



**For Your Information**

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**September 2025 : Issue 22**

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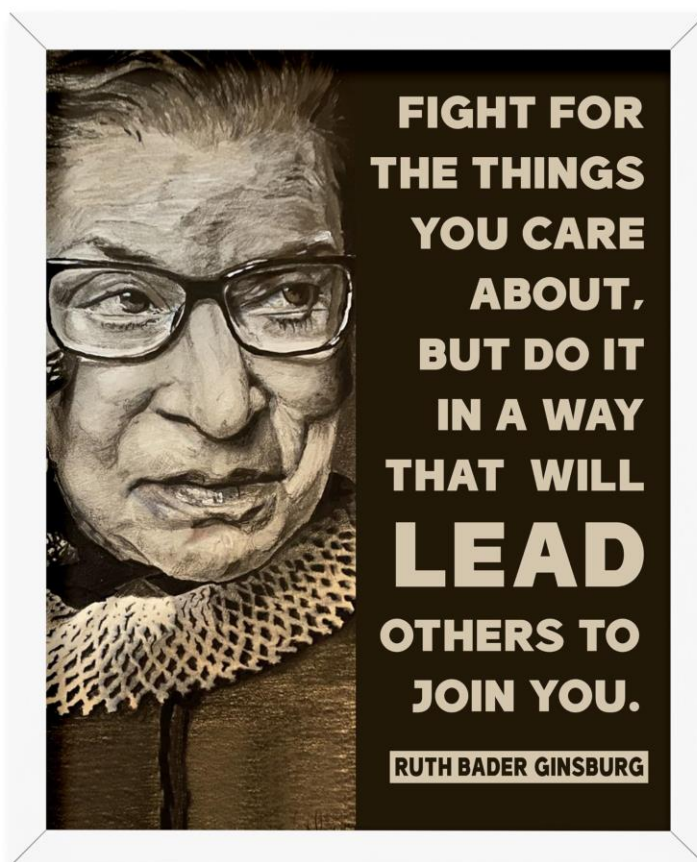
Your FYI is a monthly round up of all things family support and early intervention / prevention across the Western trust and beyond.

If you would like to contribute upcoming consultations, training, articles, or events that practitioners from the community, voluntary or statutory sectors within the Western Trust will find useful please contact:

Dr Priscilla Magee – Mobile 07880723076  
priscilla.magee@westerntrust.hscni.net

Paul Sweeney – Mobile 07387259117  
paul.sweeney@westerntrust.hscni.net

## Message of the Month



## What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs.

If you wish to become a member of one of the Western LPGs, please contact either:



**Dr Priscilla Magee**  
Southern Sector  
(Fermanagh and Omagh)



**Paul Sweeney**  
Northern Sector  
(Limavady, Derry/L'Derry & Strabane)

## Southern Sector LPG Meeting Schedule

**Omagh LPG** : 11.00 am-1.00pm –Tuesday 7<sup>th</sup> October, 2025, Youth Sports Omagh. Killyclogher, Omagh BT797NZ.

**Fermanagh LPG** : 11.00am -1.00pm – Thursday 9<sup>th</sup> October 2025, FODC County Buildings, 15 East Bridge Street, Enniskillen, BT747BW.

## Northern Sector LPG Meeting Schedule

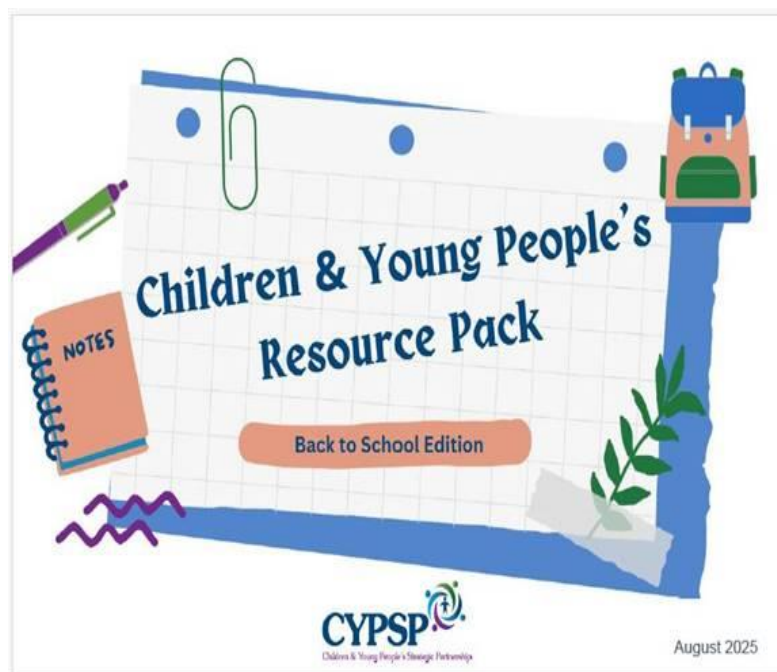
**Strabane LPG**: September TBC

**Waterside LPG**: 11:00am -12:30pm, 11<sup>th</sup> September, 2025, Waterside Neighbourhood Partnership Building.

## Section 1: Family Support

<https://cypsp.hscni.net/download/426/cyp-resource-pack/46527/cyp-resource-pack-august-2025-back-to-school.pdf>

The Children and Young People's Resource Pack – Back to School Edition is packed with fun, helpful, and supportive ideas to help you feel ready and confident for the new school year!



In this edition you will find:

**Activities** – Fun filled back to school colouring sheets and activities.

**Starting School** – Tips and support for little ones taking their first big step into school life.

**Back to School** – Ideas to help you settle in, stay positive, and feel prepared.

**Transitions** – Support for moving schools, changing classes, or starting something new.

**Lunchbox & Snack Ideas** – Yummy, healthy bites to keep your brain and body happy!

**Results Day** – Encouragement and advice for handling results with confidence.

**Wellbeing** – Tools to help you feel calm, strong, and supported every day.




## Section 1: Family Support

### Translations – Children and Young People's Strategic Partnership (CYPSP)

## Available Northern & Southern Sectors

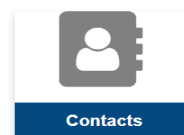
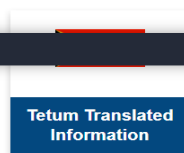
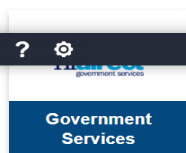
### Welcome to the Translation Hub

This page is best viewed with the ReachDeck (Browsealoud) application open, click on the  icon in the top right corner and select the language of your choice by clicking  on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email [cypsp@hscni.net](mailto:cypsp@hscni.net)



## Section 1: Family Support Available Northern & Southern Sectors



### MINDFUL PARENTING

### FREE 6-WEEK ONLINE COURSE

**AWARE NI**, the depression charity for Northern Ireland, is delighted to offer a free 6-week online introductory mindfulness programme specifically tailored for parents and carers of children and young teens.

The Mindful Parenting course explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our lives and wellbeing and those of our children.

**Mondays 10am-12pm**

**8th September - 13th October 2025**

**Hosted via zoom. No experience necessary!**

To sign up please visit [aware-ni.org/upcoming-mindfulness-courses](https://aware-ni.org/upcoming-mindfulness-courses) or scan the QR code!



**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.



## Section 1: Family Support Available Northern Sector



**WEDNESDAY 3<sup>RD</sup> SEPTEMBER 2025  
10AM - 2PM**

**Hope Matters** is a new skills programme developed by RESILIO. It is based on research that suggests 'Hope is a teachable skill'. The four-hour programme aims to equip individuals with the knowledge and skills to grow and maintain hope within themselves and in their families and communities. Hope is one of the strongest protective factors in reducing the risks of suicide and self-harm.

The training is facilitated by Hope Master Trainers Marie Dunne and Martin Heaney.

Contact us to book your place on  
Tel. 028 816 70764

*Make Hope  
HAPPEN*



**SOW AND GROW PROGRAMME**

Connect with Nature      Improve your mood      Reduce stress and anxiety

Improved Physical activity      Social engagement

**GOOD FOR MIND AND BODY**

Come and learn how to grow your own food at  
Derg Valley Care or Strabane Health  
Improvement Project

Funded by Wellcome Trust, managed by the British Science Association

Contact Sharon on 02881670764 or 07719960109

**if** the ideas fund

**BOOK NOW**

**NUTRITIOUS HEALTHY LOW COST MEALS**

Are you looking to create healthy, budget-friendly meals for your family?

Join our new program to uncover helpful hints and tips.

All resources provided

**PREPARE A WHOLESOME FAMILY MEAL FOR ONLY £10 - EXPLORE THE ADVANTAGES OF GOOD NUTRITION - FIND OUT HOW TO GROW YOUR OWN VEGETABLES AND CONSERVE ENERGY**

CONTACT KATE ON 02881670764 TO BOOK YOUR PLACE.

PROGRAMME COMMENCES TUES 2ND SEPT; 6.45 - 8.15PM

**EMPOWERING WOMEN@ DVC**

**WHAT'S ON AUTUMN 25**

- Healthy Relationships Monday 28<sup>th</sup> July and 4<sup>th</sup> August 5-7pm
- Womens Freedom Project Wed 3<sup>rd</sup> Sept - 8<sup>th</sup> Oct 25; 5.15-7.15pm
- Women's Health Tues 16<sup>th</sup> Sept - 21<sup>st</sup> Oct 3-4.30pm
- Couch to 5k - Mon 01<sup>st</sup> Sept 5-6pm on Tuesdays and Thursdays.
- Air Fryer Cooking Wed 01 Oct - 5<sup>th</sup> Nov 1-3pm
- Halloween Wreath Making Thursday 23<sup>rd</sup> Oct 6-8pm.
- Christmas feltwork Tues 11<sup>th</sup> Nov 3-6pm

**ALL DERG DIVAS WELCOME. BOOK YOUR PLACE BY CONTACTING KATE ON 02881670764**

**WORKING TO KEEP WOMEN SAFE IN CASTLEDERG**

## Section 1: Family Support Available Northern & Southern Sectors

You can register directly for one of the programmes or contact the Psychosocial team professionals who will either signpost, refer onwards for support or carry out a piece of individual work with individuals and families / significant others.

Scan this QR code for further information



### Get In Touch

Contact the Macmillan Psychosocial Team NI

E-Mail: [Macmillan@mindwisenv.org](mailto:Macmillan@mindwisenv.org)

Tel: 02890-402323



## Macmillan Psychosocial Service NI



This programme of work has been funded by Macmillan for 3 years, until August 2027. We are delivering the service in partnership with MindWise mental health charity as part of Macmillan's Psychological Care Programme across the UK.

The new Psychosocial Service will provide support for people living with cancer and mental health issues as part of their recovery journey. We recognise the emotional impact a cancer diagnosis can have on everyone close to you. We will be there for you when you need us, to talk things through and provide support to you and your family members.

#### The team will provide:

- initial consultation for you, and for professionals, to discuss your need for support
- signposting to a suitable support service
- direct service from the team to talk to you individually
- direct service from the team to talk to you and your family members together

The service is available across Northern Ireland and delivered locally in the community.

### Lived Experience Support Groups

We have a Lived Experience Development Lead who will provide a variety of peer support groups for people living with cancer and mental health issues and their family members. The groups will give you opportunities to get together, to connect with others, and to socialise. We want to hear what you have to say and what is important to you, as a person / a family member living with cancer and mental health issues.

As part of this service, our partners can offer the following support programmes for you and your family members:



#### Living Life to the Full

A 6 week CBT/life skills programme for people living with cancer and beyond (18+)

#### Mood Matters Adults

A 2hr mental health awareness workshop for people living with cancer and beyond, alongside their family, friends and carers. (18+)



MindWise offers the following coaching programmes to support people's mental health and well-being.

#### Individual Coaching

8 one-to-one sessions with a coach to help you move forward.

#### Peer/Group Coaching

For groups of people diagnosed with cancer. These will be one-off sessions of 2hrs.

#### Family Coaching

For family groups, friends, and colleagues to avail of support together. Up to six people for 6 x 90 minute sessions.



#### Training on the Family Model

CINI will deliver a bespoke one day or half-day (virtual or in person) awareness training on The Family Model <https://thefamilymodel.com/>


This training is for cancer and mental health practitioners and those who run support groups in the community. The Family Model will help you to appreciate the impact mental health can have upon a person with a cancer diagnosis and their family. It will allow early identification of their support needs and the development of family support plans.



## Section 1: Family Support Available Southern Sector


**HSC** Western Health  
and Social Care Trust

**Autumn 2025 Programme**



**POSITIVE  
PATHWAYS  
TO PARENTING**

Facilitators Anne McCann, Karyn Birney  
& Linda Bradley Child Health Assistants  
Omagh Health Visiting Team



Supported by  
Omagh Healthy Living



**Buggy Walks** Various Locations

Buggy walking groups are 4 week programmes. Join us for a walk, chat with other parents & Babies, receive support while getting out into the fresh air as well as boost your fitness. Suitable for babies and small children in prams or buggies.

We have Buggy Walks in various locations.  
See attached programme.

### Infant Massage Early Bonding Essential

Baby Massage offers you a special time for you and your baby to bond and unwind. These 4 weeks cover the benefits of touch, movement, relaxation, interaction, and communication. The quality of closeness between parent and Baby has life-long benefits.

Location: -  
Recovery College  
5B Woodside Avenue  
Omagh  
BT79 7BP



### Breastfeeding Awareness Week

'Bump, Birth & Beyond' World Breastfeeding Events  
are held place across the Trust!  
Scan QR Code for details of all events.



Local events:-

- Omagh Tuesday 5<sup>th</sup> August
- Castlederg Monday 18<sup>th</sup> August
- Loughmacrory Wednesday 10<sup>th</sup> September



**HENRY** (Health, Exercise and Nutrition for the Really Young!) is a programme that supports families with young children to develop healthy lifestyles. The programme is a holistic programme for families with children aged 0-5.

**What are the key aims of the service?**

- The HENRY programme aims to:
- Increase parents' knowledge and skills in healthy eating and understanding of the benefits of physical exercise.
  - Improve parenting efficacy (their belief in their capabilities as a parent), healthy family eating behaviours, and increased consumption of fruit and vegetables.
  - Promote emotional wellbeing to support families to develop healthy lifestyle habits, including in relation to food, activity and daily routines.

Speak to your Health Visitor to be referred to the Henry Programme.

### Breast Friends Support Group

Breast Friends Support Group		
2 <sup>nd</sup> & 4 <sup>th</sup> Monday's	11:00 - 12:00	Surrestar, Castlederg
Every Tuesday	10:30 - 12:00	LAST Surrestar, Gortin Road, Omagh
Every Thursday	10:30 - 12:00	Fennagh House, Enniskillen

### Drop in Baby Clinics

Growth monitoring/weight reviews & non-medical support		
2 <sup>nd</sup> & 4 <sup>th</sup> Monday	9:30 - 11:30	Children's Centre, OHPCC
3 <sup>rd</sup> Thursday	9:30 - 11:30	Upstairs Castlederg Health Centre
3 <sup>rd</sup> Wednesday	9:30 - 11:30	Castlederg Surgery

### Baby Café workshops

Join our baby workshops for helpful advice and support on all things parenting. Connect with other parents in a warm, welcoming space. Share tips, exchange experiences, offer advice and build friendships with other parents.

#### Solid Start Weaning Workshop

3<sup>rd</sup> September 2025 10am - 11:30am

Introducing your baby to solid foods, also referred to as weaning, starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual breast milk or first infant formula.

It can be confusing knowing when and how to start introducing solid foods. We're here to guide you through the weaning journey and explain what it all means.

