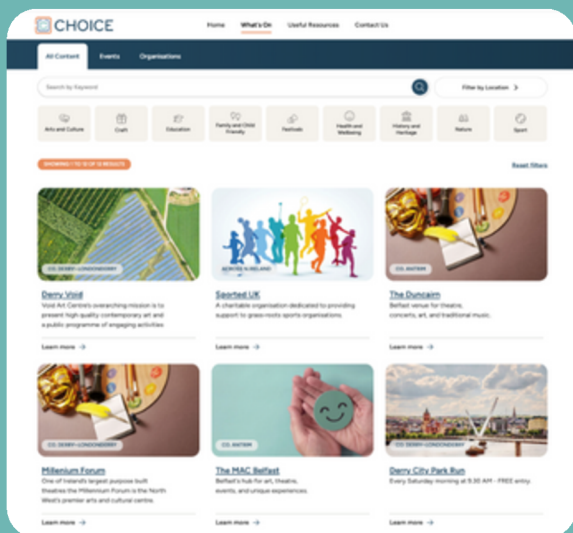


CHOICE Platform

CHOICE has an online platform that contains all our community partners and what they have to offer. The Community Navigator will guide you through your choices.



We accept referrals from individuals and services across Northern Ireland, including Action Mental Health, Inspire Wellbeing, Mindwise and Praxis Care.

CHOICE does not affect your use of existing mental health services.

Housing is not provided as part of this service.

CHOICE

Everyone has the right to access and use all of the spaces and places in our communities, improving their physical and mental wellbeing.

CHOICE has been developed with people who have experienced mental health problems, and they continue to provide advice and guidance on every aspect of the project.

Referrals and Enquiries:

You can email us at choice@ulster.ac.uk

If you already use services provided by Action Mental Health, Inspire Wellbeing, Mindwise or Praxis Care, you can also ask your support worker for more information.

Address:

Ulster University, Belfast Campus, York Street, Belfast, BT15 1ED

Website:

ulster.ac.uk/CHOICE

Email:

choice@ulster.ac.uk



Connecting you with community - places and spaces that help you stay well

- ✓ Would you like support and advice to connect you with community?
- ✓ Are you over the age of 18?
- ✓ Do you have a long-term mental health problem?



About CHOICE

CHOICE brings together local people, projects, and groups across Northern Ireland to connect you with opportunities in your area that support better health and wellbeing.

With support from Ulster University, the NHS, local GPs, and community groups, CHOICE makes finding activities, volunteering, events, and support close to home easy.

A Community Navigator will help to support you on your CHOICE journey.

Our skilled Community Navigators are experienced support workers who will help you choose activities and access them while settling in.

Our Community Navigators are based in:

- ▶ **Action Mental Health**
- ▶ **Inspire Wellbeing**
- ▶ **Mindwise**
- ▶ **Praxis Care**



Joining CHOICE

Getting Involved

Just contact us at choice@ulster.ac.uk

Or speak to your keyworker who can contact us on your behalf.

Meet your Community Navigator

Community navigators work with you to co-produce a plan to get you back to doing the things you want to do, or to try new things!

Do Things You Enjoy!

CHOICE connects you to the vast range of events, activities, networks, and opportunities. Discover things to do within your community and be supported in doing them!

Here are some of the things you could do:

- Educational courses and classes
- Walks in the countryside or parks
- Arts and Crafts
- Musical events
- Sporting events
- Visiting museum and galleries
- Sports and leisure activities
- Friendship groups



Range of Support Available



One-to-One Support

A Community Navigator will advise and support you throughout your time with CHOICE.



Opportunities

A wide range of local spaces, places and activities for you to explore and enjoy.



Connection

Connecting you with new people, groups and activities.



Expenses

You will have £50 to help you with any expenses, for example, travel costs.