

NORTHERN AREA PROMOTING

mental health & emotional wellbeing

& SUICIDE PREVENTION

**BE
GRATEFUL**

**LEARN
SOMETHING
NEW**

**LOOK AFTER
YOURSELF
AND
OTHERS**

**KEEP
ACTIVE**

GIVE

**IT'S GOOD
TO TALK**

**THINK
POSITIVE**

**BE
MINDFUL**

**DO
SOMETHING
YOU
ENJOY**

**BOUNCE
BACK**



The main aim of the Suicide Prevention Development Officer post is to increase community involvement in promoting mental health and suicide prevention.

Working across the Northern Locality providing support to groups & developing initiatives which promote mental & emotional well-being and tackling the determinants of suicide.

- Building capacity within local communities to address suicide prevention
 - Supporting groups to apply for community based promoting mental health & suicide prevention small grants
 - Encourage help seeking behaviours
 - Promote and support key projects and service delivery by local providers
- The Suicide Prevention Development Officer will give priority support to areas of deprived communities and to vulnerable population groups who maybe at a higher risk of suicide.

If you are interested in taking action around promoting mental health & suicide prevention please contact:

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For information on support services:

www.mindingyourhead.info

www.familysupportni.gov.uk

www.helplinesnetworkni.com