We've got expert NHS advice and lots of simple, healthy weaning recipe and meal ideas.

#### Toileting Support Workshop

7<sup>th</sup> October 2025 10am - 11:30am

Learning how to use the potty or toilet independently and stopping wearing nappies is a big milestone for your child. There are lots of new and exciting skills for them to learn with your help.

Come along to this workshop to find answers to some of the main questions about how to potty train, including -

- The best age for potty training and when to start
- Tips for supporting children with additional needs
- The equipment you will need
- Removing night time nappies
- Common potty training problems & challenges

#### Sleep Workshop

5<sup>th</sup> November 2025 10am - 11:30am

It can be so easy to get overwhelmed when you have a child who isn't sleeping. Whether you're struggling with broken nights, your child's fighting nap time, or there is always a reason why they're not sleeping... and a way to help them.

Come along for some helpful, practical tips, suggestions and tried and tested strategies on how to get more sleep for the whole family.

### Autumn 2025 Programme

### Positive Pathways to Parenting Programme

#### September 2025

Activity	Dates & Times	Venue
Baby Café Solid Start Weaning Workshop	Wednesday 3 <sup>rd</sup> September 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh
Omagh Buggy Walk (4 Weeks)	Thursday 4 <sup>th</sup> - 26 <sup>th</sup> September 9:30am	Omagh Hospital Front Foyer
Infant Massage (4 Weeks)	Tuesday 9 <sup>th</sup> - 30 <sup>th</sup> September 10am - 11am	Recovery College Woodside Avenue Omagh
Breastfeeding Awareness Week 'Bump, Birth & Beyond' Event	Wednesday 10 <sup>th</sup> September 2025 10:30am - 12:30am	Loughmacrory Youth & Community Centre

#### October 2025

Activity	Dates & Times	Venue
Baby Café Toileting Support Workshop	Tuesday 7 <sup>th</sup> October 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh
Seskinore Forest Buggy Walk (4 Weeks)	Wednesday 8 <sup>th</sup> - 26 <sup>th</sup> October 9:30am	Seskinore Forest Car Park

#### November 2025

Activity	Dates & Times	Venue
Infant Massage (4 Weeks)	Tuesday 4 <sup>th</sup> - 25 <sup>th</sup> November 10am - 11am	Recovery College Woodside Avenue Omagh
Baby Café Sleep Workshop	Wednesday 5 <sup>th</sup> November 2025 10am - 11:30am	Recovery College Woodside Avenue Omagh



## To Register...

To find out more  
information or to  
register for any event  
please call: -

02882 835530  
02882 833111

OR  
scan QR code

Positive Pathways to Parenting



All of our events are supported by  
Omagh Healthy Living Network



Omagh Healthy Living Network delivers a range  
of health promotion programmes across the  
rural and urban areas of Omagh as well as Social  
Prescribing.

## Section 1: Family Support Available Southern Sector

# VOLUNTEERING FAIR



Thursday  
2 October 2026



12:00pm - 2:00pm



Fermanagh House



Volunteer Now are excited to host a Volunteering Fair in Fermanagh House.

This is a wonderful opportunity for volunteering organisations to showcase their work and promote their volunteering opportunities, together with networking amongst fellow organisations.

We look forward to welcoming you and promoting the positive benefits of volunteering throughout Positive Ageing Month.

For more information and to book a place, contact Suzanne in our Enniskillen office:  
E: [suzanne.hunt@volunteernow.co.uk](mailto:suzanne.hunt@volunteernow.co.uk)  
M: 07467 486638



**VOLUNTEER NOW**  
*Volunteers change lives*



## Section 1: Family Support Available Southern Sector



### Home-Start Omagh Outreach Project (HOOP)



**Register now for the new Home-Start Omagh Outreach Project (HOOP) Family Group starting Autumn 2025, for families in the following areas:**

- **Coolnagard:** Omagh Leisure Centre – Mondays, 10am–12pm
- **Beragh/Sixmilecross:** Cornerstone Beragh – Wednesdays, 10am–12pm
- **Dromore/Trillick:** Dromore Sports Complex – Thursdays, 10am–12pm

*Sessions run during term-time and are for children aged 0–4 and their parent/carer.*

To register to attend please click: [www.docs.google.com/forms/d/1ipH0GiJvKZhRofch3k8WSrzC3VMWAz1u9w5QrDNCY18](https://www.docs.google.com/forms/d/1ipH0GiJvKZhRofch3k8WSrzC3VMWAz1u9w5QrDNCY18) or scan the QR Code.

Contact us today to find out more:  
[info@homestartomaghdistrict.org.uk](mailto:info@homestartomaghdistrict.org.uk)  
02882 240902



## **Section 1: Family Support Available Northern & Southern Sectors**

# **CURRENTLY RECRUITING**

## **Approved Home Childcarers\* & Registered Childminders**

For more information, please contact:  
**enquiries@nicma.org** or scan the QR code

Eligible applicants  
will receive a fully funded  
package of training,  
support, and resources to  
enable them to pursue a  
career in this sector  
(subject to funding)



\*Approved Home Childcarers care for children in the family home, whereas a  
Registered Childminder will care for children in the Childminder's own home.



## Section 1: Family Support Available Northern & Southern Sectors





**Which option do I select?**

**Opening Hours:**  
Monday to Friday  
9am to 4:30pm.

**PRESS 1** If you need advice **specific** to a **child or young person** who is **currently undergoing Stage 3 statutory assessment** or already has a **Statement of SEN**.

**PRESS 2** If you need **wider advice** about **Special Educational Needs in general** (i.e. not specific to a particular child).

**PRESS 3** If you need to speak to one of our **specific SEND Support Services:**

- Autism Advisory Intervention
- Primary Behaviour Support
- Post-Primary Behaviour Support
- Educational Psychology
- Language and Communication
- Literacy Service
- Medical Needs
- Moderate Learning Difficulties
- SEN Early Years
- Severe Learning Difficulties
- Vision Impairment & Deafness
- Getting Ready to Learn



### Special Educational Needs (SEN) Helpdesk

#### SEND Central

Access SEN Support Services via one single telephone number at 028 9031 7777

When you call 028 9031 7777, you will be asked to select from 1 of 3 options.

✓ Which option do I select?

➡ Press Option 1 – if you require advice or information specific to a child or young person who is currently undergoing Stage 3 statutory assessment, or already has a Statement of SEN.

➡ Press Option 2 – if you require wider advice or information relating to Special Educational Needs in general (not relating to a specific child or young person).

➡ Press Option 3 – if you require advice or information from one of our specific SEND Support Services.

The list of services within this area, can be found on

our website <https://send.eani.org.uk/contact-us> (at [eani.org.uk](https://send.eani.org.uk))



## **Section 1: Family Support Available Northern & Southern Sectors**



**We are delighted to announce that we have been  
awarded a grant from the  
The National Lottery for our  
Community Information Service**

**This means we can continue to support and advise  
parents and professionals on how to access education  
support for children with additional needs and SEND**

**If you would like more  
information about our free workshops  
on How the SEN System Works  
email [info@senac.co.uk](mailto:info@senac.co.uk)**

**Workshops include information about  
Statutory Assessments, Statements of  
SEN, Learning Plans, appealing  
decisions & changes to the system**

**[www.senac.co.uk](http://www.senac.co.uk)**



## Section 1: Family Support Available Southern Sector


**Western Health  
and Social Care Trust**


**Derry Federation  
of Family Practices**

### Carers Hub

**JOIN OUR WORKSHOP AND SUPPORT GROUP**

**Omagh Hub**

The last Tuesday of the month  
Omagh Fire Station, 10.30am - 12pm

30th September - Coffee Morning to  
launch the new hub  
28th October - Chair Yoga  
25th November - Christmas Card Making

Drop in - No booking required

**OUR SERVICES**



Talk & learn



Try new activities



Referral Services

**CONTACT US FOR MORE INFORMATION**

Gabrielle McAloon - Carers Development Worker  
✉ Carers.Support1@westerntrust.hscni.net ☎ (028)66344163




**Western Health  
and Social Care Trust**


**Derry Federation  
of Family Practices**

### Carers Hub

**JOIN OUR WORKSHOP AND SUPPORT GROUP**

**Fermanagh Hub**

The last Thursday of the month  
Fermanagh House Enniskillen  
11am - 12.30pm

25th September - Chair Yoga  
30th October - Digital Skills Support &  
Training  
27th November - Christmas Card Making  
Drop in - No booking required

**OUR SERVICES**



Talk & learn



Try new activities



Referral Services

**CONTACT US FOR MORE INFORMATION**

Gabrielle McAloon - Carers Development Worker  
✉ Carers.Support1@westerntrust.hscni.net ☎ (028)66344163



## Section 1: Family Support Available Southern Sector



**OMAGH  
HEALTHY  
LIVING**

# SLEEP RESET EVENT

**FREE  
EVENT**



Join us for an evening with Dr. Róna Girvan (Née Anderson) and Tracy Lee Clarke as we explore the science of sleep, how stress and lifestyle disrupt it, and how mindset plays a vital role in making lasting change. You'll leave with practical tips, mindfulness tools, and strategies to support more restful, restorative sleep.

### DATE/TIME:

**WEDNESDAY 1ST OCTOBER 2025**

**6.30 PM - 8.30 PM**

**STRULE ARTS CENTRE, OMAGH**

### RESERVE YOUR SPACE NOW

Scan the barcode, phone 028 82 251559 or email [health@omaghforum.org](mailto:health@omaghforum.org) to confirm your space



**Dr. Róna Girvan  
(Née Anderson)**



**Tracy Lee Clarke**



**Follow us**  
OmaghHealthyLiving





**Section 1: Family Support**  
**Available Northern & Southern Sectors**  
**Children in Northern Ireland - Guidance for**  
**Schools-05-Interactive**

**School Anxiety  
and Distress**  
A Best Practice  
Guide for Schools

Developed in  
partnership with  
parents and  
professionals



**Children  
in Northern  
Ireland**



## Section 1: Family Support Available Northern & Southern Sectors

### Exploring School Absence in Northern Ireland: Voices of Young People – Children's Law Centre



0808 808 5678 | [chalky@childrenslawcentre.org](mailto:chalky@childrenslawcentre.org) | [DONATE Securely Now](#)




[Home](#) [About](#) [Membership](#) [Young People](#) [Adults](#) [Contact](#)

ASK **REE**

#### News

### Exploring School Absence in Northern Ireland: Voices of Young People

Monday 28 July 2025

Chronic school absence has been a growing concern across Northern Ireland, with rising numbers of young people disengaging from education. But too often, conversations about this issue overlook the voices of those most affected — the young people themselves.

This project set out to change that.

Through a series of honest, powerful video interviews, we asked a small group of young people to share their experiences, challenges, and hopes around school attendance. The stories that emerged are complex, deeply personal, and help us understand how the education system is, or isn't, working for many children and young people.

The young people involved have been failed by the education system in various respects, but are now speaking out as child rights defenders to help secure changes for future generations.

[Watch the Interviews](#)

#### Why This Project Matters

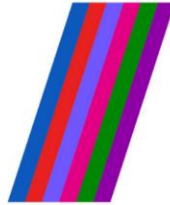
The young people we spoke to have lived through school systems which they feel have not had the capability to support them, whether due to bullying, mental health struggles, unmet health and social care needs, ill equipped physical environments, rigid expectations, or a lack of genuine connection with the adults and peers around them. Yet their insights also point the way towards more compassionate, responsive, and inclusive solutions.

These interviews highlight key themes, including:

- The impact of mental health on attendance and engagement.
- The importance of positive teacher student relationships.
- Experiences of bullying and feeling unsafe in school.
- Barriers related to special educational needs and disability.
- A desire for more flexible, relevant, and student centred education.
- The need for a sense of belonging and acceptance within the school community.

One thing that was clear throughout the entire project, was that young people want to be heard and taken seriously. A failure to do that will result in a failure to tackle the problem.

## Section 1: Family Support Available Northern & Southern Sectors



**PEACEPLUS**  
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Rialtas  
na hÉireann  
Government  
of Ireland



Northern Ireland  
Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)

### SUPPORTING YOUNG PEOPLE THROUGH ANXIETY & SCHOOL AVOIDANCE

#### Who should attend?

Professionals and volunteers across Northern Ireland and the six border counties of Ireland working directly with young people.

#### What we'll cover:

- ✓ Understanding anxiety in young people
- ✓ Back-to-school anxiety
  - ✓ School avoidance
- ✓ Practical emotional regulation strategies
- ✓ Real-life tools and examples you can use immediately in your own setting



**WHERE: ONLINE**



**DATE: 16/09/2025**



**TIME: 6-8PM**

**Scan  
here to  
sign up!**



<https://www.eventbrite.co.uk/e/1399341140019?aff=oddtcreator>



## Section 1: Family Support Available Northern & Southern Sectors

<http://www.nowgroup.org>



### NOW Family Service

#### Key Benefits:

- Tailored one-on-one support
- Hybrid parenting programs
- Peer support for building positive relationships
- Access to training, volunteering, and job services



We support families where a parent is neurodiverse, autistic, has ADHD, or a learning disability, and is expecting a baby or has children under five, residing in the Fermanagh or Tyrone areas.

To secure your place you can WhatsApp: 078 2344 6122

Or register online at:

[www.nowgroup.org/training-jobs](http://www.nowgroup.org/training-jobs)

**NOW**

## Section 1: Family Support Available Northern & Southern Sectors

<http://www.nowgroup.org>

### Your Skills. Your Way.

Do you have additional support needs, such as a neurodivergent condition like ADHD, Autism or Dyslexia?



If you've got your GCSE results and are wondering what's next, **Skills for Life and Work** could be for you.

For ages 16-21  
living in:

Belfast, Enniskillen,  
and Derry/L'derry



### With NOW Group you can:

- Train in Hospitality, Retail, Creative Media or ICT
- Gain qualifications that employers value
- Earn £40 a week while you train
- Receive support from an organisation with over 25 years' experience providing training and job support for young people with additional needs.

Over the last 3 years we have supported

4,384

Qualifications achieved

813

People into paid jobs



Scan the QR code or visit our  
website to start your journey

[www.nowgroup.org](http://www.nowgroup.org)

Registration subject to eligibility.



### Your Skills. Your Way.

Do you have additional support needs, such as a neurodivergent condition like ADHD, Autism or Dyslexia?



If you've got your GCSE results and are wondering what's next, **Skills for Life and Work** could be for you.

For ages 16-21  
living in:

Belfast, Enniskillen,  
and Derry/L'derry





## Section 1: Family Support Available Southern Sector

### ABOUT US

Omagh Women's Aid is a registered charity providing a range of specialist, trauma responsive services to women and children affected by domestic violence in the Omagh area so that survivors are empowered to access safety and rebuild their lives.

Supporting and advocating on behalf of those who have experienced violence and abuse is at the core of everything we do.

We understand each person's circumstances and needs are different and that survivors need different services at different times. Our expert staff work closely with every individual to develop a bespoke safety and support plan. If you are not sure what service you want or need, we will support you to explore your options.



### Other Support Organisations

24hr Domestic & Sexual Violence  
Helpline:  
0808 802 1414

Non Emergency PSNI:101

Gateway (Social Services, Derry):  
028 7131 4090

NI Housing Executive Switchboard:  
03448 920 900

Lifeline: 0808 808 8000

### CONTACT US



**028 8224 1414**



[info@omaghwomensaid.org](mailto:info@omaghwomensaid.org)



Omagh Women's Aid  
Resource Centre  
9 Holmview Terrace  
Omagh  
BT79 0AH  
Charity No: NIC 106650

supportingpeople  
supporting independence

## Women's Aid OMAGH



## Floating Support Service

### FLOATING SUPPORT

Omagh Women's Aid provides a floating support service to women over the age of 18 in the Omagh area who are at risk of becoming homeless due to domestic violence or who need some support to remain living safely within their own home.

