



LOTTERY FUNDED



**TOGETHER
FOR YOU**

Working towards
mental wellbeing
for everyone

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

Services provided by the Big Lottery Fund - Together For You partnership will include:

- ➔ Delivery of individual and family therapeutic face to face relationship counselling
- ➔ Qualified and professional Cognitive Behavioural Therapy counselling
- ➔ Specialist trauma counselling for young people aged 16-26 years traumatised by sexual abuse, rape or sexual violence
- ➔ Carer Advocacy - practical and emotional support for carers
- ➔ Peer and social support groups, emotional health and wellbeing programmes and/or training workshops for Lesbian, Gay, Bisexual and Transgender individuals and/or their families resident in rural areas
- ➔ A range of Bereavement support groups including social activities and community bereavement awareness workshops
- ➔ Social group activities for carers and their loved ones
- ➔ A Volunteer Befriending Service
- ➔ Mental health training and Provoking Thought workshops for key contacts of young people
- ➔ Mental health and personal resilience programmes for young people
- ➔ Mental wellbeing workshops, health fairs, self help resources, mental health literature, personal development programmes, and mental health training programmes for targeted groups
- ➔ Education and awareness to prevent the risk of sexual violence and abuse including the growing problem of online sexual exploitation
- ➔ Healthy relationships - information and support for Men
- ➔ A range of training courses and workshops for carers
- ➔ Volunteer programmes
- ➔ Delivery of Mood Matters Pregnancy, Young People, Adults and Older People programmes
- ➔ Delivery of Cognitive Behavioural Therapy based Living Life to the Full programmes
- ➔ A bereavement App for social media

The Big Lottery Fund - Together For You partnership is being delivered by:



a charity at the centre of caring



For further information contact:

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