

Business Information Advice:

Health and Wellbeing for employers and employees



Health and Wellbeing Awareness

Newry, Mourne and Down District Council are here to help and support local businesses and employees. It is important that we do all we can to look after our own physical health and emotional wellbeing, and to help others most at risk.

The Department for Communities and the Department of Health have partnered with 15 leading mental health and wellbeing charities and the Healthy Living Centre Alliance, which represents 28 local Healthy Living Centres, to create Covid Wellbeing NI. Use this online resource to learn about the positive actions you can take to look after your mental health and emotional wellbeing both during and after the pandemic at <https://covidwellbeingni.info/>

This guide lists the range of charities and organisations offering support on a range of issues which could affect you, your employees and your business.

	Sources of help	Page No.
Business Support Programmes	NMD Business Growth Programme	3
	Tender for Growth Programme	3
	Digital Growth Programme	3
Support and Advice	Action Mental Health	4
	Aware	4
	Cause	5
	Change Your Mind	5
	Disability Action	6
	Inspire	6
	Lifeline	7
	Mental Health Foundation	7
	MindWise	8
	Nexus	8
	Positive Life	9
Rural Support	9	
Samaritans	10	
Employers Support	Community Advice	11
	Labour Relations Agency	11
	Live Well, Work Well	11
	NI Business Info	12
	Northern Ireland Chamber of Commerce	12
	Federation of Small Businesses NI	12
Upskilling and Reskilling	SERC	13
	SRC	13

For more timely information on programmes, events or funding opportunities sign up for our monthly e-zine at nmdbusiness.org or follow us on Facebook, Twitter or LinkedIn on @NMDBusiness.

Business Support Programmes



Local businesses from across the Newry Mourne and Down District Council area can access a range of Business programmes aimed at supporting local business recovery. The FREE specialist business support programmes are delivered by expert mentors who offer bespoke advice on a one to one basis. Virtual training is also provided in the form of workshops on topical issues with other like-minded local businesses. Programmes focusing on sustainability, growth and employment include:



NMD Business Growth provides specific specialist business support to enhance competitiveness in local and export markets. This programme delivers practical advice to overcome barriers and help identify and exploit new welcomed business opportunities.

🌐 <http://nmdbusiness.org/growing-your-business/>



Tender for Growth helps businesses to target and bid for new tendering opportunities by providing the necessary skills and confidence to identify tenders in your field, assess your readiness and provide the chance to work collaboratively with other businesses to jointly bid for new contracts.

🌐 <http://nmdbusiness.org/tender-for-growth/>



Digital Growth designed to give businesses valuable advice and support to enhance your digital capabilities and develop knowledge in new and existing platforms including social media management and advertising; SEO; PPC; and web optimisation.

🌐 <http://nmdbusiness.org/digital-growth-programme/>

Additional programmes supported by Newry, Mourne and Down District Council include Go For It; Yes You Can; Exploring Enterprise; Social Enterprise; Innovate Accelerate; and Co-Innovate.

Contact us today to discuss your business needs or find out more about how we can help support your business on business@nmandd.org.

Newry Mourne and Down District Council is not responsible for the contents, advice or information provided or the reliability and privacy practices of the listed websites. Listing should not be taken as an endorsement of any kind. Websites are used at your sole risk. Information contained is correct at the time of publishing.

Support and Advice

Action Mental Health



Action Mental Health (AMH) actively promotes the mental health and well-being of people in Northern Ireland, multi-faceted, offering myriad services. Integral to the organisation is its nine New Horizons services, dotted across Northern Ireland – north, south, east and west, where clients benefit from a variety of personal development, vocational skills and employability training options including accredited qualifications and work placements.

A variety of resilience-building techniques are also pivotal to the range of services delivered to school children and young people in further and higher education. Services provided also include a full range of therapeutic counselling for children, young people, adults, families including services for the deaf community. The charity also offers a whole gamut of services for young and old alike, designed to promote mental well-being for those in work and currently unemployed; those affected by chronic pain or debilitating long-term illnesses; people living with eating disorders and has a dedicated service in Bangor for people with learning disabilities.