Floating Support Service is a free short-term (up to 2 years) housing support service that aims to help you build the confidence and skills you need to live safely and independently in your own home. The Service aims to prevent tenancy breakdown and ultimately homelessness.

#### The Service

The Omagh Women's Aid Floating Support Service is in general available from 9am to 5pm Monday to Friday (except Public Holidays). However, we will make every effort to arrange support meetings outside of these hours if you have other commitments e.g. work, study, caring responsibilities, etc...

Language support is available upon request

### We are here to help you with things like

- Finding a suitable, safe home that meets your needs
- Settling into and running your new home, including advice on how to budget, cook healthily, home hygiene, deal with correspondence and filling in forms.
- Help setting up utility services and agreeing payment plans
- Obtaining essential furniture through grants and charities
- Finding out if you are getting the correct benefits and assisting with making claims
- Looking after your tenancy and the condition of your home
- Help reporting repairs
- Improving personal safety and the security of your home
- Advocating on your behalf and liaising with other services for and with you.
- Providing a dedicated support worker to provide emotional and practical support.



### Eligibility Criteria:

To be eligible to receive the services of the Omagh Women's Aid Floating Support Service the applicant must meet the following criteria:

- Be female aged 18 years and over
- Be homeless or at risk of becoming homeless due to domestic violence
- Have additional support needs with regard to maintaining a tenancy and independent living.
- Live in or have a connection to the Omagh area
- Applicants must be willing to engage with support staff, to establish a personal support plan and work towards achieving agreed outcomes.

All referrals to Omagh Women's Aid Floating Support Service are assessed on individual merit.

### REFERRAL

Referrals are welcome from women themselves, a friend/family member, the 24hr Domestic and Sexual Violence Helpline, statutory agencies, and voluntary or community groups.

Referring agents MUST seek permission from the Applicant prior to making the referral and have their consent to share their information.

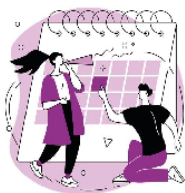


## Section 1: Family Support Available Northern Sector

**libraries ni**

# What's On In September 2025

Libraries in Causeway Coast & Glens



**04 September**  
**First Housing Advice Service Outreach Clinic**  
Limavady Library is delighted to welcome a representative from First Housing Advice Service, who will host an Outreach Clinic to provide housing advice to individuals or families at risk of homelessness or facing housing-related issues. Everyone Welcome. 11:00am - 1:00pm. Telephone 028 7776 2540 for more details.

**08 - 22 September**  
**'Travelling Trees' Garvagh Forest Photographic Exhibition Grand Finale**  
Ballymoney Library is delighted to host the 'Travelling Trees' Exhibition kindly provided by the GADDA. Consisting of a range of stunning wooden tree displays containing images showcasing the plant, bird and wildlife of the forest, we invite you to come along and view this exhibit on its last travel stop in the area. Available to view During Opening Hours

**13 September**  
**Roald Dahl Day - Themed Storytime and 'BFG's Enormous Ears' craft**  
Hear that? It's Roald Dahl Day. Join us in Garvagh Library for our themed Storytime and whizz popping 'BFG' Enormous Ears Craft. Children aged 4-10 are invited to come along and listen to our Roald Dahl Storytime before making their own pair of giant ears. 11:30am - 12:30pm. Telephone 028 2955 8500 for more details.

**13 September**  
**Roald Dahl Day - Mister Twit's Gross Beard Craft**  
Portstewart Library invites children aged 4-10 years to come along and join our staff in a gruesome themed craft as part of our Roald Dahl Day celebrations. Using our craft resources, can you help us add in all things gross to Mister Twit's beard? Booking Advisable 2:15pm - 3:00pm. Telephone 028 7083 2712 for more details.

**15 September**  
**Alzheimer's Awareness Day - Memory Café Event**  
Limavady Library will be hosting a 'Memory Café' event, where we invite those living with Alzheimer's, care givers, family, friends and the local community to come along and as we socialise, share stories and enjoy a mindful colouring activity all over a nice cuppa. Everyone Welcome. 10:30am - 11:30am. Telephone 028 7776 2540 for more details.

**17 September**  
**'Triangle' Progression to Employment Service - Information Session**  
Coleraine Library welcomes Triangle 'Progression to Employment' Service to host an information session to provide necessary support systems to enable individuals to achieve and maintain meaningful employment in their local communities. Everyone Welcome. 2:00pm - 4:30pm. Telephone 028 7034 2561 for more details.

This is just a sample of the events that will be taking place in libraries during the month. If you would like to know more please visit our website or follow us on social media.

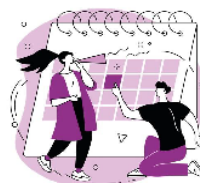


[www.librariesni.org.uk](http://www.librariesni.org.uk)

**libraries ni**

# What's On In September 2025

Libraries in Causeway Coast & Glens



**19 September**  
**Alzheimer's Awareness Day - 'Musical Mindful Colouring Session'**  
Coleraine Library invites you to join us and take a step back in time in our special 'Musical Mindful Colouring Session'. Sit back, relax, and enjoy a mindful colouring session as we guide you on a meaningful journey by playing your favourite tunes from years gone by. 10:00am - 11:00am. Telephone 028 7034 2561 for more details.

**20 September**  
**Squiggles and Giggles - Children's Storybook Yoga Workshop**  
Dungiven Library invites children aged 4-9 years to join Kelsey from Squiggles & Giggles on a magical journey of storytelling through yoga, movement and breathwork, exploring stories and language in a fun way. Booking Essential. 11:00am - 11:40am and 12:30pm - 1:10pm. Telephone 028 7774 1475 for more details and to book a place.

**24 September**  
**Ulster Wildlife - Introduction Information Talk**  
Coleraine Library is delighted to welcome Ulster Wildlife to host an information talk. These talks provide an engaging introduction to Ulster Wildlife's projects and highlight how individuals can take small steps to support nature on their doorstep. Booking Essential. 2:00pm - 3:00pm. Telephone 028 7034 2561 for more details and to book a place.

**25 & 26 September**  
**The Farming Community Network and Macmillan Cancer Support - Cancer Awareness Session**  
Vital cancer awareness sessions as part of the Rural Communities Cancer Project. These sessions are designed to provide essential information, support, and resources to those often hardest to reach in our rural communities. Garvagh Library (25<sup>th</sup> 11:00am), Kileara Library (25<sup>th</sup> 2:30pm) Dungiven Library (26<sup>th</sup> 10:30am)

**25 September**  
**Macmillan Coffee Morning**  
Cushendall Library invites you to join us as we hold our Macmillan Coffee Morning, in support of Macmillan Cancer Support. Come along and enjoy lots of good chat over a nice cuppa and help raise money to support those living with cancer. Everyone Welcome. 11:00am - 1:00pm. Telephone 028 2177 1297 for more details.

**26 September**  
**Macmillan Coffee Afternoon**  
Portrush Library invites you to join us as we hold our Macmillan Coffee Afternoon, in support of Macmillan Cancer Support. Come along and enjoy lots of good chat over a nice cuppa and a wee bun and help raise money to support those living with cancer. Everyone Welcome. 2:30pm - 3:30pm. Telephone 028 7082 3718 for more details.

This is just a sample of the events that will be taking place in libraries during the month. If you would like to know more please visit our website or follow us on social media.

## Section 1: Family Support Available Southern Sector

### Physical Activity Referral Scheme (PARS) – Fermanagh & Omagh District Council



Home » Services » Health Wellbeing » Community Physical Activity Programmes

#### Physical Activity Referral Scheme (PARS)

Fermanagh and Omagh District Council (FODC) in partnership with the Public Health Agency (PHA) deliver the Physical Activity Referral Scheme (PARS) across the district area.

##### What is PARS?

PARS is a free 12-week exercise referral programme facilitated by fully qualified staff for individuals with specific health conditions (inclusion criteria below) who have no absolute contraindications to exercise.

PARS includes online delivery with sessions also facilitated at each respective Council leisure centre:

- > Bawnacre Centre, Irvinestown
- > Castle Park Leisure Centre, Lisnaskea
- > Fermanagh Lakeland Forum, Enniskillen
- > Omagh Leisure Complex

##### When and where is the PARS programme delivered?

Day	Time	Location
Monday	9am - 3.30pm	Omagh Leisure Complex
	1.45pm - 3.45pm	Bawnacre Centre, Irvinestown
Tuesday	9am - 1pm	Fermanagh Lakeland Forum, Enniskillen
	1.45pm - 3.45pm	Castle Park Leisure Centre, Lisnaskea
Wednesday	10am - 3.30pm	Omagh Leisure Complex
	5pm - 7.30pm	
Thursday	10am - 7.30pm	Fermanagh Lakeland Forum, Enniskillen
	1.45pm - 3.45pm	Bawnacre Centre, Irvinestown
Friday	9am - 12noon	Castle Park Leisure Centre, Lisnaskea
	1.30pm - 2.30pm	Online
	9am - 1.30pm & 2.30pm - 3.30pm	Fermanagh Lakeland Forum, Enniskillen

##### Can I take part in the PARS programme?

In order to participate in the PARS programme you must be:

- > Aged 19 years or over **and**
- > Inactive (i.e. not currently meeting the physical activity guidelines of 150 minutes of moderate activity or 75 minutes of vigorous activity per week) **and**
- > Motivated to change

In **addition** to the above criteria, in order to participate in the PARS programme you must have a **BMI greater than (≥) 25 and less than (<) 40 and one or more of the following conditions:**

- > Hypertension
- > Hyperlipidemia
- > Impaired glucose levels or diabetes
- > Family history of heart disease
- > Asthma, Bronchitis or COPD
- > Musculoskeletal Conditions
- > Mild or moderate mental health conditions

##### How do I get involved?

If you meet the inclusion criteria as detailed above and would like to participate in the PARS programme, please speak to your GP or health professional who can arrange a referral to your preferred leisure centre. Once your referral has been received, a member of the PARS team will be in contact to discuss and arrange a consultation.

##### Got a question or would like some more information?

If you have a query regarding the PARS programme or would like to speak with a member of the team, please complete the enquiry contact form via the link below and a member of the PARS team will contact you to discuss.

#### [PARS Enquiry Form](#)

##### Programme Contact Details

Email: [activeliving@fermanaghomagh.com](mailto:activeliving@fermanaghomagh.com)

Aoife McCullagh: 078 802 736 22

Aidan McCarron: 074 649 802 50

## Section 1: Family Support Available Northern & Southern Sectors



**Working in Northern Ireland to  
reduce social and educational  
inequalities experienced by  
Traveller and Roma Children.**



### Toybox Aims to:

- Strengthen the capacity of Traveller and Roma parents to support their children's well-being and eagerness to learn through home visits.
- Enhance the social, emotional, physical, language and cognitive development of Traveller and Roma Children from pre-birth to four years.
- Empower Traveller and Roma parents to become involved in the education process for their children and themselves.
- Maximize the participation of Traveller and Roma children in early learning and development opportunities and in at least one year's pre-school/nursery provision, and to close the gap in enrolment levels between Traveller, Roma and settled children.
- Encourage Traveller and Roma families to engage in local community groups including parent and toddler groups and Sure Start services.
- Ensure that community and statutory early childhood services develop inclusive practices to ensure the full participation of traveller and Roma children and families.
- Strengthen effective partnership working between parents, traveller and Roma support groups, NGO's health and education professionals to support the social and educational development of young traveller and Roma children, at home and in school.
- Work progressively to ensure that traveller and Roma values and perspectives are reflected in development and practice.
- Contribute effectively to the development of wider policy and practice that challenges discrimination and inequalities experienced by young traveller and Roma children.

For further information on the Toybox Programme, please contact:

Judith Thompson – Toybox Manager  
[juditht@early-years.org](mailto:juditht@early-years.org)  
07968874414



## Section 1: Family Support Available Northern & Southern Sectors



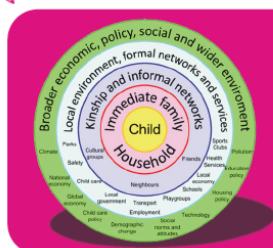
### What is the Toybox programme?

Toybox, in partnership with children and parents, provides a rights-based outreach service which aims to significantly reduce social and educational inequalities experienced by Traveller and Roma children aged 0-4. A team of outreach Project Workers deliver the toybox programme across Northern Ireland.

### Underpinning Concepts



Toybox draws on the conceptual framework of the child in the context of their family and community as informed and influenced by Urie Brofenbrenner's Ecological Systems Theory.



*"Without family involvement, intervention is likely to be unsuccessful, and what few effects are achieved are likely to disappear once intervention is discontinued"*

Urie Brofenbrenner (1977)

### The Toybox Service Design Manual

The Toybox Service Design Manual has been developed to support and assist Toybox staff in the implementation of the Toybox programme approach and create effective partnerships with families and other agencies.

### The Toybox programme consists of the following key components:

- 1** An outreach home visit service aimed at empowering parents to support their young children's optimal development.
- 2** An access programme aimed at supporting the inclusion of children and parents in Sure Start, pre-school and primary schools.
- 3** An advocacy programme including a partnership approach with a range of key stakeholders aimed at improving policies and services for children and families.





## Section 1: Family Support Available Northern Sector

**libraries ni**

Dungiven Library presents

Free

### Children's Storybook Yoga

Join Kelsey from Squiggles & Giggles on a magical journey of storytelling through yoga, movement and breathwork. This workshop is an opportunity for children to explore stories and language in a fun, engaging and nourishing way whilst promoting creativity, imagination and coordination skills.

**Saturday 20  
September**

**11:00am - 11:40am**

**12:30pm - 1:10pm**



For Children aged 4-9 years  
Booking Essential - Spaces Limited

Ask staff for details  
t: 028 7774 1475

e: dungiven.library@librariesni.org.uk

Connect with us  
www.librariesni.org.uk



**libraries ni**

Limavady Library presents

Free

### Braille Workshop For Adults

Come and join us at Limavady Library for an eight week drop-in workshop in braille for adults.

Learn how to read braille and use some of the designated equipment.

Open to everyone - sighted or visually impaired.

