Aims of the Niamh Louise Foundation

- To provide a place of safety for young and old living with thoughts of suicide/self-harm or bereaved by suicide in Rural Northern Ireland.
- To be a good leader within the community.
- To change lives by inspiring and encouraging the community to become volunteers.
- To make a meaningful and lasting legacy by raising the profile of suicide prevention at executive level.
- To deliver training and educational programmes on suicide and self-harm in rural Northern Ireland to children and young people.
- To de-stigmatise suicide and self-harm in rural communities of Northern Ireland.

www.niamhlouisefoundation.com

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The Níamh Louise Foundation

Suicide - we have been there.
Support, hope & understanding.
A shared journey to recovery.

Charity No. XB97661

Suicide Awareness, Prevention and Support

Facts and Figures:

- Every 40 seconds a person dies through suicide somewhere in the world and every 3 seconds a person attempts to die. (WHO)
- Suicide is now among the three leading causes of death in the world among those aged 15-44 years. (WHO)
- In the last 45 years suicide rates have increased by 60% worldwide.
- There are more deaths by suicide in Northern Ireland than there are deaths caused by road traffic accidents
- More people have died from suicide in Northern Ireland since the signing of the Good Friday Agreement than were killed during the entire Troubles.

Vision

"Suicide – we have been there.
Support, hope and understanding.
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Mission Statement

"The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/ or self- harm. The Niamh Louise Foundation will provide love, understanding and respect with a non-judgemental listening ear".

The Niamh Louise Foundation provides a safe space for all individuals, regardless of age, religion, ethnicity, sexual orientation, or gender, to come together and receive support and/or education in relation to mental health, suicide, and/or self-harm.

Main Activities

- To raise awareness of suicide and self-harm
- To remove the stigma attached to suicide and self-harm
- To provide interventions and support for individuals affected or bereaved by suicide and/or self-harm.

Services

- Complementary Therapy
- Bereavement Support
- Mentoring/Befriending
- Youth work
- Art/Writing work
- Recovery & Well-Being Groups

Training

- Niamh Louise Foundation Suicide and Self-Harm Awareness Workshops
- Mental Health First Aid Training (MHFA)