📍 Action Mental Health, Central Office, 27 Jubilee Road, Newtownards, BT23 4YH
 ☎ 028 9182 8494
 ✉ comms@amh.org.uk
 🌐 <https://www.amh.org.uk/>

Aware



AWARE has an established network of 23 support groups in rural and urban areas across the country, which are run by trained volunteers. Support groups welcome people with depression and bipolar disorder as well as carers for people with the illness. They also deliver Information Outreach sessions and attend community events to give more information about AWARE and their services.

AWARE delivers mental health and well-being programmes into communities, schools, colleges, universities and workplaces. Programmes include a suite of Mood Matters programmes, Living Life to the Full, Mental Health First Aid and Mindfulness.

📍 Belfast Office, 40-44 Duncairn Gardens, Belfast, BT15 2GG
 ☎ 028 9035 7820
 ✉ info@aware-ni.org
 🌐 <https://aware-ni.org/>

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Cause



CAUSE provides practical and emotional support to empower families, partners and friends caring for a loved one who has experienced serious mental illness.

Established in 1995, CAUSE is a peer-led organisation, run by carers for carers. The team of trained Carer Advocates, who provide our frontline services, have direct personal experience of caring for a loved one with a serious mental illness. They have all had their own carer's journey. More than anyone, they understand the types of practical and emotional issues families, partners and friends can face.

📍 393 Holywood Road, Belfast, BT4 2LS
 ☎ 028 90650 650 or the helpline 0800 103 2833
 ✉ info@cause.org.uk
 🌐 <https://www.cause.org.uk/>

Change Your Mind



Change Your Mind provides information resources for the general public, awareness campaigns in the media and specific programmes in education, communities and workplaces. Change Your Mind believe Everyone has the right to flourish in a workplace environment free from stigma.

They want to tackle mental health stigma in every part of life, so it's important that they reach workplaces across Northern Ireland.

Their programme in communities aims to:

- Improve people's attitude and behaviours around mental health
- Increase openness about talking about mental health
- Increase help seeking behaviour

Change Your Mind have also developed the "Take 5 Steps" to wellbeing to help maintain and improve your wellbeing.

🌐 <https://www.changeyourmindni.org/>

Disability Action



Disability Action is the largest Northern Ireland wide pan-disability organisation working with disabled people with various disabilities: physical disabilities, learning disabilities, sensory disabilities, hidden disabilities and mental health disabilities. They work to promote, protect and uphold the human rights of disabled people.

Their vision is to create a society which is inclusive, adapts to meet the needs of people with disabilities, rather than one that expects them to fit in. A society that recognises disabled people's right to be different and to live their life in a way which meets their particular needs without prejudice.

📍 Head Office, Portside Business Park, 189 Airport Road West, Belfast, BT3 9ED

☎ 028 9029 7880

✉ hq@disabilityaction.org

🌐 <https://www.disabilityaction.org/>

Inspire



Inspire work together with people living with mental ill-health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential.

Inspire's Professional Services provides a range of wellbeing support services, training and interventions that help organisations, employees and young people to thrive.

- Inspire Workplaces – an award-winning social enterprise, promoting positive mental wellbeing and resilience throughout workplaces.
- Inspire Students – promoting and supporting positive mental health among the student population, while tackling the stigma associated with mental ill-health.
- Inspire Knowledge and Leadership – providing a range of expertly informed training programmes and consultancy services, to help organisations to thrive.

📍 Central Office, Lombard House, 10-20 Lombard Street, Belfast, BT1 1RD

☎ 028 9032 8474

✉ hello@inspirewellbeing.org

🌐 <https://www.inspirewellbeing.org/>

Lifeline



Lifeline is here to help.

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you or someone you know is in distress or despair,

Lifeline counsellors are experienced in working with trauma, suicide, self-harm, abuse, depression and anxiety. You will receive immediate help on the phone. Should you need further support they can provide a face-to-face counselling appointment in your local area within seven days.