**Every Friday**

**3:00pm - 4:00pm**

Starting Friday 5 September for eight weeks

**Everyone welcome**

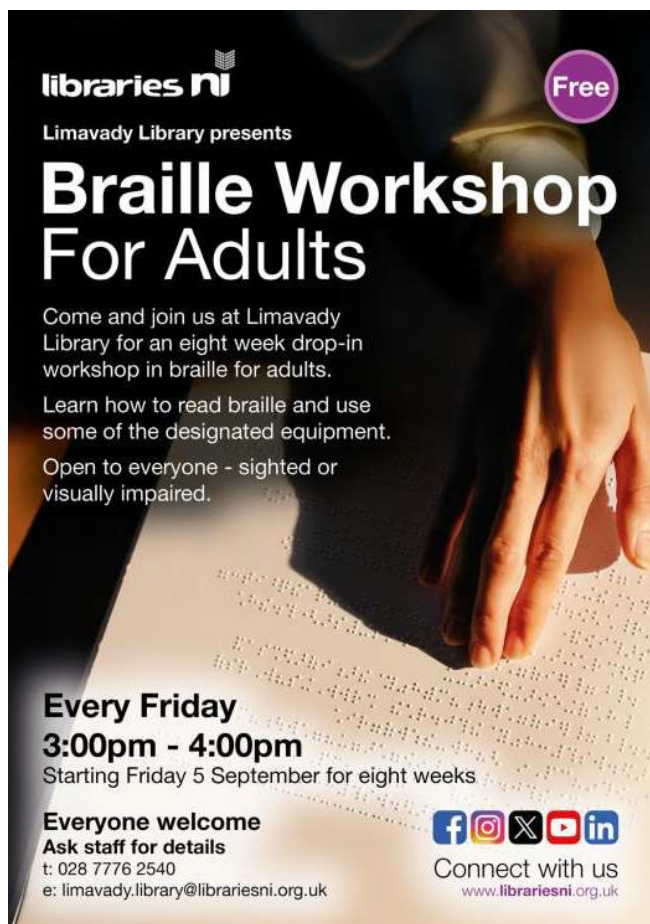
Ask staff for details

t: 028 7776 2540

e: limavady.library@librariesni.org.uk



Connect with us  
www.librariesni.org.uk



## Section 2: Youth Support Available Northern & Southern Sectors

<https://www.eventbrite.co.uk/e/1449797436159?aff=oddttdtcreator>



**PEACEPLUS**  
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



**co-operationireland**  
*working for a future together*

# STRONGER MINDS:

## SUPPORTING YOUTH THROUGH LIFE'S CHALLENGES

FREE 4-part training designed for youth-facing professionals who want to better understand and respond to the emotional and behavioural needs of children and young people

### DATES

6:30 - 8:30 PM OVER 4 EVENINGS, TAKING PLACE VIRTUALLY



**2ND SEPTEMBER**

**9TH SEPTEMBER**

**23RD SEPTEMBER**

**1ST OCTOBER**

CLAIRE THOMPSON  
**CREATIVE  
THERAPIES**  
GLENGORMLEY

[HTTPS://WWW.EVENTBRITE.CO.UK/E/1449797436159?AFF=ODDTDTCREATOR](https://www.eventbrite.co.uk/e/1449797436159?aff=oddttdtcreator)

**RESERVE YOUR SPOT**



### WHAT YOU'LL LEARN:

- Building Empathy in Children and Young People
- Neurodiversity: Inclusive Approaches to Support
- Adolescent Anxiety: Understanding, Identifying, and Responding
- Understanding Behaviour Through the Lens of Intergenerational Trauma





## Section 2: Youth Support

### Home - Sexual Health NI



Public Health Agency



Language



Enter your search here



[Home](#) | [Sex and wellbeing](#) | [Contraception](#) | [Sexually transmitted infections \(STIs\)](#) | [Urgent information and care](#) | [Glossary](#)

*Emergency Hormonal Contraception (EHC) is no longer available from SH:24. EHC is free to women and girls in Northern Ireland via the Pharmacy First service, Common Youth clinic (Belfast / Coleraine) for under 25-year olds, local Trust Sexual and Reproductive Health clinics and some GP practices.*

## Explore Sexual Health NI

Sexual health involves embracing and enjoying our sexuality throughout life, with a positive, safe and respectful approach to sexual experiences and relationships.



I need condoms



I need PrEP



I need to order a home STI test kit



I need emergency contraception

### Genitourinary medicine (GUM) clinic – a step by step guide

The following video shows what happens if you go for an appointment at a GUM clinic. A GUM clinic is a place where sexual health is confidentially assessed and you can be tested and treated for STIs. There are GUM clinics across Northern Ireland.

You do not need to be referred by another doctor. In most cases, you will need to make an appointment. If you are worried that you have an STI, you can get tested at your nearest clinic.



## Section 2: Youth Support

### Relate- Ed | Relate NI Relationships and Sexuality Education NI



**Age appropriate, inclusive and evidence based Relationships and Sexuality Education (RSE) for young people.**

*Relate- Ed Workshops can Include:*

**Real Growth:** Changes to body & mind in puberty.

**Relatable relationships:** Building strong, respectful, and loving relationships.

**Real Talk:** Making informed choices around healthy relationships and pornography  
(Aged 13+)

**Relatable choices:** Sexual Health (Aged 13+)

**Real Respect:** Mutual respect and consent in every interaction.

**Really creative:** Positive relationships and boundaries through ART and Play.

**Real support:** Teacher tools & support

**Really savvy:** Staying safe online

**For more information on booking the workshops, contact:**

**Office@relateni.org**

**028 9032 3454**

**Relate NI**



**Northern Ireland  
Executive**

[www.northernireland.gov.uk](http://www.northernireland.gov.uk)

**END**  
VIOLENCE  
AGAINST  
WOMEN  
& GIRLS

## Section 2: Youth Support

### Available Northern & Southern Sectors

#### Social Action Youth (SAY) Project Northern Ireland

WE HAVE SOMETHING TO...



[Relationships](#) [Personal Safety](#) [Topics](#) [Supporting Others](#) [Life Stories](#) [Stand Up](#) [About Us](#)

GET HELP ? Q

Not all relationships are healthy.  
**You deserve one that is.**

We are a diverse group of young people promoting healthy relationships with ourselves and others.

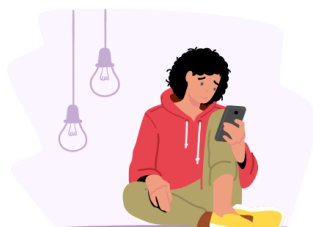
[FIND OUT MORE →](#)



**Find the help you need today**

Pick a topic below that you'd like to explore:

[Anxiety](#) [Catfishing](#) [Coercive Control](#) [Consent](#) [Domestic Abuse](#) [Eating Disorders](#) [Emotional Abuse](#)  
[Financial Abuse](#) [Gaslighting](#) [Grooming](#) [Misogyny](#) [Online Abuse & Cyberbullying](#) [Personal Safety](#) [Physical Abuse](#)  
[Relationships](#) [Self-Care](#) [Sexting](#) [Sextortion & Revenge Porn](#) [Sexual Abuse](#) [Substance Abuse & Addiction](#)



**Need inspiration? Read stories from young people**

Hearing how others overcame similar situations can help when going through a tough time.

[READ STORIES](#)



Worried you or someone you know is in an abusive relationship?

[TAKE THE QUIZ](#)



**Stand Up Against Abuse**

There are lots of things you can do to challenge behaviour and attitudes safely

[FIND OUT HOW](#)



## Section 2: Youth Support Available Northern & Southern Sectors



**PEACEPLUS**  
Northern Ireland - Ireland

Co-funded by the



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**co-operationireland**

*working for a future together*

## SUPPORTING LGBTQIA+ YOUNG PEOPLE

FREE TRAINING FOR YOUTH-FACING STAFF &  
VOLUNTEERS



**Belong To LGBTQ+**  
Youth Ireland



### LEARNING OUTCOMES

1. Best practice for supporting LGBTQI+ young people and their mental health.
2. Information on sexual orientation and gender identity.
3. Practical tips for creating a safe space for LGBTQI+ youth (at youth club / in school)
4. Learn how to respond if a young person comes out to you.
5. Signposting on support organisations and what Belong To and Here NI can provide.

**22ND SEPTEMBER,  
ONLINE**

**2-4.30PM ON ZOOM**



## Section 2: Youth Support Southern Sector



**ARE YOU AGED  
BETWEEN 14-24?**

**Not in full-time  
employment,  
education or  
training?**



### Why Join?

- £8 per day Incentive Payment (subject to eligibility)
- 1 to 1 Mentoring Support
- Fun & Educational Trips
- OCN L1 Qualification
- Build Personal Confidence & Self-Esteem
- Good Relations & Employability
- Meet New People & Gain New Skills
- Lunch, Childcare and Travel Costs



REGISTER YOUR INTEREST USING THE QR CODE OR CONTACT :

**COOKSTOWN  
ENNISKILLEN  
DUNGANNON  
OMAGH**

**MARIE KERR  
CLAIRE-LOUISE DOYLE  
PAULA MCGRATH  
SINEAD KELLY**

**0774116715  
07391738238  
07818510192  
07464539195**

## Section 2: Youth Support Available Northern & Southern Sectors

**CAREERS  
SERVICE**



Department for the

**Economy**




An Roinn

**Geilleagair**

[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)

The Careers Service provides a free and impartial careers information, advice and guidance service to clients of all ages and abilities throughout Northern Ireland.

### You can contact a Careers Adviser:

-  By **telephone** on 0300 200 7820  
(available Monday-Friday 9.30-4.30)
-  Using **webchat** at  
<https://www.nidirect.gov.uk/services/chat-careers-adviser>  
(available Monday-Friday 9:30-4:30)
-  Or **Ask questions online** on the Careers Website at  
<https://www.nidirect.gov.uk/campaigns/careers>



See our webpage at  
**[www.nidirect.gov.uk/careers](http://www.nidirect.gov.uk/careers)**  
for more details.



July 2024



## Section 2: Youth Support Available Northern & Southern Sectors



# EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION

### CHILDREN AND YOUNG PEOPLE

#### TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text A Nurse - pupils](#)

#### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

#### YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

#### OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

### PARENTS/ CARERS

#### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

#### SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

#### RISE NI

RISE NI Website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

### SCHOOLS

#### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

#### RISE NI

Contact your local Health Trust Coordinator for more information.

#### REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

#### BEING WELL DOING WELL

The [Being Well Doing Well](#) programme aims to support schools (nursery, primary, post primary, special and EOTAS) to develop a Whole School Approach to Emotional Health and Wellbeing.

#### EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EWTs](#).

#### CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Click [Schools - CCEA Hub](#) to find out more.

#### EA HEALTH WELL HUB

Health and Wellbeing support for staff. Click [EA Health Well Hub](#) to find out more.

### FURTHER INFORMATION

#### YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

#### DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#)

#### TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

#### SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)

## Section 2: Youth Support Available Northern & Southern Sectors



**Special Focus – Children's Mental Health**

This #childrensmentalhealthweek2025 Visit NIs central online emotional, mental health & wellbeing resource designed by young people for young people (Parents & Teachers too) updated regularly with loads of advice, info & signposting, videos & free MH training <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:

Visit  
[cypsp.hscni.net/youth-wellness-web/](https://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

Visit  
[cypsp.hscni.net/youth-wellness-web/](https://cypsp.hscni.net/youth-wellness-web/)

Scan QR code

SCHOOL  
BULLYING  
WELLBEING  
BEREAVEMENT  
MENTAL HEALTH

**Youth Wellness Web**

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

SCHOOL  
BULLYING  
WELLBEING  
BEREAVEMENT  
MENTAL HEALTH



Visitors to Youth  
Wellness Web  
Feb 2024 - Feb 2025



### Top 10 most visited sections on Youth Wellness Web





## Section 2: Youth Support Available Northern & Southern Sectors



**Free Relationships &  
Sexuality Education for  
15-16 Year Olds**

We can provide 4 x 2hr sessions over a 4-week  
period that may include:

Healthy relationships	Sexual & reproductive health
The human body & development	Violence and staying safe
Sexuality & sexual behaviour	Skills for health & wellbeing
Values, rights, culture & sexuality	Understanding Gender

This service is available free to groups across Northern Ireland  
and is provided face to face at your premises.

For more information please contact [office@relateni.org](mailto:office@relateni.org).



**Relate NI**



# C-CARD

## Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds  
Available across Northern Ireland.

Find your local  
provider at:



Public Health  
Agency

Project supported by the PHA

## New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships  
and the internet.

Check it out now:- [http://thinkuknow.co.uk/11\\_18](http://thinkuknow.co.uk/11_18)



# The internet, relationships & you

Advice from CEOP Education at the National Crime Agency



## Section 3: Cost of Living

### Available Northern & Southern Sectors

#### Becoming a parent | MoneyHelper

##### **Becoming a parent**

Having a baby can be an exciting and scary time all at once. We know you need to think about your finances and make sure you get the support you're entitled to.

Our guides cover all the money basics you need to know when you're having a baby – from how to budget for your new addition or paying for childcare, to what your rights are when it comes to maternity and paternity pay and when you return to work.

##### **Baby money timeline**

You're expecting or planning on having a baby, which is great! It's great you're planning as well – it'll make everything go much more smoothly. And when it comes to planning your finances, our baby money timeline can help. Just tell us your due date, and we'll tell you when you should:

- think about maternity and paternity applications
- claim your free NHS prescriptions and dental care
- be able to take paid time off
- start claiming allowances and grants.

And all the other important financial milestones you'll want to be ready for when it comes to preparing for your new baby.

You can even add the dates to your own calendar.

MoneyHelper is here to help you move on with life. Here to cut through the jargon and complexity, explain what you need to do and how you can do it. Here to put you in control, with free, impartial help that's quick to find, easy to use and backed by government.

Whatever your circumstances, MoneyHelper is on your side. Online and over the phone, you'll get clear money and pension guidance. We can also point you to trusted services, if you need more support.

Pensions guidance: [0800 011 3797](tel:08000113797)

Money guidance: [0800 138 7777](tel:08001387777)

 **Money  
Helper**

Visit MoneyHelper 

## Section 3: Cost of Living

### Available Northern & Southern Sectors

[Talking about money](#) | [MoneyHelper](#)



**Money  
Helper**

 HM Government

Religion, politics, sex and money are often seen as taboo subjects. But whilst we've become more comfortable talking about our beliefs and love lives, money is still often seen as a no-go subject.

Not talking about money can cause problems, as every single aspect of our lives is affected by our finances in some way or another. If they aren't in a good place, it might affect our mental and physical health. If there is dishonesty, it can hurt the trust in our close relationships with family and friends.

If you need to talk to someone about money but aren't sure how it will go, this guide will help you get started, including tips on how to get a good outcome, share money goals and what to do if you think the conversation may be tricky or it doesn't go as planned.

## Section 3: Cost of Living

### Available Northern & Southern Sectors

[Benefits calculator](#) | [MoneyHelper](#)



Cymraeg



[Benefits](#) [Everyday money](#) [Family & care](#) [Homes](#) [Money troubles](#) [Pensions & retirement](#) [Savings](#) [Work](#)

[Home](#) > [Benefits](#)

## Benefits calculator

5 minutes to complete

See the benefits and extra money you can claim. Our benefits calculator is free, quick and confidential.

### Why you should use this calculator

- Quickly see if you could claim extra regular payments, like Universal Credit and Child Benefit.
- See if you qualify for other help and grants, like free school meals and money towards your heating bills.
- Check what support you can get if your circumstances have changed.

### How our benefits calculator works

- Answer simple questions for a quick estimate of how much you could get.
- Enter more details to see a full list of the benefits, payments or vouchers you could qualify for and how to claim them.
- Your information is confidential. We don't store or share it with anyone else.
- The calculator should be used as a guide and might show you benefits you're already claiming. [For a full benefits check from a specialist near you, visit Advice Local](#)

[Start benefits calculator](#)

We are running a benefits calculator pilot with Inbest. [For benefit calculators from other providers, see GOV.UK](#)

Powered by [Inbest](#)





## Section 3: Cost of Living

### Available Northern & Southern Sectors



**Family Fund**  
Helping you, helping others

Business  
Services



Search

[Home](#)

[Our services](#)

[Who we help](#)

[Emergency Essentials](#)

[About us](#)

[News](#)

[Contact us](#)



**BBC CHILDREN IN NEED  
EMERGENCY ESSENTIALS**



**Family Fund**  
Helping you, helping others

Business  
Services



**BBC  
Children  
in Need**

## BBC Children in Need Emergency Essentials Programme

Together with our parent charity, we deliver the BBC Children in Need Emergency Essentials Programme which supports children and young people in crisis. The programme provides items that meet a child's most basic needs – from a bed to sleep in or a cooker to provide a hot meal, to other items and services critical to a child's wellbeing.

