Key posts

Contacts for promoting mental health and suicide prevention developments within the Northern area include:

- Gabrielle Nellis (Senior Officer for Health and Social Wellbeing Improvement for Suicide Prevention, PHA) 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

Key support projects

- Danielle Gallagher (Bereavement by Suicide Support Officer, NHSTC) danielle.gallagher@northerntrust.hscni.net or Tel: 028 2563 6607

- Amanda Pollock (Suicide Prevention Development Officer, North Antrim Community Network and Causeway Rural and Urban Network) amanda@nacn.org or Tel: 028 2177 2100 Mob: 077 4028 2650

- Janine Gaston (Suicide Prevention Development Officer, South Antrim Rural Network) janine@southantrimruralnetwork.org or Tel: 028 9447 8645 Mob: 077 6075 6503

- Denise Doherty (Suicide Prevention Development Officer, Cookstown and Western Shores Area Network-Mid Ulster) cwsanmidulster@btconnect.com or Tel: 028 7963 4865 Mob: 075 4096 9623

- Gerry McClafferty (NEELB Area Support Project for Young Men aged 16–25 years) gerald.mcclafferty@neelb.org.uk or Tel: 028 2564 1966 Mob 075 9876 3662

- Paula Healy (NEELB Area Support Project for Young Men aged 16–25 years) paula.healy@neelb.org.uk or Tel: 028 7035 1599

- Michelle Scullion (Barnardos Senior Practitioner – Children and Young People Bereaved by Suicide Support Project) michelle.scullion@barnardos.org.uk or Tel: 077 9614 8549

For further information, contact the PHA Northern Area Health and Social Wellbeing Improvement Team for Suicide Prevention on 028 2531 1172
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 (PHA) 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, drug 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
- Northern Health and Social Care Trust (NHSCT) 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 is available in a range of formats, including a pocket-sized guide, and can also be accessed electronically by contacting PHA Suicide Prevention (Northern area) on 028 2531 1172.

**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. This funds a range of local promoting mental health and suicide prevention initiatives.

Additionally, there are 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 (MHFA)
- 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 4936
- 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