

Fundraising Help us to help others

MYMY raises the money to cover our counselling service and health and well-being programmes through grant applications, income from our Charity Shop and Fundraising.

We are registered with the Fundraising Regulator (FR Number: 174546)

Pay it Forward

If you or a family member have benefitted from any of our services would you consider helping MYMY to help others?

You can do this by

- Donating through our website www.mymy.org.uk
- Setting up a Direct Debit for £5 or £10 per month
- Make a Cash Donation – every £1 is worth £1.25 if you include Gift Aid!
- Donate goods or services for our Fundraising Events
- Hold a small fundraising event with family and friends
- Hold a fundraising event where the public can donate – we can help you set up a Just Giving page and promote the event on social media
- Ask your employer, school or sports club to make MYMY their annual charity of choice.

Donate Today



Contact Us Speak with our team

19 Dundrum Road
Newcastle, Co Down
BT33 0BG

028 4372 7549
hello@mymy.org.uk
www.mymy.org.uk



Charity Number: NIC109092
Company Number: NI686087



Vision

To wholly improve mental health and well-being in our community.

Mission

To value and accept everyone by providing supportive services and opportunities to build positive mental health and well-being in our community.

[Find out more >>](#)

Counselling

What we do

We provide a free counselling service for anyone aged 16+ living in the Newry, Mourne and Down Council area who are experiencing difficulties with a range of issues.

These issues can include: Anxiety, Bereavement, Relationship Issues, Workplace Stress and Trauma.

Counselling will help you explore your thoughts, feelings and behaviours so you can develop a new understanding of yourself and others.

Counselling helps develop self-awareness, raises self-esteem and improves self-care.

Our Counsellors are BACP accredited and will help you to talk through your issues and concerns in a safe, impartial and confidential space.

Where

The MYMY counselling service is based at 19 Dundrum Road, Newcastle.

When

We offer counselling sessions five days per week with evening sessions once a week.

How

If you are aged 16+ you can self-refer to the MYMY Counselling service by calling us, emailing hello@mymy.org.uk or using the website contact form.

MYMY can also receive email referrals from GP practices and other voluntary sector agencies, if you have given your consent.

“It was good talking to someone who didn't know me. I could speak more freely without feeling judged”



Health and Well-being Programmes

Our health and well-being programmes and workshops are designed to promote resilience and help you de-stress and relax. We offer a mixture of weekly sessions and one-off workshops.

YOGA PROGRAMMES

Yoga is an ancient practice that brings together mind and body. It includes breathing exercises, meditation and poses designed to encourage you to relax and de-stress. We can provide armchair, gentle movement and outdoor yoga.

MINDFULNESS PROGRAMMES

Mindfulness is about reconnecting with our bodies and the sensations they experience. It involves paying attention to the sights, sounds, smells and tastes of the present moment. It involves being aware of our thoughts and feelings as they happen moment to moment.

RESILIENCE WORKSHOP

Resilience is our ability to experience a good outcome after facing challenges and setbacks. This workshop will give you tips and skills to build or boost your resilience.

SAFETALK WORKSHOP

The workshop will provide you with in-depth skills to recognise risk and ensure a connection to safety.

Find out more
www.mymy.org.uk

Charity Shop

Our Charity shop is based at 61 Main Street Castlewellan and is known as Project 61.

All donations to the charity shop are welcome and help fund our counselling service and well-being programmes.

Within our Charity Shop we have a drop in space for people to come in and connect with each other. We offer space for Support Groups, Well-being Programmes, Workshops and Training.

Our team of volunteers help in the charity shop on a weekly basis and we could not run the shop without them. If you are interested in volunteering with a mental health charity and could spare a few hours each week please contact us. Full training will be given.



“After counselling I am so much happier, I am positive for my future and can use the tools I learnt in counselling everyday”