**All applications must be made by a registered referrer and the programme has limited funding.**

### Programme status update – Temporarily closed

The current phase of the BBC Children in Need Emergency Essentials Programme is now closed. We are now temporarily unable to accept any new applications.

The programme will return on **Monday 2 June 2025**.

Thank you for your continued support, which makes a vital difference to beneficiaries.

If you have any questions about an application you have submitted, or about the Emergency Essentials Programme, please contact the Emergency Essentials team at [emergencyessentials@familyfundservices.co.uk](mailto:emergencyessentials@familyfundservices.co.uk)

Please note that the work of our audit team continues even when the programme is closed. It is important to continue to keep copies of receipts for any voucher/BACS awards and engage with wider audit requests as they arise.

**Register as a  
referrer**

[Start here](#)

**Make an  
application**

[Login](#)

**Get in touch**

[Send email](#)

**Having trouble  
logging in?**

[Get help](#)

## Section 3: Cost of Living

### Cost of living help – Fermanagh & Omagh District Council

#### Available Southern Sector

[Home](#) » [Services](#) » [Community](#) » [Community Help Support](#)

## Cost of living help



Help with benefits, debt and  
money management >

Help with fuel and energy  
costs >

Help with increased food  
costs >

Help with employment and  
training >

Help with your physical  
wellbeing >

Help with your emotional  
wellbeing >

Help for families >

Help with transport >

Help with housing >



**Fermanagh & Omagh  
District Council**  
Comhairle Ceantair  
Fhear Manach agus na hÓmaí

## Section 3: Cost of Living Available Southern Sector

### Cost of living help – Fermanagh & Omagh District Council 95a515\_d51a5d9f141b4c4e905692e2679d835f.pdf

#### Step 3: Where can I get help?

Each of these services offer free  
and confidential advice

##### **Omagh Independent Advice Service**

Free, confidential & independent advice on  
benefits, employment, housing, debt and more  
028 8224 3252 | info@oias.co.uk | www.oias.co.uk

Help with options: **1 2 3 4 5 6**

##### **Community Advice Fermanagh**

Free, confidential & independent advice on  
benefits, employment, housing, debt and more  
028 6632 4334 | www.communityadvicefermanagh.com  
browntree@communityadvicefermanagh.com

Help with options: **1 2 3 4 5 6**

##### **Advice NI**

Providing free, confidential & independent  
advice on benefits, personal/business debt,  
EU Settlement Scheme and more  
0800 915 4604 | advice@adviceni.net  
www.adviceni.net

Help with options: **1 2 3 4 5 6**

##### **Christians Against Poverty**

Debt counselling charity  
0800 328 0006 | jonhayward@capuk.org  
www.capuk.org

Help with option: **3**

##### **Make the Call**

Benefits advice line for Northern Ireland  
0800 232 1271 | makethecall@dfcnl.gov.uk  
Text ADVICE to 07984 405 248  
www.nidirect.gov.uk/make-call-service

##### **Department for Communities**

##### **Finance Support Service**

Supports people who live in Northern  
Ireland and need short-term financial help  
0800 587 2750  
www.nidirect.gov.uk/finance-support



Interactive version:  
www.worryingaboutmoney.co.uk/  
fermanagh-and-omagh

#### Other Support

**Fermanagh and Omagh District  
Council – Cost of Living Support**  
Information and guidance about local and  
regional services and supports

www.fermanaghomagh.com/costofliving  
costoflivinghelp@fermanaghomagh.com

##### **Northern Ireland Housing Executive**

Information and support for housing,  
homelessness, National Energy Action and the  
NI Oil Savings Network

www.nihe.gov.uk

##### **MoneyHelper**

Support with debt, benefits, money  
management and pensions  
0800 138 7777 | www.moneyhelper.org.uk

##### **Action for Children Family Support Hubs**

Signpost families & professionals to early  
intervention services within their community  
ensuring access to the right help at the right time

Fermanagh: 028 6632 4181

Omagh: 028 8225 9495

www.familysupportni.gov.uk

##### **South West Age Partnership (SWAP)**

A network for older people's groups and  
individual older people

aforbes@southwestagepartnership.co.uk  
07955 787 456 | www.facebook.com/swapnetwork

##### **Women's Aid**

Information, support and accommodation for  
women, children and young people affected by  
domestic abuse

Fermanagh: 028 6632 8898

fermanagh.womensaid.com

Omagh: 028 8224 1414

www.omaghwomensaid.org

##### **Mental Health and Money Advice**

Helping you understand, manage and improve  
your mental health and money issues  
www.mentalhealthandmoneyadvice.org/ni

##### **NI Consumer Council**

Information on your consumer rights, ways to save  
money, and guidance on debt support services  
www.consumerCouncil.org.uk

## Worrying About Money?

Financial advice  
and support is available  
if you're struggling  
to make ends meet

Follow these steps to find out  
where to get help in  
Fermanagh and Omagh



Supported by



Updated on 08/05/25



## Section 3: Cost of Living

### Cost of living help – Fermanagh & Omagh District Council

[95a515\\_d51a5d9f141b4c4e905692e2679d835f.pdf](#)

## Available Southern Sector

### Step 1: What's the problem?

#### I suddenly have no money

- Lost job/reduced hours
- Lost money/unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options **1 2 5 6**

#### I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

#### My money doesn't stretch far enough

- Deciding between food/fuel/mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance (e.g. new baby/ bereavement/illness/left partner)

See options **1 2**

#### I have debt

- Rent or rates arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option **3**

### Step 2: What are some options?

#### **1** Discretionary Support

You may be eligible for grants and loans including Discretionary Support, Universal Credit Contingency Fund Short-term Living Expenses Grant and Social Fund Budgeting Loan.

#### **2** Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you manage your gas and electricity bills and **make sure you're not missing out** on things like school clothing grants or free school meals.

#### **3** Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

#### **4** Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

#### **5** Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobs and Benefits Office. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseeker's Allowance or Employment Support Allowance do not (not a loan).


#### **6** Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

**Step 3: Where can I get help with these options?**

Access 'Worrying About Money?' leaflets online at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets)  
Feedback? Share your experience of using this guide by visiting [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)

Section 3: Cost of Living  
Available Northern & Southern Sectors  
Family Support




[Home](#) [About](#) [Family](#) [Education](#) [Youth](#) [Events](#) [Professionals](#) [Contact](#)

### Grants and Financial help

*"I was reluctant to reach out at first, but glad I did, it was done confidentially and respectfully. I am so glad Angel Eyes NI provides this service, it supports my family's needs and was delivered in a timely manner."*

Parent



Families with a child with a disability are disproportionately negatively affected by the cost-of-living crisis. At Angel Eyes NI we recognise the challenges faced by families with increased financial pressures and increased household bills.

Angel Eyes NI works hard to support our parent carers by both representing these issues regionally to lobby for change, and actively addressing this ongoing need proactively by sourcing and providing individual financial grants to families.

Please check out our useful links below for information on a range of grants available to families in Northern Ireland.

Current Grants

Please click into the links for more information on how to apply.  
For support from the team you can email:  
[kerrie.cartmill@angeleyesni.org](mailto:kerrie.cartmill@angeleyesni.org)

<a href="#">DLA</a>	<a href="#">Family Fund</a>
<a href="#">NI Direct</a>	<a href="#">Housing Advice NI</a>
<a href="#">SVP NI</a>	<a href="#">Salvation Army</a>
<a href="#">NI Housing Executive</a>	<a href="#">Emergency Essentials Grants</a>
<a href="#">Tech for all Guide Dogs</a>	<a href="#">Lending Resource Library</a>
<a href="#">Cauldwell Children's Toys</a>	<a href="#">Hospital Saturday Fund</a>
<a href="#">Newlife Equipment Grants</a>	<a href="#">Newlife Sensory Toys</a>
<a href="#">Whizz-Kidz</a>	<a href="#">BBC Give A Laptop</a>
<a href="#">The Powell Family Foundation</a>	<a href="#">Mae Murray Lending Library</a>

## Section 3: Cost of Living

### Available Northern & Southern Sectors



**Many working parents are not claiming government financial assistance with childcare costs e.g. Tax Free Childcare, Universal Credit, Working Tax Credit which will support them to remain in work. Most working families are eligible ...**

Family Support NI have produced this animation to give parents an overview of the types of financial help available and practical guidance about how to access it

[Working Parents - Financial Assistance with Childcare Costs - Family Support News](#)

Most working families in Northern Ireland will be entitled to financial support with their registered childcare costs, although there are some exceptions. You can only receive help with childcare costs that are being paid to a **registered or approved childcare provider.**

There are different types of help towards these childcare costs, with support available to working parents through the benefits system, Government support schemes or tax relief. The best form of help will be determined by your circumstances, such as whether you are working or self-employed, in a couple or single, and how much your childcare costs are.

**You may be entitled to childcare costs, even if both parents have full time jobs...**



## Section 3: Cost of Living

### Available Northern & Southern Sectors

#### Budgeting and money advice - Community Wellbeing NI

[Mental Health Information](#)
[Self Help Toolkit](#)
[Take 5 Steps to Wellbeing](#)
[community wellbeing .info](#)
[Infolines](#)
[Services & Support](#)
[Our Partners](#)

#### Budgeting and money advice

[Home](#) > [Cost-of-living pressures](#) > [Budgeting and money advice](#)

**Financial pressures have knock-on effects on all aspects of your life.** Luckily, there are lots of organisations who can help you manage your household budget and deal with your debts.

#### Balancing financial worries and mental health

Be honest about your financial situation. Do you feel like you're in charge of your finances or are things getting out of control?

Pay attention when you're spending money. It may help to use cash, instead of contactless, to pay for things as this is a visual reminder of what you're spending.

Open letters and emails from your bank, building society and any companies you owe money to. This can be difficult but ignoring the problem doesn't make it go away.

[Get advice.](#) It can be difficult to deal with money issues by yourself. Money advisers can help you take the steps you need to regain control of your finances.

#### Budgeting first steps

Get an idea of your finances. Do you know how much you earn and how much you spend?

Go through your bank account statements and make a list of all your income and your expenses. There are [budgeting tools online that can help you do this](#).

Your budget can be a really helpful starting point if you later speak to a [money and debt adviser](#).

#### Dealing with debts

Some debts are more important than others. These priority debts are ones that have the biggest impact on you if they remain unpaid.

Your priority debts include housing costs like rent, mortgage and rates. But payments towards car loans and court fines can also be priorities if not paying them means you'll lose your only mode of transport or go to prison.

A [money and debt adviser](#) can help you prioritise your debts, guiding you as you come up with a plan to discharge these debts and work out ways to keep other creditors off your back.

#### Organisations who can help

There are lots of voluntary organisations across Northern Ireland who can help you deal with money, benefits and debt. They'll do this free – you should never pay someone for debt advice.

- [Advice NI](#) can help you with benefits, money and debt
- [Stepchange](#) can help you manage your debts
- [Make the Call](#) can check if you're eligible for more benefits
- [Housing Rights](#) can help if you are struggling to pay your rent or mortgage
- [Local advice agencies across Northern Ireland](#) can help with benefits, debt and community issues

#### Getting the right advice

Northern Ireland has brilliant [advice agencies](#) who can talk to you about benefits, debt and money problems free of charge. You should never have to pay a private company for this kind of help.

It can be tempting to look for loans when you don't have a lot of money but do have a lot of expenses like school costs, utility bills and Christmas to think about.

Short-term loans and doorstep lenders can seem like a good idea but you can end up paying back a lot more than you borrowed, especially if you're only making minimum payments. Get money advice from specialists like Advice NI before taking out any loans.

Never borrow money from [illegal money lenders](#).

#### Money and mental health

Mental health can change the ways in which you deal with money. And money problems can affect your mental health in the following ways:

- You're unable to afford to pay for the things you need to stay well, like journeys to counselling or treatment
- You have trouble sleeping
- You feel anxiety and panic
- You neglect important social relationships and hobbies
- You make poor decisions about your money, which can lead to you feeling worse

Contact our [Advocacy for All service](#) if you are worried about money and mental health, and need help having your voice heard.

#### More resources

- Mindwise has a [mental health and money advice service](#)
- Mencap's [easy-read guide to the cost-of-living crisis](#)
- The Consumer Council has [tools to help you budget](#)
- Mindwise has [tips for tackling money-related anxiety](#)

**Section 4: Neurodiversity**  
**Available Northern & Southern Sectors**  
Training - Middletown Centre For Autism  
([middletownautism.com](http://middletownautism.com))

MIDDLETOWN CENTRE FOR AUTISM

## UPCOMING TRAININGS

Scan the QR Code to view all of MCA's upcoming trainings  
suitable for both parents and professionals!

LEARN MORE

☎ 0044 (0) 28 3751 5750

📍 35 Church Street, Middletown, BT60 4HZ

✉ [admin@middletownautism.com](mailto:admin@middletownautism.com)



## Section 4: Neurodiversity

### Available Northern & Southern Sectors

#### [Training - Middletown Centre For Autism](http://middletownautism.com) [\(middletownautism.com\)](http://middletownautism.com)

**Middletown Centre for Autism – can offer training online or by attending in person [www.middletownautism.com/training/professionals](http://www.middletownautism.com/training/professionals)**

16 SEP 2025	Professional Training Programme	<b>Autism and Emotional Regulation</b>	15:00 - 17:30	Trainer: Edel Quinn Trainer: Carolyn Frazer	UNISON Regional Office 4th Floor, Galway House 165 York Street, Belfast	View details	Register now to book	Only 3 places remaining Booking closes Saturday 13 Sep 2025 3pm
22 SEP 2025	Autism and the Primary School Professional Training Programme	<b>Autism and Understanding Anxiety</b>	16:45 - 18:45	Trainer: Carolyn Frazer	Scoil Maelruain Junior and Senior National Schools, Old Bawn Avenue, Tallaght	View details	Register now to book	This course is already full. You will be added to its waiting list Booking closes Friday 19 Sep 2025 2pm
22 SEP 2025	Autism and the Primary School Professional Training Programme	<b>Autism and Sensory Processing</b>	16:45 - 18:45	Trainer: Susan Keery	St. Oliver Plunkett National School, Blackcastle, Navan	View details	Register now to book	Booking closes Friday 19 Sep 2025 2pm
20 OCT 2025	Autism and the Primary School Professional Training Programme	<b>Autism and Understanding Anxiety</b>	16:45 - 18:45			View details	Register now to book	



## Section 4: Neurodiversity

### Middletown Early Years Resource

#### Available Northern & Southern Sectors

<https://early-years.middletownautism.com/>

# Supporting Early Years



### Introduction

- [Emergent Neurodivergent](#)
- [Neurodiversity Strengths](#)
- [The Early Years](#)
- [MCA Early Years Foundation Stage Tool](#)
- [Professionals involved in Early Support Services](#)
- [Pathway to Diagnosis & Support](#)
- [Collaboration](#)



### Sensory

- [Introduction to the Senses](#)
- [Identifying Sensory Strengths and Needs](#)
- [Supportive Sensory Practices](#)
- [Sensory Considerations for Early Years Environments](#)
- [Stimming](#)
- [Sensory Play & Learning](#)
- [Supporting Healthy Eating Habits](#)
- [Supporting Self Care Skills](#)
- [Supporting Sleep](#)



### Predictability

- [Daily transitions](#)
- [Managing change](#)
- [Establishing predictability in EYFS settings](#)
- [Transitioning to school](#)



### Acceptance

- [Working in Partnership](#)
- [Whole school autism competency approach for EYFS settings](#)
- [Inclusive school policy](#)
- [A strengths-based approach](#)



SUPPORTING EARLY YEARS /  
FOUNDATION STAGE



- [Personal, Social and Emotional Development](#)
- [Supporting Emotional Understanding](#)
- [Supporting Emotional Self-Regulation](#)
- [Supporting Self-Regulation](#)
- [Supporting Physical Space](#)
- [Creating Physical Space](#)
- [Supporting Different Processing & Learning Styles](#)

## Section 4: Neurodiversity

[Autism NI Training <training@autismni.org>](mailto:training@autismni.org)



### Free parent/carer support courses available

Autism NI have released new parent/carer support courses, with topics including understanding autism, PDA, sleep, school related anxiety and social stories.

