



LOTTERY FUNDED



**TOGETHER  
FOR YOU**

Working towards  
**mental wellbeing**  
for everyone

**TOGETHER WE CAN HELP YOU  
IMPROVE YOUR MENTAL WELLBEING**

**Together For You** is an innovative project, funded by the Big Lottery Fund, aimed at delivering mental health and wellbeing services to a range of people across Northern Ireland. Our services can help young and old, men and women, minority groups (Black and Minority Ethnic groups and Lesbian, Gay, Bisexual and Transgender) and marginalised groups (prisoners, young people not in education, employment or training and unemployed).

Together For You is a partnership led by Action Mental Health. The services available are free of charge, delivered by nine leading mental health charities who have come *together for you* to help improve the mental health and wellbeing of individuals living in Northern Ireland.



## ➔ BEFRIENDING SERVICE

### PRAXIS CARE BEFRIENDING AIMS TO:

- Help alleviate mental illness in those at risk by providing practical and emotional support
- Provide contact for those who are socially isolated as a result of mental ill health
- Encourage the development of personal interests and social activities for service users within the community.

Potential users of the service are identified by their mental health professional and a referral is made to Praxis Care Befriending.

This service is delivered by trained volunteers who will give their time, enthusiasm and energy to everyday activities as part of their befriending relationship.

FOR FURTHER INFORMATION  
CONTACT PRAXIS CARE  
028 9023 4555  
volunteering@praxiscare.org.uk  
www.praxiscare.org.uk



## ➔ BEREAVEMENT SUPPORT

Cruse Bereavement Care provide a range of bereavement support groups, regardless of when or how the death occurred. You can attend one or more of the services on offer.

Groups are led by two trained and experienced Cruse volunteers, in a safe and confidential environment and are available in each of the seven Cruse Offices located throughout Northern Ireland.

### EARLY DAYS BEREAVEMENT GROUP

Early Days Groups are one off sessions to provide you with support and information after someone dies. The group will cover: Why we grieve; The possible impacts of grief; What affects how we grieve; How you can help yourself through grief; How Cruse can help you through bereavement and grief.

There is no expectation that you will have to speak or participate. You are welcome to bring a friend or relative.

### BEREAVEMENT SUPPORT GROUPS

The death of someone close can be shattering. Everyone experiences grief differently; there is no 'normal' or 'right' way to grieve. Talking about this in a group with others can help you understand and work through your feelings and grief. The group will meet once a week for six weeks.

### SOCIAL ACTIVITY GROUPS

Joining a social group can help people cope when someone has died. This could involve activities such as cooking, walking, gardening, arts and crafts, learning new skills, to name a few. You are welcome to bring a friend or relative. The group will meet once a week for four weeks.

### COMMUNITY BEREAVEMENT AWARENESS WORKSHOPS

Many people feel apprehensive when they meet a friend, client or colleague who has been bereaved. At this workshop you will learn how to better support someone following a death. You will find out the do's and don'ts of what to say and do when providing sympathy and support.

FOR FURTHER INFORMATION  
CONTACT CRUSE  
028 9079 2419  
northern.ireland@cruse.org.uk  
www.cruse.org.uk

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**Cruse Bereavement Care will also be developing a mobile app as a source of information for people who have been bereaved.**  
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*Somewhere to turn when someone dies*

## ➔ COUNSELLING SERVICES

### COGNITIVE BEHAVIOURAL THERAPY COUNSELLING

Praxis Care offer a Cognitive Behavioural Therapy (CBT) Counselling Service. Our CBT psychotherapists are trained and experienced to help with the following issues:-

Depression and low mood; anxiety and stress, Generalised Anxiety Disorder (GAD); post-traumatic stress disorder; Obsessive Compulsive Disorder (OCD), social anxiety, low self-esteem, core beliefs, anger management, assertion, panic attacks and Agoraphobia, relationship breakups (for individuals), bereavement issues, health anxiety, suicide ideation, employment issues, debt, abuse, addiction, sexuality, self-harm, eating disorders and sleeping problems.

We have a specialism in trauma focused CBT and EMDR.

We also offer relaxation techniques.

Our CBT psychotherapists are accredited or working towards accreditation with the British Association of Behavioural and Cognitive Psychotherapies (BABCP) or the British Association of Counselling and Psychotherapy (BACP).

