Look after yourself

Mental Health and Suicide Prevention within the Northern Area

Key posts:

- Gabrielle Nellis (Suicide Prevention Coordinator, Public Health Agency) 
gabrielle.nellis@hscni.net or Tel: 028 2531 1172

- Jayne McConaghie (Senior Health Promotion Officer Mental Health, NHSCT) 
  jayne.mcconaghie@northerntrust.hscni.net or Tel: 028 2563 6600

- Geraldine McDonnell (Senior Health Promotion Officer Suicide Prevention, NHSCT) 
  Geraldine.McDonnell@northerntrust.hscni.net or Tel: 028 2531 1172

- Amanda Politick (Suicide prevention Development Officer, North Antwerp Community Network and Causeway Rural and Urban Network) 
  Amanda.Politick@northerntrust.hscni.net or Tel: 028 2577 2000 or 07922582589

- Denise Doherty (Suicide Prevention Development Officer, South Antwerp Rural Network) 
  Tel: 028 9477 9476

- Janie Gaston (Suicide Prevention Development Officer, Co.Down and West Area Network - Mid Ulster) 
  Tel: 028 8946 6141

- NEELB Area Support Project for Young Men aged 16-25 years - Paul Healy (areas include Antrim, Ballymena, Carrickfergus, Newtownabbey, Larne and parts of Moyle) 
  paula.healy@neelb.org.uk or Tel: 028 7035 1599 or 07706 911 720

- Micheline Scullion (Barnardos Senior Practitioner – Children and Young People Bereaved by Suicide Support Project) 
  micheline.scullion@barnardos.org.uk or Tel: 07796 148 549

For further information contact the PHA Northern Area Health and Social Wellbeing Improvement Team on 028 2531 1172

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**BACKGROUND**

In response to the government’s suicide prevention strategy ‘Protect Life, A Shared Vision’, a wide range of local action and initiatives are being developed through the Public Health Agency’s Northern Promoting Mental Health and Suicide Prevention Steering Group to help improve mental health and reduce the number of deaths by suicide.

This leaflet is aimed at individuals and organisations to raise awareness of the support that is available locally to help improve the mental health and emotional wellbeing of individuals and communities.

### Individual and family support

The support available is wide ranging and includes advice, help and practical support to cope with issues such as: bereavement; drugs and alcohol addiction; sexual health; and the concerns of young people or older people, to name but a few.

If you or someone you know needs help or support, the following numbers may be useful:

- **Lifeline** – Tel: 0808 808 8000 (24 hour support)
- **Samaritans** – Tel: 08457 90 90 90 (24 hour support)
- **ZEST** – Tel: 028 7126 6999 (family outreach support for self harm)
- **CRUSE Bereavement Care Helpline** – Tel: 0844 477 9400
- **Aware Defeat Depression** – 0845 120 2961
- **NHSCFT Bereaved by Suicide Support Project (over 18 yrs)** – Tel: 028 2563 6607
- **Barnardos Children and Young People Bereaved by Suicide Support Project** – Tel: 07796 148 549

Further useful contacts can be found within the Look After Yourself and Others directory. The directory provides a guide to the range of support that exists to help improve mental health and emotional wellbeing. It is available as a pocket sized z-card and is also available to download as a poster from the Northern Promoting Mental Health and Suicide Prevention web pages at www.northernifhpartners.co.uk or contact PHA Suicide Prevention (Northern area) for copies of posters and z-cards. Tel: 028 2531 1722.

### Group and organisation support

There is a network across a range of sectors to support communities and individuals to help prevent suicide. In the Northern area this includes training and a community small grants scheme which is operated through four Community Networks within the Northern area. This funds a range of local promoting mental health and suicide prevention initiatives.

Additionally, there is a number of key posts within the community and statutory sectors that focus on empowering, building resilience and providing support to promote positive mental health and emotional wellbeing.

**Training**

- Applied Suicide Intervention Skills Training (ASIST)
- mental health first aid
- suicide talk
- safe talk
- self harm training
- depression awareness

For further information on available training please contact any of the key personnel below, who will signpost you to your relevant training provider.

**Community Promoting Mental Health and Suicide Prevention Small Grants Scheme**

- **Causeway Rural and Urban Network (CRUN) – Tel: 028 7034 4934**
- **North Antrim Community Network (NACN) – Tel: 028 2177 2100**
- **Cookstown and Western Shores Area Network (CWSAN) – Tel: 028 8773 8845**
- **South Antrim Rural Network (SARN) – Tel: 028 9447 8645**