



# THE 1+1 PROJECT

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## YOU ARE NOT ALONE



**Early Intervention Bilingual Mental Health Support**

## What is 1+1 Mental Health Project?

It is a collaborative **Stronger Together Initiative** - an early intervention bilingual Mental Health Support project being piloted in three areas across N. Ireland:

- Dungannon (Portuguese / English)
- Ballymena/Ballymoney (Polish / English)
- Belfast (Chinese / English)

## Who will the project help?

Individuals in the minority ethnic community experiencing depression, including those 'self-medicating' with alcohol, prescription or recreational drugs.

## How will it help participants?

- It will raise awareness in BME communities of existing services
- It will help individuals find and negotiate the existing mainstream support services most appropriate to their need and support them in their journey in using these services effectively.



- It will help service providers negotiate the cultural and linguistic needs of the individual participants
- It will help build shared knowledge and experience of improving emotional well-being and mental health within minority ethnic population
- It will help identify those individuals in need of crisis intervention who are missed because of language or cultural challenges.

### **What will 1+1 not do?**

- Provide Mental Health Services e.g. counselling, training, direct group activities etc. These already exist. It will help increase access to them.
- Provide free interpreting to providers who have a responsibility to deliver their services to everyone regardless of linguistic capability. The Regional Interpreting Service exists. It will help support access to that service.
- Meet the entire regional demand for such support. It will help inform shared learning on how to meet that demand in the future by creating more effective and diverse pathways to existing services and more diversity in delivery of those services.

## Where can the project be contacted for more information or support?

### Ballymena/Ballymoney

**Magdalena Wytrykusz-McKee**

#### Ballymoney

Building Communities Resource Centre, Unit 22 & 23 Acorn Business Centre  
2 Riada Avenue, Ballymoney, BT53 7LH Tel: 028 276 65068

#### Ballymena

Inter-Ethnic Forum, 20 William Street, Ballymena, BT43 6AW

**Tel:** 028 256 43605 **Email:** [bmementalhealth@theresourcecentre.org](mailto:bmementalhealth@theresourcecentre.org)

### Belfast

**Tin Wai Chan**

Chinese Resource Centre of Northern Ireland, 1 Stranmillis Embankment  
Belfast, BT7 1GB,

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### Dungannon

**Virginia Salvador**

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