



AMH MensSana and PIPS Newry & Mourne is Your Protect Life Resource Service in the Southern Area and we are here to help you regarding suicide and self-harm prevention and mental health promotion. We are keen to work in partnership with you and your community and look forward to delivering and developing helpful supports appropriate to your needs.

In supporting you, qualified and experienced staff will:

- provide an outreach community development service with a particular focus on promoting positive mental health and the prevention of suicide and self harm through community development approaches.

- enable and support local communities to address the mental health and emotional wellbeing of the local population.

- facilitate a range of training programmes to increase knowledge and skills in relation to mental health promotion and the prevention of suicide and self harm.

We will be happy to talk to you about the training you may require and will work with you to ensure that appropriate support is provided.

Available training includes:

### **SafeTalk**

A 3 hour workshop which prepares you to identify and support persons with thoughts of suicide.

### **Mental Health First Aid**

A 2 day workshop informing you how to recognise the signs and symptoms of common mental health issues, provide help and effectively signpost towards support services.

### **ASIST** (Applied Suicide Intervention Skills Training)

A 2 day workshop aimed at preventing the immediate risk of suicide.

### **Understanding Self Harm**

A course to develop skills and capacity to support people who self-harm.

### **Bounce and B+**

Are courses designed to help build self-esteem and resilience in young people.

### **TATI+ (Talking About Tough Issues)**

Helps to build protective factors to prevent problems across a range of risky behaviours including alcohol and other drug misuse.

Staff will also be happy to talk to you about the delivery of general mental health awareness sessions, the provision of literature or resource development.

Your Protect Life Resource Service will also operate as a signposting service, providing you with a valuable point of contact and source of support regarding suicide and self harm prevention and mental health. Staff will work with you confidentially and promptly to ensure that you get the right support at the right time.

Our staff work collaboratively with a wide range of services across the Southern area and will signpost you to the most effective source of support available.

You are encouraged to contact your Protect Life Resource Service or call in. We will be happy to talk to you about the training you may require and will work with you to ensure that appropriate support is provided. Our contact details are over the page.

If you think we could help you or your community or if  
you just want to know more about the work we do,  
please contact your local Protect Life Community Resource Service:



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## RESOURCE SERVICE

**SUPPORTING YOU & YOUR COMMUNITY**



**AMH MESSANA & PIPS NEWRY & MOURNE  
IN PARTNERSHIP.**