Courses are all delivered online via Zoom in the evenings. Sessions include the ability to interact and ask questions, so you can get the support that you need.

You can find out more about the sessions and dates available, and book your place [here](#).

[Book your place](#)

## Parent/Carer Support Courses

School-related anxiety

Sleep

Understanding autism

Social stories and  
comic strips

Understanding PDA



Evening sessions  
delivered on Zoom

Book Online  
[www.autismni.org](http://www.autismni.org)

**Autism NI**  
Northern Ireland's Autism Charity

## Section 4: Neurodiversity

Available Northern & Southern Sectors

[Autism NI Training <training@autismni.org>](mailto:training@autismni.org)

### Parents and Carers Support Courses

[Home](#) > [Help and Support](#) > [Support for Parents and Carers](#) > [Parents and Carers Support Courses](#)

We offer a range of on demand, online and in person support courses for parents and carers, pre and post diagnosis.

Our free courses will enable families to increase knowledge and understanding and learn practical skills to support our autistic community to reach their full potential.

Our support courses are co-created with the autistic community and delivered by our Training and Development team who have years of experience in delivering courses on autism. We cover important topics such as exploring the fundamentals of autism, sleep, anxiety, sensory, behaviours, growing up, and supporting your teen.

Our available courses are listed below and you can choose from:

- On-demand webinars are pre-recorded videos that you can access at a time that suits you.
- Live, interactive courses on selected dates throughout the year, which include a Q+A to help you get the information you need.



The course was very helpful and informative. It has lots of ideas on how to help my child, including using visual aids.

Parent



### Upcoming Courses

5 results

Search courses



On demand Parents & Carers

#### Understanding Autism Webinar (for parents and carers)

This course will explore the key characteristics of autism and various strategies to support your autistic child or family member.

[Book Course](#)

FULLY BOOKED

23 June 2025 Parents & Carers

#### Supporting Autistic Females

Explore the differences between 'stereotypical' male and female presentations of autism, and how you can support your female family member in a neuro-inclusive way.

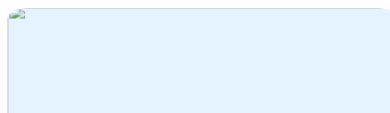
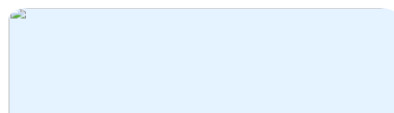
[View Course](#)

24 July 2025 Parents & Carers

#### Autism and Sensory Processing

Support your child with their sensory processing by understanding more about the differences that can be experienced for autistic people.

[Book Course](#)



Support your child to transition from the Summer break to starting back to school for the new academic year.

[Book Course](#)

#### conversations to support autistic people

Understand the purpose of social stories and comic strips, and how to create and tailor these for an autistic individual.

[Book Course](#)



[Children and Young People's Autism Service | Western Health & Social Care Trust \(hscni.net\)](http://hscni.net)



Our Services

Our Services

Early Intervention  
Service  
(Pre Assessment)

Early Intervention  
Service (Pre  
Assessment)

Assessment

Assessment

Post Diagnostic  
(Confirmed Diagnosis of Autism)

Post Diagnostic  
(Confirmed Diagnosis  
of Autism)

Useful Links

Useful Links

Further Resources

Further Resources

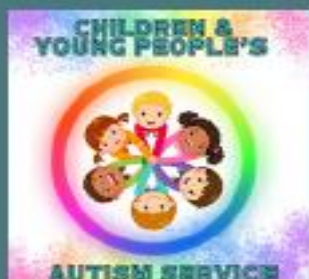
Service User  
Feedback  
UCL

Contact Us

What's On

## Section 4: Neurodiversity

### PD Support Sessions Brochure 2025 FV



# WHSCCT Children and Young People's Autism Service

**Post Diagnostic Interventions**



**Section 4: Neurodiversity**

**PD Support Sessions Brochure 2025 FV**



**Intervention Sessions**



**Talking to my  
child/young  
person about  
Autism**

This workshop is for parents who would like guidance on how to explain a diagnosis of autism to their child/young person. To help you prepare for this, this workshop offers parents useful suggestions on when to tell, how and what to tell.

Date	Time	Location
7th February 2025	10 am to 11.30am	Ferranagh House
3rd April 2025	10 am to 11.30am	Virtual
15th August 2025	10 am to 11.30am	Rivendell, Omagh
9th October 2025	10 am to 11.30am	Lilac Villa, L'Derry



## Section 4: Neurodiversity

### Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

### Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention



### Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism.

The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

### Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including: Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

### Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

### Contacts Details:

Rivendell  
Tyrone and Fermanagh Hospital  
1 Donaghianie Road  
Omagh, BT79 0NS  
Tel: 028 8283 5983



Lilac Villa  
Gransha Park  
L' Derry, BT47 6TG  
Tel: 028 7130 8313



Children's Centre  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103



### For further information go to:

[Children and Young People's Autism Service | Western Health & Social Care Trust \(hscni.net\)](http://Children and Young People's Autism Service | Western Health & Social Care Trust (hscni.net))

HSC Western Health  
and Social Care Trust

Welcome to the



*Your Journey Starts here ...*

*This leaflet was co-produced by  
Parent/Carers and Autism Service staff*

### Early Intervention

The Early Intervention Service is the crucial first step in your journey within our team. We aim to provide support, advice and intervention to you and your family in a timely fashion while recognising your child's individual strengths.

### What Now

You are **required to book** onto the first information session at your earliest opportunity. This session will last approximately 1 hour and will focus on: what your journey through this service may look like, information on what is available to you now, how we can help you support your child and links to external supports and agencies.

Please contact your local office to book your place (see overleaf).

Following this session you will have the opportunity to avail of a wide range of other specialist supports.

### What we can offer:

- Group intervention
- Family intervention
- Training
- Advice, support and signposting
- Useful resources

### Assessment

This is the next step in your child's journey. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment.

This process may occur over a period of time and typically includes:-

- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies involved with your child.
- School and/or Home observations.
- In some cases a meeting will be arranged for all professionals who are involved in your child's care to share information as part of the assessment process.



We all think differently

## Section 5: Infant Mental Health / Breastfeeding Available Northern & Southern Sectors

[Getting support when you breastfeed | Breastfed Babies](#)

### Breastfeeding Support

.gov.uk

Information on a wide range of family support services and registered childcare pro

Family Support

Childcare

ACCESS  
SUPPORT GROUPS  
NEAR YOU  
TODAY

There are breastfeeding support groups available right across NI.

These groups provide a great opportunity to find out more about breastfeeding, meet with other breastfeeding mums and get any questions you may have answered.

Find Support Near You : [Breastfedbabies.org](https://www.breastfedbabies.org) website

## Section 6: Digital Safeguarding

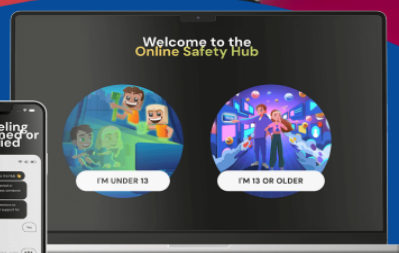
### Online Safety Hub - Safeguarding Board for Northern

# Welcome to the Online Safety Hub

*Education and support to  
keep children safe online*



Scan this  
code to visit  
the site!



The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.



[OnlineSafetyHub.SafeguardingNI.org](https://OnlineSafetyHub.SafeguardingNI.org)



## Section 6: Digital Safeguarding



### Welcome to the SBNI Online Safety Hub Highlights

The Online Safety Hub brings together advice and resources from a range of partner organisations so that young people, carers and professionals can easily access advice and resources all in one central place. The [Young Person's Hub](#) has supportive and non-judgemental advice for [under 13s](#) and [13s and older](#) to help them to manage their online lives safely.

[Promote the hub](#)[Watch the promo video](#)[Visit the young person's hub](#)[Submit content](#)[Contact the hub](#)[About the hub](#)

### Concerned about a child or young person?

- [Learn about reporting pathways for adults.](#)
- [Learn about reporting pathways for young people](#)

### Tell us what you think:

- [Complete the survey for young people](#)
- [Complete the survey for adults](#)

### The ReachDeck Toolbar

The ReachDeck toolbar makes the hub content more available to everyone. The **speak** button shown below is located on every page and it can help with speech, reading and translation support.

## Section 6: Digital Safeguarding

### Promote the Hub - Safeguarding Board for Northern Ireland



#### Poster

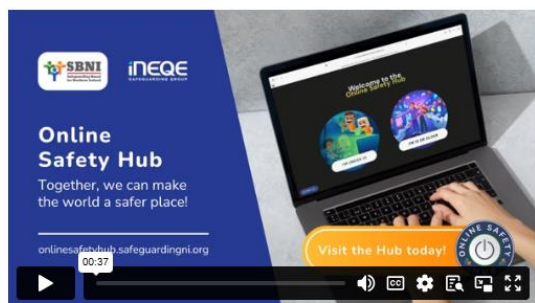
Print these off and pin them on your noticeboard to share the Online Safety Hub with your Community

[Click here to download the A4 Poster \(PDF\)](#)

[Click here to download the A3 Poster \(PDF\)](#)

[Click here to download the A4 Poster in Irish \(PDF\)](#)

[Click here to download the A3 Poster in Irish \(PDF\)](#)



#### Promotional Video

[Click here to download the Landscape video, Thumbnail and Captions file](#)

[Click here to download the Square video, Thumbnail and Captions file](#)



#### Find out how to use the Hub (Adult Site)

[Click here to download the Landscape video and Thumbnail \(Adults Site\)](#)



#### Find out how to use the Hub (Children and Young People Site)

[Click here to download the Landscape video and Thumbnail \(Children and Young Peoples Site\)](#)

## Section 6: Digital Safeguarding

### Trust Trap | PSNI

Trust Trap: You're not to blame

 **Police Service**  
of Northern Ireland

 **SBNI**  
Safeguarding Board  
for Northern Ireland

**BLACKMAIL & FAKE PROFILES  
CAN HAPPEN TO ANYONE.**

**IT IS NEVER YOUR FAULT.**

**YOU ARE NOT ALONE.**

**YOU ARE NOT IN TROUBLE.**

**SPEAK UP & TELL SOMEONE.**

Help is Available

Call us on 101 or make a report at [psni.police.uk/report](https://psni.police.uk/report)  
or visit [onlinesafetyhub.safeguardingni.org](https://onlinesafetyhub.safeguardingni.org)

### Further Support and Advice

Developed by the Safeguarding Board for Northern Ireland (SBNI), the Online Safety Hub is a dedicated website for young people and adults, focusing on Online Safety.

Whether it's information about sharing images, social media, screen time or knowing where to turn to when something doesn't feel right - the Hub has free and accessible advice to help young people and families feel more safe, secure and supported online.

[VISIT THE ONLINE SAFETY HUB WEBSITE](https://onlinesafetyhub.safeguardingni.org)





## Section 7: Addiction Available Southern Sector



**SMART Recovery**  
Life beyond addiction

**Beginning  
7th August 2024**

**ASCERT FACILITATE FREE WEEKLY  
SMART RECOVERY MEETINGS**  
ALL OVER 18'S ARE WELCOME TO COME ALONG

**EVERY WEDNESDAY**  
**11AM - 12.30PM**  
**Omagh Public Library,  
1 Spillars Place Irishtown Road, Omagh BT78 1HL**

**FIND OUT MORE**  
[www.ascert.biz](http://www.ascert.biz)  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**Facilitated by**  
**ASCERT**



### What is SMART Recovery?

SMART Recovery is an evidence informed recovery method grounded in Rational Emotive Behavioural Therapy (REBT) and Cognitive Behavioural Therapy (CBT), that supports people with substance dependencies or problem behaviours to:

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviours
- Live a balanced life

### Beginning 7th August 2024

Our weekly group meetings create a safe and non-judgemental space open to all adults, following a number of guiding principles to ensure everyone gets the best out of the time available:

- Respect
- Inclusivity
- Confidentiality
- Non judgemental



## Section 7: Addiction Available Northern & Southern Sectors

[marketing@ascert.biz](mailto:marketing@ascert.biz)



We are now  
offering  
**FREE**  
Workplace  
Alcohol  
Awareness  
Sessions



These hour long information sessions are designed to compliment your corporate Health & Wellbeing initiatives and can be delivered on your premises in person or online. Interested? Email us for further information



## Section 7: Addiction

### Available Northern & Southern Sector

**FREE** online specialist gaming and gambling harm prevention workshops in Northern Ireland

Do you work with children & young people in **Northern Ireland**? Learn about the blurred lines between gaming and gambling harms and how you can help safeguard the young people you work with.

Scan or click the QR code to book your **FREE** place, or email us at [training@ygam.org](mailto:training@ygam.org)

**Thursday.**  
**17th July,**  
**10.00 - 12.30**



**Weds. 17th**  
**September,**  
**10.00 - 12.30**



**DID YOU KNOW?**

**26%**  
of 11-17 year olds  
have spent their own  
money on gambling  
in the last 12 months.

\*Source: Gambling Commission 2023

**87%**  
of 8-25 year  
olds play online  
games at least  
3 times a week.

\*Source: Nominet 2023

**Following your session you will receive:**


- A **City & Guilds** certificate and digital credential
- Access to **resources** to use in your practice

For more info about us and our training  
please visit [www.ygam.org](http://www.ygam.org)



## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern & Southern Sectors



**action  
mental  
health**

**provoking  
thought**

**For key contacts**

The 'Provoking Thought' course is for key contacts in a young person's life and aims to increase awareness and understanding of mental health issues, equipping them with the tools they need to support those within their care.

Key contacts include both teaching and non-teaching staff, as well as parents and carers.

**The course will:**

- Help you develop core skills to ensure best practice when working with young people and to better support their mental health and wellbeing.
- Provide guidance on how to access further help and information on mental health services.

**Provoking Thought**

**Participants will:**

- ✓ Gain knowledge and awareness about mental health.
- ✓ Acquire insight into the indicators of poor mental health and how to identify these.
- ✓ Develop a better understanding of what can cause anxiety in young people.
- ✓ Learn skills to support young people and improve their mental health, including how to help those experiencing emotional dysregulation.
- ✓ Discuss the importance of resilience and where this comes from.
- ✓ Explore the main stressors for school staff and learn about the importance of self-care and resilience, including tips for stress management.
- ✓ Become proficient in signposting others to sources of mental health support.

**Learner requirements:** None.




**Time scale:** Two hours – at a time convenient to you.

**Group numbers:** 8–30.

This course will involve a mixture of learning slides and audience participation, along with group work and exercises.

- Everything shared in this course is confidential.
- All participants will show respect to others.