Lifeline also provides support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Remember, Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

☎ 0808 808 8000

🌐 <https://www.lifelinehelpline.info/>

Mental Health Foundation



Prevention is at the heart of what the Mental Health Foundation do. Their knowledge, informed by rigorous research and practical based study, has been pioneering change for more than 70 years and they are not afraid to challenge the status quo or tackle difficult or under researched issues.

Services include Mental Health in the workplace – recognising the cost of mental ill-health is not merely a financial issue, calculating the costs of mental health problems can be persuasive when making the case for investment in preventing them.

Mental Health at Work CIC is a subsidiary of the Mental Health Foundation providing tailored mental health programmes to organisations of all sizes, focusing on making mental health conversations a part of everyday working life. If you are interested in finding out what a mental health programme could look like for your organisation, including both online and face-to-face mental health workshops or training sessions for employees, managers and leaders.

📍 Colechurch House, 1 London Bridge Walk, London, SE1 2SX (HQ)

☎ 020 7803 1100

🌐 <https://www.mentalhealth.org.uk/>

MindWise



Mindwise's vision is a world where people affected by mental health issues receive the support they need to lead a fulfilling life through recovery and discovery.

They provide quality services, including housing, community support and day services, criminal justice services, working with young people leaving custody, early intervention support for families and children, as well as support for carers and families.

MindWise also provide mental health training to employers to create mentally healthy workplaces across Northern Ireland.

📍 MindWise, Pinewood House, 46 Newforge Lane, Malone Road, Belfast, BT9 5NW
 ☎️ 028 90402323
 ✉️ info@mindwisenv.org
 🌐 <https://www.mindwisenv.org/>

Nexus



Offering services and support to people affected by sexual violence in any form and delivered across NI to include:

Counselling – 1-1 specialist counselling delivered at over 25 locations across the province.

Training – For professionals and individuals to understand the impact of sexual violence and better support victims.

Education – Programs offering fact-based information and discussion with young people on topics including; sexual violence, including spotting the signs of exploitation and grooming and sexting and the law.

Support – In addition to our counselling service we offer, when we have appropriate funding, additional support services for families and others.

Helplines – We hold a list of helplines that people may want to access before, during or after they engage with us.

Websites – We maintain a list of websites offering advice and support to people affected by sexual violence.

📍 59 Malone Road, Belfast, BT9 6SA
 ☎️ 028 9032 6803
 ✉️ info@nexusni.org
 🌐 <https://nexusni.org/>

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Positive Life NI



Northern Ireland's only HIV charity, Positive Life NI offers a range of services including crisis support; Health and Wellbeing projects; Training and Education; and online resources.

+Family Life Project supports families where there are children under the age of twelve and where someone within the family unit is effected by HIV.

📍 20 Derryvolgie Avenue, Belfast, BT9 6FN

☎ 0800 137 437

✉ lea@positivelifeni.com

🌐 <https://www.positivelifeni.com>

Rural Support



Rural Support provides a helpline which offers a listening and signposting service for farmers and farm families. Callers to the helpline are of all ages and backgrounds and come from every part of Northern Ireland.

The types of issues that they address include financial and debt problems, inheritance issues, physical and mental health concerns, farming paperwork and bureaucracy.

Rural Support can also provide face to face support, help you source information and advice about a wide range of issues.

Everyone's circumstances are different. We will take time to listen carefully to your concerns and needs and we will work with you to find the best way ahead.

📍 Estate Building, Loughry, Cookstown, County Tyrone, BT80 9AA

☎ 0800 138 1678

✉ info@ruralsupport.org.uk





🌐 <https://www.ruralsupport.org.uk/>

Samaritans



The Samaritans helpline provides a safe space for people to talk when things are getting to them; they do not have to be suicidal. People can be themselves and talk to Samaritans by telephone, face-to-face, email and via letter.

The Samaritans' trained volunteers provide listening support to anyone struggling to cope via the helpline which operates round the clock. They provide outreach support to individuals and vulnerable groups including at public events, in prisons, hospitals, schools and the workplace.

