



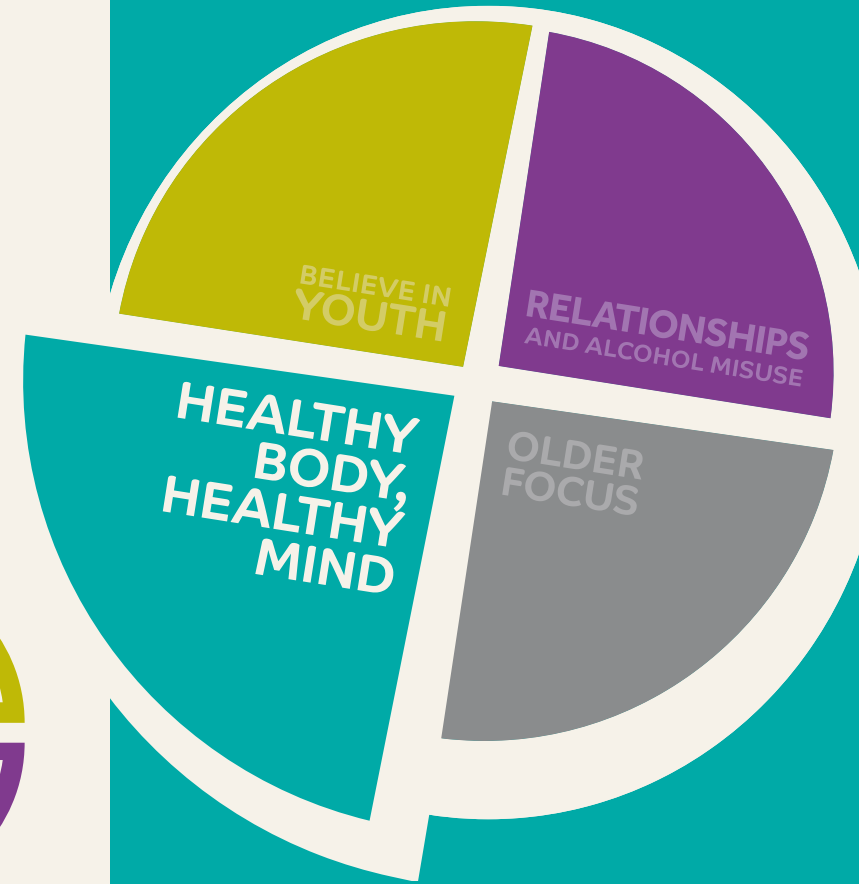
## One Portfolio, Four Outcomes: Delivered in Partnership

Taking the Initiative to Reduce the Impact of Alcohol involves working in partnership with other services, individuals, families and communities across the Northern Trust area. The aim is to leave a legacy of empowered and proactive individuals, families and communities who will continue to help reduce the impact of alcohol misuse after the project has finished.

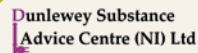
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**BELIEVE IN YOUTH:**  
delivered by Dunlewey  
Substance Advice Centre and  
Northern Ireland Youth Forum

 Dunlewey Substance  
Advice Centre (NI) Ltd



**RELATIONSHIPS AND ALCOHOL MISUSE:** delivered by Relate NI and Ballymena, Causeway and Cookstown Citizens Advice Bureaux

 relate  
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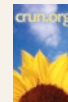
**HEALTHY BODY, HEALTHY MIND:**  
delivered by Contact and  
Action Mental Health (amh)

restoring  
wellbeing  
through  
**Contact**

 amh  
action mental health

**OLDER FOCUS:**  
delivered by Addiction NI  
and Causeway Rural and Urban  
Network (CRUN)

 AddictionNI  
Your alcohol and drug treatment charity



# TAKING THE INITIATIVE

TO REDUCE THE IMPACT OF ALCOHOL

# HEALTHY BODY, HEALTHY MIND

restoring  
wellbeing  
through  
**Contact**



The **Northern Health and Social Care Trust** has received funding from the **Big Lottery Fund** to develop four interlinked, outcome focused projects called 'Taking the Initiative to Reduce the Impact of Alcohol'. A group of voluntary sector organisations will work in partnership to deliver them.



**'Healthy Body, Healthy Mind' delivers a programme of interventions to those who are experiencing mental health issues, misusing alcohol and could benefit from support.**

This support may be to help someone continue on a recovery journey which began with other agencies or may be the first step for the person in beginning to think about change.

Healthy Body, Healthy Mind is a partnership project delivered by Contact a regional counselling charity and Action Mental Health.

## OVERVIEW OF SERVICES

- Therapeutic support can be provided along with a flexible method of mentoring to help people identify goals and an action plan.
- Participants have access to a user led Health and Wellbeing Programme which explores opportunities for personal and social development in partnership with local community support agencies.
- Each person designs their own support package and will undertake the range of support at their own pace.
- The project represents a significant commitment for those who feel that they could benefit from intensive interventions and are ready for change.
- Local community groups will be enlisted to offer training and support on the structured aspect of the programme.
- Key individuals will be identified who will act as Community Champions for Healthy Body, Healthy Mind both within the project and following its completion as its legacy to the community.

## CRITERIA TO ACCESS SERVICES

People should meet the following criteria to access services as part of the project:

- Feel they are spending time at home avoiding going out and are using alcohol to cope, or
- Not currently using alcohol support services but have sought support for mental health issues or had thoughts of suicide, or
- Completed an alcohol recovery programme and feel they are at risk or need help to make sure they can maintain.

**To discuss how the Healthy Body, Healthy Mind Project may help** individuals or develop capacity in a local area to deal with alcohol and mental health issues, please contact the Impact of Alcohol Project Co-ordinator on **028 9074 4499**. Contact also provides the crisis **free-phone helpline** and referral service Lifeline which can be contacted 24 hours per day on **0808 808 8000**.

## OTHER PROJECTS

IN 'TAKING THE INITIATIVE TO  
REDUCE THE IMPACT OF ALCOHOL'



### BELIEVE IN YOUTH

This project will delay the onset of drinking through family, community and peer education. This works alongside alcohol intervention programmes delivered directly where young people socialise.

For more information please contact the Believe in Youth Co-ordinator on **028 2565 2105** or **075 8788 0386**.

### RELATIONSHIPS AND ALCOHOL MISUSE

The aim of this project is to reduce the harm caused by alcohol to families by supporting and improving family life and relationships.

For more information please contact Relate NI on **028 9026 0882** or email [office@relateni.org](mailto:office@relateni.org). You can also contact the Citizens Advice Bureau in the Ballymena, Causeway or Cookstown areas.

### OLDER FOCUS

This project offers help and support to individuals who are aged 55+ and are concerned about their alcohol use. Support is available for family members affected by an older person's alcohol use. It also aims to increase recognition, understanding and skills around this hidden problem.

For more information please contact Addiction NI on **028 9066 4434** or the Older Focus Training and Development Officer on **028 7034 4934** or email [info@crun.org](mailto:info@crun.org).