**Find out more about our programmes at [amh.org.uk](https://amh.org.uk)**  
**Email: [wellbeing@amh.org.uk](mailto:wellbeing@amh.org.uk)**

@amhNI

© 2024 AMH

**action  
mental  
health**

## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern & Southern Sectors



**Mindset is funded by the Public Health Agency and will run continuously throughout the year.** Programmes will be delivered in all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas for groups of 8 – 20 people.

**Aims**

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

**Facilitators**  
AMH MensSana Project Workers

**Duration**  
3 Hour Programme (can be delivered over 1-2 sessions)

**Delivery Options**  
In person or online via Zoom

**Course Content**  
AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.  
E: amhmenssanani@amh.org.uk  
T: 028 9442 5356

**HSC Public Health Agency**  
Project supported by the PHA

**www.amh.org.uk**  
@amhNI

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## **Section 8: Emotional Wellbeing and Mental Health Support Available Northern & Southern Sectors**



New Service Announcement

# **Friday Night Crisis Helpline**

(Please note: This is exclusively a telephone crisis service - not walk in.)

Starting Friday 27th June 2025

**Friday Night 9pm –  
10am Saturday Morning**



**028 9080 5850**

**Freephone 0800 088 6042**

PIPS Suicide Prevention Charity is launching a Friday Night Crisis Helpline to provide support when other services are unavailable. This service ensures no one faces distress alone during challenging times. We offer compassionate listening and hope when it's needed most.



## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern and Southern Sectors

#### [Aware NI - Upcoming Mindfulness Courses](#)



[INFORMATION](#) [HOW WE CAN HELP YOU](#) [WELLBEING PROGRAMMES](#) [FUNDRAISING](#) [INVESTORS IN MENTAL HEALTH AWARDS](#) [SHOP](#) [Q](#)

### Upcoming Mindfulness Courses

If you'd like to join one of our upcoming [Mindfulness](#) courses, please select the option below that suits you best.

#### ET 4863 Mindful Parenting Course

Delivered online via Zoom

This free six-week course is designed for **parents and guardians of young children and teens**. It explores how mindfulness can support you in your parenting role - helping you manage stress, build emotional resilience, and nurture stronger connections with your children.

By learning simple, practical mindfulness techniques, you'll not only improve your own wellbeing, but also help create a more positive and calm environment at home.

**Dates:** Monday 8th September - 13th October

**Time:** 10am - 12pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4868 Mindfulness Course for Teachers & Classroom Assistants

Delivered online via Zoom

This free six-week course is designed for **teachers and classroom assistants**.

This course will introduce you to the meaning of mindfulness, how it can support you in everyday life and how you can use it in your role as a teacher or classroom assistant. Each session will introduce a different practice and touch lightly on various aspects of mindfulness.

**Dates:** Monday 6th October - 10th November

**Time:** 7pm - 9pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4961 Mindfulness-based Cognitive Therapy for Primary Teachers & Classroom Assistants

Delivered online via Zoom

This free eight-week course is designed for **primary teachers and classroom assistants**.

This in-depth 8-week course offers a comprehensive introduction to **Mindfulness-Based Cognitive Therapy (MBCT)**—a powerful approach designed to help you develop a steady, supportive, and nourishing meditation practice to use in your personal life and within the classroom.

Across **8 weekly sessions** and a **one-day mindfulness retreat**, you'll explore practical techniques.

**Weekly sessions:** Tuesday 7th October - 2nd December, 4.30 – 6.30pm

**Mandatory Mindfulness Day:** Sunday 23rd November 10.30am – 3pm

[Click HERE to apply](#)

[For more information click HERE](#)

#### ET 4865 Mindful Parenting Course

Delivered online via Zoom

This free six-week course is designed for **parents and guardians of young children and teens**. It explores how mindfulness can support you in your parenting role - helping you manage stress, build emotional resilience, and nurture stronger connections with your children.

By learning simple, practical mindfulness techniques, you'll not only improve your own wellbeing, but also help create a more positive and calm environment at home.

**Dates:** Friday 17 October - 21st November

**Time:** 10am - 12pm

[Click HERE to apply](#)

[For more information click HERE](#)

## Section 8: Emotional Wellbeing and Mental Health Support

### Available Northern and Southern Sectors

#### [Aware NI - Apply to Mood Matters - Parent & Baby](#)



Home / Wellbeing Programmes / Mood Matters For Adults / **Apply to Mood Matters - Parent & Baby**

#### Apply to Mood Matters - Parent & Baby

To apply for a place on our next Mood Matters course, please click on the link below and fill in your details indicating clearly which locations suits you best. If neither location suits you, fill in the form and someone will be in touch with you.

IF THIS PAGE IS BLANK OR NONE OF THESE DATES SUIT YOU BUT YOU WOULD LIKE TO REGISTER AN INTEREST IN MOOD MATTERS - PLEASE [CLICK HERE](#).

All Trust Areas (Zoom) Wednesday 10th September  
2025 between 7pm-9pm (Ref 4972)

Wednesday, 10 September 2025 19:00

[APPLY NOW](#) →

#### [Aware NI - Upcoming Courses for Supporting Mental Health Living with Cancer & Beyond](#)



#### Supporting Mental Health: Living with Cancer & Beyond - Upcoming Free Courses

If you'd like to join one of our upcoming [Living with Cancer & Beyond](#) courses, please select the option below that suits you best.

**Please note:** These courses are specifically for individuals who have been affected by a cancer diagnosis or are currently in remission.

Our adapted [Mood Matters](#) course is also open to family members, friends, and carers supporting a loved one through cancer.

If you **haven't had a cancer diagnosis** and are **not supporting someone who has**, we kindly encourage you to explore our general [Mood Matters](#) or [Living Life to the Full](#) courses instead, which are open to everyone.

##### ET-5151 Mood Matters Adults for People Living with Cancer & Beyond

Delivered online via Zoom

In partnership with **Macmillan Cancer Support**, this specially adapted [Mood Matters](#) course is designed to support people currently living with cancer or have been diagnosed with cancer in the past and friends, family or carers of the individual.

This **free 2-hour programme** focuses on helping you take care of your mental and emotional wellbeing.

This free 2hr programme looks at:

- What is mental health?
- How cancer can make you feel
- Managing stress, depression and anxiety
- Practical ways to look after your mental health
- Where you can get support

**Date:** Monday 1st September

**Time:** 1:30pm - 3:30pm

[Click HERE to apply](#)

[For more information on the course click HERE](#)

##### ET-5153 Living Life to the Full for People Living with Cancer & Beyond

Delivered online via Zoom

In partnership with **Macmillan Cancer Support**, this specially adapted [Living Life to the Full](#) course is designed to support people living with cancer—whether you're newly diagnosed, in treatment, or navigating life beyond cancer.

This **free six-week programme** offers practical tools to help you take back control of your mental wellbeing. You'll learn how to manage feelings of stress, worry, or low mood, and develop simple, everyday strategies to help you navigate life's challenges with more confidence and calm.

**Dates:** Monday 8th September - 13th October

**Time:** 1:30 - 3:30pm

[Click HERE to apply](#)

[For more information on the course click HERE](#)

## Section 8: Emotional Wellbeing and Mental Health Support Available Northern and Southern Sectors

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

The only thing more  
exhausting than being  
depressed is pretending  
that you're not.

*Let's Talk*

### ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?

You are not alone. Things can get better.  
Our weekly online support groups can help you manage  
your feelings and meet other people who understand you.

**ALL GROUPS MEET ONLINE VIA ZOOM:**



EVERY TUESDAY AT 2.30PM  
EVERY WEDNESDAY AT 11AM  
EVERY THURSDAY AT 7PM

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)

Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. NI. 30447

[AWARE-NI.ORG](http://AWARE-NI.ORG)





## Section 8: Emotional Wellbeing and Mental Health Support Available Northern Sector

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

*The only thing more exhausting than being depressed is pretending that you're not.*

**ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?**

You are not alone. Things can get better.

**EVERY OTHER THURSDAY AT 7PM  
ROE VALLEY THERAPY CENTRE  
101A IRISH GREEN STREET, LIMA VADY BT49 9AA**

Our free-to-attend fortnightly mental health support group can help you manage your feelings and meet other people who understand you.

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland  
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)  
Registered with the Charity Commission for Northern Ireland with NC1085541 Company No. NI1 30447

AWARE-NI.ORG  
Facebook Twitter Instagram LinkedIn

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

*The only thing more exhausting than being depressed is pretending that you're not.*

**ARE YOU EXPERIENCING LOW MOOD, DEPRESSION OR ANXIETY?**

You are not alone. Things can get better.  
Our weekly support groups can help you manage your feelings and meet other people who understand you.

**BOTH GROUPS MEET AT:**

**2 CRAWFORD SQUARE,  
DERRY/ L'DERRY, BT48 7HR**

**EVERY TUESDAY AT 7PM  
OR EVERY THURSDAY AT 11AM**

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland  
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)  
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AWARE-NI.ORG  
Facebook Twitter Instagram LinkedIn

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

*The only thing more exhausting than being depressed is pretending that you're not.*

**ARE YOU EXPERIENCING LOW MOOD, DEPRESSION, ANXIETY OR BIPOLAR?**

You are not alone. Things can get better.

**EVERY OTHER WEDNESDAY AT 6.30PM  
THE KORAM CENTRE, 12 RAILWAY ST,  
STRABANE BT82 8BG**

Our free-to-attend fortnightly mental health support group can help you manage your feelings and meet other people who understand you.

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland  
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)  
Registered with the Charity Commission for Northern Ireland with NC1085541 Company No. NI1 30447

AWARE-NI.ORG  
Facebook Twitter Instagram LinkedIn

## Section 8: Emotional Wellbeing and Mental Health Support Available Southern Sector

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

The only thing more  
exhausting than being  
depressed is pretending  
that you're not.

**ARE YOU EXPERIENCING LOW MOOD,  
DEPRESSION, ANXIETY OR BIPOLAR?**

You are not alone. Things can get better.

**EVERY TUESDAY AT 6:45PM**

**THE HUB**

**67D MARKET STREET OMAGH, BT79 0AA**

Our free-to-attend weekly mental health support group  
can help you manage your feelings and meet other  
people who understand you.

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland  
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)  
Registered with the Charity Commission for Northern Ireland with NC100561 Company No. N1. 30447

AWARE-NI.ORG



**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

The only thing more  
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that you're not.

**ARE YOU EXPERIENCING LOW MOOD,  
DEPRESSION, ANXIETY OR BIPOLAR?**

You are not alone. Things can get better.

**EVERY TUESDAY AT 7PM**

**THE AISLING CENTRE**

**DARLING STREET, ENNISKILLEN BT74 7DP**

Our free-to-attend fortnightly mental health support  
group can help you manage your feelings and meet  
other people who understand you.

Please email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



AWARE is the depression charity for Northern Ireland  
T: 02890 357 820 (BELFAST) / 02871 240 402 (DERRY/LONDONDERRY)  
Registered with the Charity Commission for Northern Ireland with NC100561 Company No. N1. 30447

AWARE-NI.ORG



## Section 8: Emotional Wellbeing and Mental Health Support

## Available Southern Sector

HOPELINE247 | Papyrus

**Contact HOPELINE247**

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 4141

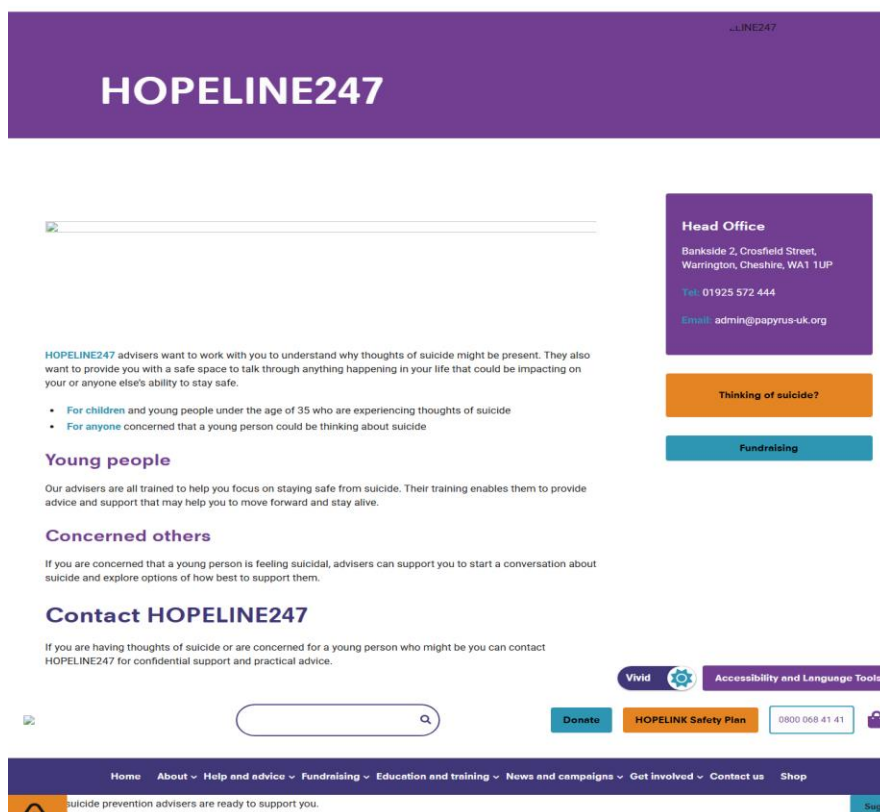
Text: 88247

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours:

Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)

Our suicide prevention advisers are ready to support you.





## Section 8: Emotional Wellbeing and Mental Health Support

### Trauma Informed Toolkit



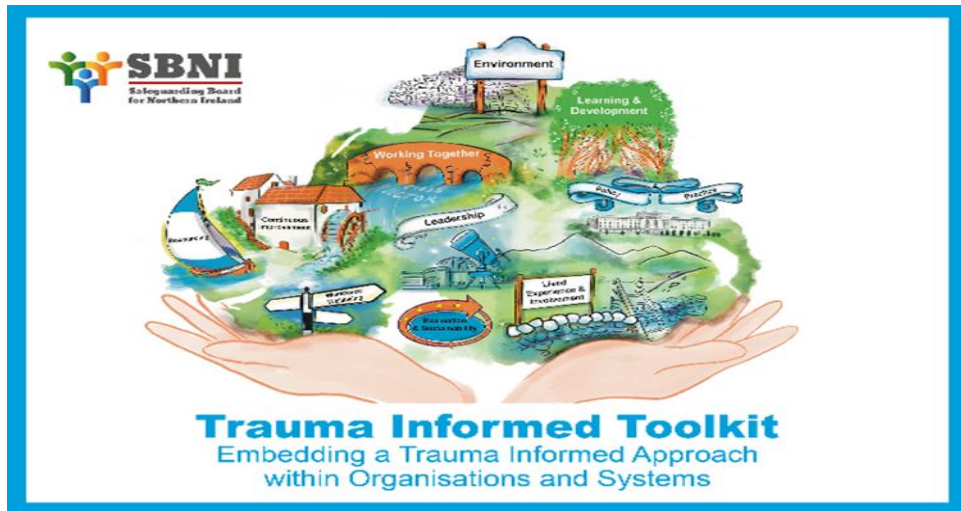
**An implementation resource to embed a trauma-informed approach within organisations and systems.**

To register for an in person toolkit implementation workshop in your area or to access the dates and venue options please [click here](#).

This toolkit is designed to help leaders, workforces, services and organisations on their journey to implement a trauma informed approach across policy and practice. Based on local and international evidence, it offers in-depth insights from those with lived experience. It is infused with cross sector examples and local research, and it provides a checklist for organisations to measure progress. It aims to complement existing organisational priorities, driving improvement, innovation and sustainable change.

