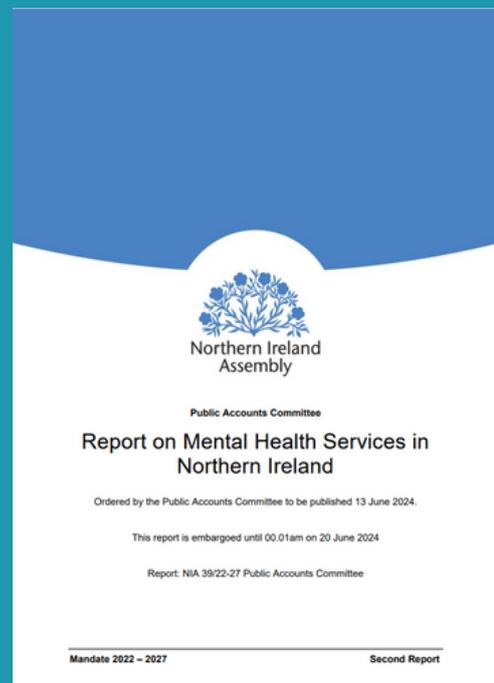
The Department of Health has published a review of the deliverability of the Northern Ireland Mental Health Strategy's actions over the next three years. The report highlights the substantial funding shortfall against the Strategy's estimated £1.2 billion cost.

This review was recommended by the Public Accounts Committee in its Report on Mental Health Services in Northern Ireland and sets out what has been achieved with the limited funding available to date, as well as the key areas of focus for the next three years.

The focus for 2026/27 will be on the Mental Health Workforce and the Regional Mental Health Crisis Service, with both seen as crucial enablers for broader system improvement.

The work on Actions 1 and 2 relating to improving mental wellbeing will continue to be a priority area and the resources allocated to date will continue to be available recurrently.

There has been good progress in delivering against the EIP action plan for 23-26 and work is underway to refresh the action plan for 26-29.



Self-Care Tips

Keep Learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

Learning, remaining curious and setting goals are important for all ages. For children, it leads to positive cognitive and social development. For adults, learning includes elements of goal-setting, which is strongly associated with higher levels of wellbeing.

<https://www.mindingyourhead.info/>



The Open
University

OpenLearn

libraries NI

Libraries NI - Learning Hub

The Libraries NI portal provides access to curated content for library users covering a range of topics. The portal is part of The Open University's (OU) free learning site OpenLearn which is an open educational resource, offering over a thousand courses and 15,000 hours of educational interactives, videos, articles, games and more.

<https://www.librariesni.org.uk/resources/libraries-ni-learning-hub/>

Quick Links - News & Resources

- The report from the 2025 Conference - Tackling Public Mental Health Inequalities is [available here](#) and includes a gallery of the posters displayed.
- [Health needs assessment of minority ethnic populations in Northern Ireland | HSC Public Health Agency](#). This report aims to identify the health needs of Minority Ethnic and migrant communities in Northern Ireland using primarily the 2021 Census data and highlight any changes or trends compared with the 2011 Census data.
- [Helping you thrive in secondary school - HSCNI Microsite](#). The Helping You Thrive in Secondary School campaign, involves a series of carefully selected and age-appropriate free at the point of use self-help apps on the HSC Apps Library on topics such as mental wellness, mindfulness and building self-esteem.
- [Drug Related Intimidation in Northern Ireland: Nature, support needs and how to respond](#) - This report, commissioned by the Executive Programme on Paramilitarism and Organised Crime (EPPOC) and delivered by the Public Health Agency, represents a landmark contribution to our understanding of drug-related intimidation in Northern Ireland.
- OECD Report - Mental Health Promotion and Prevention - Best Practices in Public Health. This report provides OECD and EU27 countries with the means to identify, assess and transfer promising and best practice interventions aimed at promoting good mental health and preventing the deterioration of mental ill-health. - [Mental Health Promotion and Prevention \(EN\)](#).
- The Mental Health Foundation has released its latest research. [Tackling mental health inequalities in the UK: expert consensus on priority areas](#).
- The Public Health Agency has published a new evidence review, delivered by the National Children's Bureau, exploring [the wide-ranging implications of Covid-19 restrictions for children and young people across Northern Ireland](#). The review synthesises evidence from over 100 systematic reviews and 220 primary studies, and highlights key themes.

Links to previous Newsletters

- Winter 2024 - [Click here](#)
- Spring 2025 - [Click here](#)
- Summer 2025 - [Click here](#)

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

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