FOR FURTHER INFORMATION  
CONTACT **PRAXIS CARE**  
Counselling Services Manager  
028 9023 4555 / 028 9072 7150  
counselling@praxiscare.org.uk  
www.praxiscarecounselling.org.uk

### INDIVIDUAL AND FAMILY COUNSELLING SERVICE

RELATE NI provides free professional counselling across Northern Ireland to those with **relationship** issues in the following areas:- Partner/Family; Work; Finance; and Alcohol/ Substance Misuse.

Relate's counselling service supports individuals, parents, carers and families where there may be a complexity of issues, including alcohol and drugs misuse, mental health problems, joblessness, domestic abuse and family relationship difficulties.

Relate's therapeutic counselling will help provide a safe, secure and supportive environment to improve your personal and family relationships.

People can attend on their own or with their partner. Relate would specifically encourage MEN to access the service.

FOR FURTHER INFORMATION  
CONTACT **RELATE NI**  
028 9032 3454  
TFY@relateni.org

### SPECIALIST TRAUMA COUNSELLING

Nexus NI offer specialist trauma counselling for survivors of sexual violence, abuse and rape.

This counselling is available for young people aged 16-26. We have an experienced team of counsellors who offer one to one counselling in 27 locations throughout Northern Ireland.

FOR FURTHER INFORMATION  
CONTACT **NEXUS NI**  
028 9032 6803  
info@nexusni.org  
www.nexusni.org



## ➔ SUPPORT FOR CARERS

### EDUCATION AND TRAINING FOR CARERS

CAUSE courses are designed to provide very specific training - based on lived experience for families, partners and friends to cope with the difficulties they face in supporting a loved one with mental illness. Key courses include:

- **CAUSE PREP COURSE** consists of six short lively modular workshops on understanding the carers journey, what severe mental illness is, managing crisis and recovery, impact on friends and family, dealing with professionals and self-care.
- **HELPING CONVERSATIONS** uses techniques developed from Motivational Interviewing to develop the carers communication skills to help support, motivate and encourage those we care for.
- **CARER RESILIENCE** with actual examples from their own experience, this course empowers carers to use the resources they have to build their coping skills.

- **CAUSE Family and Friends Empowerment** is a residential training weekend helping carers to understand and cope with personality disorder.

Other courses include Advance Directives, Planning Ahead for Carers, Mental Health Forensics and CAMHS Transition Training.

FOR FURTHER INFORMATION  
CONTACT **CAUSE**  
Training and Development Officer  
028 9065 0650  
Training@cause.org.uk  
www.cause.org.uk

### CARER SUPPORT AND ADVOCACY

We provide one-to-one support for carers whose loved ones experience serious mental illness and are also involved in forensic services (the criminal justice system). Caring for a loved one with a serious mental illness can be challenging.

You may feel very isolated or overwhelmed at times. Our Carer Advocate can offer you one-to-one help to support and empower you as a relative, partner or friend. CAUSE is peer-led which means it is run by carers for carers.

### SOCIAL ACTIVITIES FOR CARERS AND THEIR LOVED ONES

CAUSE is aware of how important it is for carers to take time to themselves and how valuable this can be. We place great importance on providing opportunities for families, partners or friends to get a break from caring.

As part of the Together For You project, CAUSE will facilitate fun social events for carers throughout Northern Ireland, in addition to joint events for carers to attend with their loved ones. This will provide a shared activity for carers and their loved ones to enjoy together.

FOR FURTHER INFORMATION  
CONTACT **CAUSE**  
Carer Advocate  
028 9065 0650  
tfyadvocacy@cause.org.uk



## ➔ EDUCATION AND TRAINING

### MENTAL HEALTH AWARENESS

The Action Mental Health (AMH) MensSana project provides mental health awareness training through Provoking Thought and B Positive Workshops to young people (8-25yrs) in schools and youth settings in the Belfast, South Eastern and Northern Trust areas. These workshops are interactive and informative and aim to strengthen young people's resilience. They explore Mental Health, Bullying, Self-Esteem, Exam Stress, Coping and self harm.

Training is also available to parents/carers and targeted groups including prisoners, and unemployed. Certified suicide alertness training is offered through SafeTALK, Mental Health First Aid, and ASIST in all Trust areas.