## Section 8: Emotional Wellbeing and Mental Health Support

### Trauma Informed Toolkit



The online toolkit is divided into six sections

#### **Section 1 – Setting the scene**

An overview of the context and how to use the toolkit

#### **Section 2 – Key concepts**

A definition of trauma, trauma informed organisations and approaches

#### **Section 3 – Six principles**

A summary of the **six trauma informed principles** (safety, trustworthiness, choice, collaboration, empowerment and inclusion)

#### **Section 4 – Evidence & examples**

A summary of international and local evidence, including case studies and examples of trauma informed approaches across a range of organisations

#### **Section 5 – Organisational checklist**

A summary and organisational checklist, based on **ten organisational focus areas**

#### **Section 6 – Library**

A suite of resources to help you on your journey, including references

The toolkit is free to download below and the checklist can be used as an interactive workbook to chart developments. Interactive links are embedded into this toolkit, so it is best viewed on a large screen device e.g. PC or laptop rather than a mobile device. As this toolkit will have periodic updates, the current version will always be available via this link. We ask all organisations to share and download the resource from this website only.

## Section 8: Emotional Wellbeing and Mental Health Support

### Emotional Wellbeing Teams in Schools (EWTS) – Children and Young People's Strategic Partnership (CYPSP) (hscni.net)



#### Emotional Wellbeing Teams in Schools (EWTS)



[Return to Main Menu](#)



#### The Emotional Wellbeing Teams in schools introduce their resources.

Whether you're a student, parent, or school staff member, you'll discover practical tools and activities designed to support emotional health and wellbeing. Come explore these valuable resources and learn how they can make a positive difference in your daily life. Let's work together to create a happier, healthier school community!

	<b>What is EWTS (Emotional Wellbeing Teams in Schools)</b> EWTS is a programme of support for post primary schools. The main focus of the Framework is to provide overarching guidelines to support those working in educational settings to help them promote emotional wellbeing and strengthen self-esteem and resilience in children and young people.
	<b>EWTS A4 Poster for Schools</b> Poster for Schools providing information about teams, getting involved and emotional wellbeing champions
	<b>EWTS Information Leaflet</b> The Emotional Wellbeing Teams in Schools (EWTS) programme is part of the implementation of the Children and Young People's Emotional Health and Wellbeing in Education Framework.
<b>EWTS RESOURCES</b>	
	<b>Understanding Anxious Feelings</b> Leaflet available in a number of languages for Parents and Carers for understanding Anxious feelings, what happens to the body and what might help.
	<b>Emotional Based School Non-attendance (EBSNA) and School Based Anxiety</b> Parental Guidance and support on what is EBSNA, reasons for non-attendance, signs to look out for, caring and coping strategies and support. Rather than using terms like 'school refusal', or thinking of non-attendance as a deliberate act of defiance, the term EBSNA recognises that this avoidance is a complex issue inseparably linked with emotional, mental health and wellbeing issues.
	<b>Building Healthy Relationships - Your Relationship with You</b> Self-esteem is how we think, see and feel about ourselves. Good self-esteem means that we feel good about ourselves and confident in who we are and what we can do.
	<b>Building Healthy Relationships - Friends</b> The quantity of friends that you have is not as important as the quality of friendships that you have. The better the quality of friendship, the closer of friends you are likely to be...
	<b>Building Healthy Relationships - Healthy Vs Unhealthy</b> People with healthy, positive and supportive relationships are more likely to be happier and healthier. Creating and maintaining good connections with others can also help to combat loneliness and improve mental health issues, such as stress and anxiety.
	<b>Building Healthy Relationships - Social Media (English)</b> Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
	<b>Building Healthy Relationships - Social Media (Translated)</b> Poster provides information on the pros and cons of social media, questions to consider before posting and tips and advice about your emotional wellbeing.
	<b>Calm Cards</b> This resource has been designed for those who work with young people in post primary schools. The proposed use is to print this document double sided onto card, making wallet sized visual prompts re: wellbeing strategies for both staff and pupils.
	<b>Exam Stress</b> E-Posters for Students providing tips for exam prep and lots of tips for self care, Posters available in 9 languages.
	<b>Dealing with Feelings - Staff Resource</b> Education is a demanding profession that offers substantial rewards while simultaneously posing physical and emotional challenges. Staff are a school's most valuable asset and therefore it is imperative to provide robust support for their emotional and overall well-being. This resource pack is designed to assist school staff to support their own emotional wellbeing and that of their students.
	<b>CAMHS Referral Process Poster</b> The Emotional Wellbeing Teams in Schools (EWTS) is a Step 1 CAMHS service focused on health prevention & promotion. EWTS work in schools to help create a whole school approach for emotional health and wellbeing. This poster sets out the referral pathway for CAMHS.
	<b>Discussing Self Harm</b> A webinar for parents recorded by Emotional Wellbeing Teams in Schools to provide advice and support for parents whose children may be self harming.



## Section 9: Training / Conferences Northern & Southern Sectors

<https://westerntrust.pagetiger.com/hiei-training-brochure-september-2025-april-2026/training-brochure-sept-2025-march-2026>

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released their latest Second Edition Training Brochure which is offering free training courses taking place across the Trust from **1st September 2025 to 31st March 2026**.



In this second edition, the training courses are found under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health, Smoking Cessation and the Traveller Health and Wellbeing Programme.

The Department is delighted to introduce two brand new courses; 'Stay Strong, Stay Steady: A Movement Course' and 'LGBTQIA+ Awareness Training'.

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCT.

To view the Training Brochure click on this link – <https://westerntrust.pagetiger.com/hiei-training-brochure-september-2025-april-2026/training-brochure-sept-2025-march-2026>

For course details including times and course content and to book a place, please click the 'Click to Register' icon beside each course which takes you to the Eventbrite registration page.

## Section 9: Training / Conferences

Health Improvement Leaflet Catalogue | Western Health & Social Care Trust

## Available Northern & Southern Sectors

HSC

Western Health  
and Social Care Trust

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[Waiting Times](#)

Home > [Health and Wellbeing](#) > [Health Improvement Leaflet Catalogue](#)

Health Improvement Leaflet Catalogue

If you would like to order leaflets, please complete the leaflet order form and submit to [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

Health Improvement Leaflet Order Form

Name \*

First

Last

Date

mm/dd/yyyy

Phone \*

Email \*

Organisation

Address \*

Street Address

Address Line 2

City

State / Province / Region

ZIP / Postal Code

Country

Leaflet Title \*

Please write the title of the leaflet you wish to order

Number of Leaflets Required \*

Please indicate the number of copies you require

Submit

Nutrition+

Physical Activity+

Mental Health+

Sexual Health+

Pregnancy and Childbirth+

Immunisation+

Infant Feeding+

Cancer+

Alcohol+

Smoking+

Drugs+

Antibiotics+

Stroke+

## Section 9: Training / Conferences Northern & Southern Sectors

<https://westerntrust.hscni.net/service/recovery-college/>



### **Western Health and Social Care Trust Recovery College Autumn/Winter 2025 Prospectus.**

We have some exciting workshops coming this term across our 5 locations. If you are interested in attending any workshops please enrol by either;

- completing our enrolment form in the back of the prospectus
- emailing us on [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net)
- phoning us on 028 8225 2079 or
- completing our online enrolment form which can be found in the prospectus or at the following link <https://forms.office.com/e/RKy3i6khzX>

We are looking forward to seeing you this term. If you have any queries please do not hesitate to contact us by phone on 028 8225 2079, email [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net) or dropping into our office at Lisnamallard, 5b Woodside Avenue, Omagh BT79 9BP



## Section 9: Training / Conferences Southern Sector



# Makaton Training Level 1 & Level 2

- Develop your communication skills
- Learn about The Makaton Communication Programme
- Develop your signing ability
- Increase your understanding on the importance of symbol and visual supports.



**Take the  
next step!**



**Register your  
interest by  
10<sup>th</sup> Sept 2025**



Email Denise at:

**[makatontrainingwithdenise@gmail.com](mailto:makatontrainingwithdenise@gmail.com)**



Department for the  
**Economy**

An Roinn

**Geilleagair**

FERMANAGH AND OMAGH  
**Labour Market Partnership**  
Working Together



Funded by  
Department for  
**Communities**

An Roinn  
**Pobal**

Department for

**Communities**

[www.communitiesni.gov.uk](http://www.communitiesni.gov.uk)

## Section 9: Training / Conferences

### UNDERSTANDING YOUR CHILD



### SOLIHULL APPROACH

#### What is the Solihull Approach©?

The Solihull approach is an evidenced based and widely recognised treatment programme developed for practitioners who work with children and families. The Solihull approach uses already established evidenced based theories i.e., child development, psychoanalytic and behaviourism in a programme approach to develop understanding of children's brain development, interactions, and management.

The Solihull approach team have developed online mental health resources for families covering a vast area including understanding relationships, trauma and courses for teenagers.

There is no cost for these courses due to the PHA paying for the licence.

Please check these courses out and recommend to families you support



In addition to this we have new resources for schools including a new award system. This accreditation process showcases the excellent work that schools are doing to support the mental health and wellbeing of their pupils and staff

#### Solihull Approach accredited schools

Finally, any professional can access these advanced courses. scan QR code below and use access code **BETHECHANGENI**

**FREE for practitioners across Northern Ireland**

**Online courses:**

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want introduction to brain development from antenatal period to adolescence.

Each course will take approx 3.75 hrs CPD per course

To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to [solihullapproach@uhb.nhs.uk](mailto:solihullapproach@uhb.nhs.uk)

For technical support contact:  
[solihullapproach@uhb.nhs.uk](mailto:solihullapproach@uhb.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

**Step 1:** Create (or convert to) a professional account  
Scan QR or visit [www.solihullapproachparenting.com/online-courses-for-professionals/](http://www.solihullapproachparenting.com/online-courses-for-professionals/)  
Select 'Create account' and complete the application  
OR  
Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
Sign in to existing account and click 'Unlock professional courses'

**Step 2:** Once signed in to your professional account, enter Access Code:  
**BETHECHANGENI**

**Step 3:** To return to the course  
Scan QR or visit [www.solihullapproachparenting.com/online-courses-for-professionals/](http://www.solihullapproachparenting.com/online-courses-for-professionals/) and click 'Sign in'



## Section 9: Training / Conferences

Free Online Training (Solihull) – Children and Young People's Strategic Partnership (CYPSP) (hscni.net)

### UNDERSTANDING YOUR CHILD



### S O L I H U L L A P P R O A C H

#### FOR SCHOOLS

Scan QR code for information on the Solihull Approach whole school training, accreditation process and online courses



#### **FOR TEACHERS/PROFESSIONALS**

Scan this QR code for FREE pre-paid online **advanced Solihull Approach courses**

- Understanding trauma
- Understanding attachment
- Understanding brain development

(access code BETHECHANGENI)



#### **FOR PARENTS**

Scan QR code to get free prepaid access to online Solihull Approach mental health courses (Access code NIFAMILIES)





## Section 10: Western Area Sure Start Projects, Family Support Hubs and Childcare Partnerships

### Western Family Support Hubs – Children and Young People's Strategic Partnership (CYPSP) ([hscni.net](http://hscni.net))

Contact Information	Telephone	Email
<b>Family First</b> – Natasha Burke, Family Support Hub Coordinator	(028) 7137 3870	<a href="#">Email here</a>
<b>Dry Arch</b> – Donna O’Kane Family Support Hub Coordinator	(028) 7774 2904	<a href="#">Email here</a>
<b>Fermanagh</b> – Donna Gormley, Family Support Hub Coordinator	(028) 6632 4181	<a href="#">Email here</a>
<b>Omagh</b> – Seana Conor, Family Support Hub Coordinator	(028) 8225 9495	<a href="#">Email here</a>
<b>ETHOS</b> – Marty Daly Family Support Hub Coordinator	(028) 7135 8787	<a href="#">Email here</a>
<b>Outer West</b> – Cathy Sweeney, Family Support Hub Coordinator	(028) 7126 9833	<a href="#">Email here</a>
<b>Strabane</b> – Shauna Devine Family Support Hub Coordinator	(028) 7138 2658	<a href="#">Email here</a>
<b>Waterside</b> – Meghan Leonard Family Support Hub Coordinator	(028) 7132 9444	<a href="#">Email here</a>

## **Section 11: Useful Links and Informative Media Resources**

### **Links**

#### **Cost of Living Resources Including Contact Details for Local Food Banks**

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://fermanaghomagh.com)

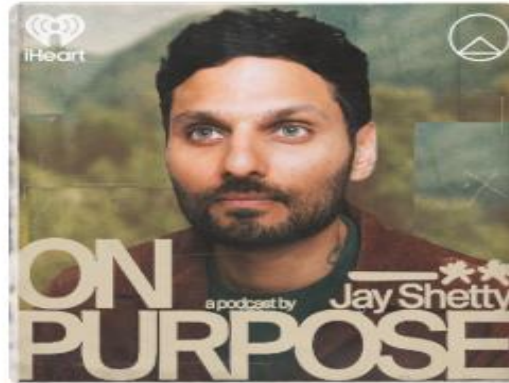
Strabane and Derry/ Londonderry District Council

[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](http://derrystrabane.com)

Causeway Coast and Glens Council

[Advice and Support - Causeway Coast & Glens Borough Council \(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

## Section 11: Useful Links and Informative Media Resources



### On Purpose with Jay Shetty

I'm Jay Shetty, the host of On Purpose, the world's #1 Mental Health podcast, and I'm so grateful you found us. I started this podcast 5 years ago to invite you into conversations and workshops that are designed to help make you happier, healthier and more healed. I believe that when you (yes you) feel seen, heard and understood you're able to deal with relationship struggles, work challenges and life's ups and downs with more ease and grace.

I interview experts, celebrities, thought leaders and athletes so that we can grow our mindset, build better habits and uncover a side of them we've never seen before. New episodes every Monday and Friday. Your support means the world to me and I don't take it for granted — click the follow button and leave a review to help us spread the love with On Purpose. I can't wait for you to listen to your first or 500th episode! [See less](#)



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**Spotify**

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**iHeartRADIO**

**Listen**



## Section 12: CRIS: Crisis Resources Information & Support



Western Health  
and Social Care Trust

**CRIS**

Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can call on in the Omagh and Fermanagh areas. The numbers below are available 24 hrs per day (except GP Out of Hours and Papyrus). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline**  
for men and women: 08088021414 / email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

### VOYPIC

Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

### Aisling Centre

Enniskillen, Counselling, Psychotherapy and Wellbeing Service  
028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

### The Tara Centre

Omagh, Counselling and Therapeutic Services  
028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

### Aware NI

Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

### NEXUS NI

Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



Western Health  
and Social Care Trust

**CRIS**

Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and University areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.

**999 or 112**

**GP Out of Hours 028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline 0808 808 8000** 24 hour support if you are in distress or despair.

**Community Crisis Intervention Service (CCIS):** If you feel in crisis and need support or if you have observed someone who is in distress and risk come to significant harm through self-harm and suicidal behaviour please call:

**028 7126 2300**

Thurs 8pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 4pm-10pm

**SAMARITANS 116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline**  
for men and women: 08088021414 / email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

### VOYPIC

Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

### Aware NI

Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

### NEXUS NI

Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

### MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour  
028 7122 6530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

### Korom Centre

Strabane, Counselling and Psychosocial Support  
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm  
Phone lines closed for lunch 1pm-2pm every day.

### Derry Well Women

Health and Social Care Services to Women of All Ages  
028 7134 0777 • www.derrywellwomen.org  
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.

