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“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”.



**NATIONAL
LOTTERY FUNDED**



The Niamh Louise Foundation

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

EMPOWERING YOUNG MINDS

Empowering Young Minds

What is it?

A tailored care-package to support young people aged 8 - 25 in emotional distress, or with thoughts of suicide and or self-harm, or who have been bereaved by suicide, and help them to heal and recover while developing life skills and building self-esteem & resilience.

Who can take part?

Any young person aged 8-25 in emotional distress, experiencing thoughts of suicide and or self-harm, or who has been bereaved by suicide.

What does it include?

- A facilitated eight week interactive group programme exploring how the mind works and how emotions affect our daily living.
- The design of individual self-care plans for each young person, identifying their own emotional needs & coping mechanisms to reduce their emotional distress.
- One-to-one therapy sessions supporting all participants on the programme to further aid their healing and recovery.
- The design and production of a Suicide Prevention First Aid Kit for other young people and the wider community.
- The development of a storybook on children's emotions as a lasting educational resource.

What do we hope to achieve?

- To de-escalate participants thoughts of suicide and or self-harm.
- To help improve education and understanding of suicidal & self-harming behaviour and emotional and mental health and ill-health.
- To improve the quality of life, confidence, and resilience of the participants.
- To help the participants to feel more able to connect with people around them and/or be more actively involved in their communities.
- To give the participants the confidence, self-esteem & coping skills to get involved in education, work, and socialising with their peers.