-  Central Office, The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF
-  116 123 (free)
-  jo@samaritans.org
-  <https://www.samaritans.org/>

Employers Support

Community Advice



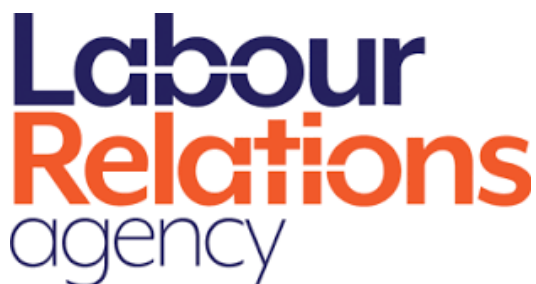
Community Advice's goal is to help everyone find a way forward, whatever problems they face.

Providing free confidential, independent and impartial advice and campaigning on big issues affecting people's lives.

Local Offices:

<p>Community Advice Newry Mourne & Down Ballymote Centre 40 Killough Road Downpatrick Contact number 0300 303 0306</p>	<p>Community Advice Newry Mourne & Down Ballybot House 28 Cornmarket Newry Contact number 0300 303 0306</p>
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Labour Relations Agency (LRA)



LRA provide an impartial and confidential employment relations service to those engaged in industry, commerce and the public services.

<https://www.lra.org.uk>

Live Well, Work Well (NI Chest Heart & Stroke Association)



Working with your business to invest in the health and wellbeing of staff based on need, the team will support you to develop a bespoke wellbeing action plan and offer free training such as Health Champion training, Mental Health First Aid and learning events on

health and wellbeing issues facing employees today.

<https://nichs.org.uk/our-support-services/prevention-services/workplace-health-and-well-being/workwellivewell>

NI Business Info



Free service offered by Invest Northern Ireland, the official online channel for business advice and guidance in Northern Ireland.

Including workplace policies and dealing with stress.

<https://www.nibusinessinfo.co.uk/content/managing-welfare-people>

Northern Ireland Chamber of Commerce



Northern Ireland
Chamber of Commerce
and Industry

Northern Ireland Chamber of Commerce is committed to customer service and the commercial success of members.

<https://www.northernirelandchamber.com/>

The Federation of Small Businesses (FSB)



Offers members a wide range of vital business services including advice, financial expertise and support. Including member benefit [FSB Care](#) providing access to free counselling programme & resources through the wellbeing hub.

<https://www.fsb.org.uk>

Upskilling and reskilling

South Eastern Regional College



SERC SERC are passionate about inspiring, transforming and enriching the lives of students by offering a wide range of courses from full-time and part-time study for businesses.

The standard of teaching at SERC has helped thousands of students join the workforce and build the Northern Irish economy.

With over 700 courses to choose from in a range of levels including further education; higher education; and training and apprenticeships, SERC have a course to help you reach your full potential, whether you're a school-leaver, returning to education or looking to develop skills in a new area.

General enquiries email: info@serc.ac.uk
 Course enquiries email: admissions@serc.ac.uk
 Contact: 0345 600 7555

Southern Regional College




SRC offers first class education and an exciting learning environment for further and higher education. SRC pride themselves on offering a diverse range of higher education learning experiences. At further education level, SRC offers courses from BTEC level 1-2 certificates and diplomas, through to NVQs and A levels either on a full-time or part-time basis.

SRC offers apprenticeship training programmes where students can learn valuable trades to take into the workplace.

SRC's portfolio of higher level professional and technical courses is broad ranging, ensuring all programmes, be they degrees, diplomas, certificates or professional qualifications are of a quality surpassing that offered at university and relevant for the work of work.

General enquiries email: info@src.ac.uk
 Contact 0300 123 1223

 /nmdcouncil

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0330 137 4000
info@nmandd.org
www.newrymournedown.org

Oifig an Iúir
Newry Office
O'Hagan House
Monaghan Row
Newry BT35 8DJ

Oifig Dhún Pádraig
Downpatrick Office
Downshire Civic Centre
Downshire Estate, Ardglass Road
Downpatrick BT30 6GQ

Ag freastal ar an Dún agus Ard Mhacha Theas
Serving Down and South Armagh