FOR FURTHER INFORMATION  
CONTACT AMH MENSSANA  
028 9032 9150  
tfymenssana@amh.org.uk  
www.togetherforyou.org.uk

### MENTAL HEALTH AWARENESS AND SUPPORT

Under the Together for You partnership Aware Defeat Depression offer a range of education programmes including:

**Living Life to the Full - Life Skills Programme** with a Cognitive Behavioural approach suitable for people with low mood or mild to moderate depression.

**Mood Matters Young People** - for young people in post-primary schools, colleges and other appropriate youth settings. This explores mental health; things that affect mental health; signs and symptoms of stress/depression; sources of help and support; and self-help strategies.

**Mood Matters Adults** - A mental health awareness programme looking at things that affect our mental health; risk factors and symptoms of stress and depression; treatments, sources of help and self-help strategies.

This programme has been adapted for **Later Years** (age 55+) and **Pregnancy** (parents and guardians).

FOR FURTHER INFORMATION  
CONTACT  
AWARE DEFEAT DEPRESSION  
028 9035 7820  
training@aware-ni.org

### EDUCATION PROGRAMME

Nexus NI provide a specialist education and awareness programme in the Belfast, Northern and South Eastern Health Trust areas. This is aimed at post-primary young people and the aim is to prevent the risk of sexual violence and abuse including online sexual exploitation. There is no charge for the programme which is available for schools, youth groups and other organisations.

FOR FURTHER INFORMATION  
CONTACT NEXUS NI  
028 9032 6803  
info@nexusni.org  
www.nexusni.org

### TRAINING WORKSHOPS FOR LGB&T

Through the Together For You project, The Rainbow Project will deliver emotional health and wellbeing programmes and training workshops to LGB&T populations and their families.

FOR FURTHER INFORMATION  
CONTACT THE RAINBOW PROJECT  
028 9031 9030  
nuala@rainbow-project.org

### DOING WHAT WE DO BETTER

All nine organisations in the Together For You partnership are committed to working in new ways to improve what we do and how our staff and volunteers can help you to look after your mental wellbeing, including:

- Increasing partner organisations' awareness through Wellness Recovery Action Planning (WRAP) training delivered by MindWise and bereavement awareness training from Cruse.
- Making the public aware of the issues surrounding mental health.

FOR FURTHER INFORMATION  
www.togetherforyou.org.uk



**Improve** your own health by becoming a **volunteer...**

MindWise and Together For You recognises the enormous value **volunteers** can bring to organisations; from improved partnership working to delivering high quality services.

FOR FURTHER INFORMATION AND A VOLUNTEER PACK CONTACT MINDWISE  
Together For You  
Volunteer Officer  
028 9031 5060  
info@mindwisenv.org

The benefits for individuals who volunteer are significant, not only for building on your CV, but improving your own mental health.

To ensure volunteering is worthwhile and enjoyable for all, MindWise works to the high standards of 'Investors In Volunteers' trademark.

MindWise is looking for volunteers from all abilities and backgrounds to fill a number of volunteer roles. Volunteer expenses, training and support will be given.

## ➔ LESBIAN, GAY, BISEXUAL AND TRANSGENDER SUPPORT

### SUPPORT GROUPS

Through the Together For You project, The Rainbow Project will develop four peer and social support groups for LGB&T individuals and their families resident in rural areas where there is no or limited LGB&T support network or structure.

FOR FURTHER INFORMATION  
CONTACT THE RAINBOW PROJECT  
028 9031 9030  
nuala@rainbow-project.org

### ONE TO ONE SUPPORT

Through the Together For You project, The Rainbow Project are offering one to one support to LGB&T individuals and their families in Northern Ireland.

FOR FURTHER INFORMATION  
CONTACT THE RAINBOW PROJECT  
028 9031 9030  
nuala@rainbow-project.org



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**TOGETHER FOR YOU** is an innovative and exciting new project led by Action Mental Health (AMH) in partnership with Aware Defeat Depression, CAUSE, Cruse, MindWise, NEXUS NI, Praxis Care and Relate NI, which will deliver **mental health** and **wellbeing** services to a range of people across NI.  
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The Big Lottery Fund - Together For You partnership is being delivered by:



**For further information contact:**

**Together For You Team**

**T:** 028 9032 9150 **E:** [TFY@amh.org.uk](mailto:TFY@amh.org.uk)

TFY\_Project [www.facebook.com/TFYProject](http://www.facebook.com/TFYProject)

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**[www.togetherforyou.org.uk](http://www.togetherforyou.org.uk)**

