inspire... wellbeing for all

wellbeing for all
an introduction to the work of Inspire
Welcome to Inspire

Inspire (the new name for Niamh, The Northern Ireland Association for Mental Health) is a long established local charity and social enterprise that delivers a range of wellbeing services across Northern Ireland.

We focus on promoting wellbeing for all through our mental health, professional wellbeing, addiction and disability services.

More recently, we have been inspired to expand our range of supports across the island of Ireland and into the rest of the United Kingdom.

Our Mission

We want to build a flourishing society in which all people have access to services and support appropriate to their mental health and wellbeing needs.

Our Values

• We provide high quality, professional and innovative services.
• We enable positive outcomes for the people who use our services.
• We act with integrity and compassion.
• We engage with and inspire each other.
• We influence policy and public opinion.

This leaflet will introduce you to the Inspire family and provide information on the different services we offer.
Inspire Mental Health provides 24/7 support services to people with experience of mental ill-health through supported housing, day support and advocacy services.

Our day support schemes located throughout Northern Ireland provide a range of recovery-focused programmes to over a thousand people every year. Our supported housing services provide accommodation for many hundreds of people. Our advocacy services deal with thousands of requests for advocacy support each year and our floating support service works with people in their own homes.

be inspired...

to look after your own wellbeing

Looking after your own mental wellbeing is so important. Take care of yourself, sleep well, eat well and exercise. Make time to do things you enjoy and spend time with the people you care about. All of these small tips can help with your own wellbeing and remember, if you need help or support, ask for it.
Inspire Disability Services provides support for adults with learning/intellectual disabilities and/or complex needs in a number of residential locations throughout Northern Ireland and Ireland.

Inspire Disability Services works with and for people with disabilities to ensure they live healthy, productive lives and are supported to achieve their full potential within all aspects of their lives.

We provide a range of care and housing support services which enable people to move toward independent living and supports people with a disability.

be inspired...
by our disability services

Our goal is to enable people living with a disability to live a fulfilled, productive and independent life and achieve their optimum wellbeing and maximum potential.

We encourage those we support to live within their community, maintain social and family ties and to be involved in all decision making which affect their lives.
Inspire Workplaces is a part of a social enterprise wholly owned by Inspire. It was set up in 2000 with its focus on mental health support through counselling and other therapeutic interventions. It provides a number of workplace wellbeing services such as employee assistance programmes throughout the island of Ireland, and more recently it has expanded into mainland UK.

Our network of highly skilled and experienced counsellors and consultants currently are available to offer confidential and timely support to well over 1,000,000 employee ‘lives’.

be inspired...

to manage your wellbeing at work

Following these tips can help you manage your wellbeing in the workplace.

• Adopt a healthy lifestyle, plan a healthy lunch, stay hydrated, get away from your desk during your lunch break if you can.
• Make an effort to connect with colleagues, good working relationships are important.
• Make sure you have a work/life balance, allow yourself time to switch off and enjoy hobbies and interests outside of work.
Inspire Students promotes and supports positive mental health among the student populations of various third-level institutions throughout Ireland and Britain.

We know exactly how exciting and yet at times daunting the experience of transitioning into third-level education can be for young people.

Whether dealing with the challenges of finding your feet and establishing your peer networks, being away from home, or being expected to study more independently for the first time, we're here to help students in college or university to successfully navigate that transition.

be inspired...

to look after your wellbeing while studying

Prioritise your wellbeing, here are a few useful tips

• Don’t keep things bottled up, talk to friends, family or a tutor.
• Take a break from your studies, participate in clubs and societies and enjoy your hobbies.
• Get active, regular exercise can boost your mood, go for a walk or try a new team sport.
• Sleep well.
Inspire Knowledge & Leadership offers a range of expertly informed training programmes and consultancy services designed to support organisations to thrive. Our expert team are perfectly placed to offer discreet, ongoing training and consultancy support into organisations big and small which will unlock the potential within.

be inspired…

to support your employees

One in four local people each year will experience mental ill-health. Looking at this figure it is not surprising then that mental ill-health is the biggest single cause of sickness absence and health-related productivity losses in UK organisations. We offer workplace training informed by expert mental health advice.

Our range of courses are designed to help individuals either maintain their own, or promote others’ positive mental wellbeing in the workplace.
Addiction NI joined the Inspire family in July 2016. They are the leading alcohol and drug treatment charity in Northern Ireland with over 38 years experience of delivering services to individuals affected by theirs or someone else's alcohol and/or drug use.

be inspired...

to find help for alcohol and drug misuse

Do you feel your drinking or drug use is causing problems in your life? Are you addicted to alcohol or drugs? Contact Addiction NI. You don’t need to go to your doctor first. We have helped many people deal with just the sort of difficulties you are experiencing.

Are you worried about someone else’s drinking or drug use? Is it affecting your life? Contact Addiction NI. We provide support for the family and friends of anyone who is involved in alcohol or drug abuse.

CONTACT 028 9066 4434 or email enquiries@addictionni.com
The **Inspire** family continues to grow and develop services across the island of Ireland.

As well as our work through inspire workplaces, students, and knowledge and leadership from our bases in Belfast, Dundalk and Dublin, we are also expanding our mental health and disability services. In 2016 we introduced our services in Counties Louth, Cavan, Monaghan and Kerry. The services on offer are a combination of day centres, residential and outreach services for adults with an intellectual disability and/or other support need.
be an inspirational person ...

Do you have an experience you could share with us?

If so we would love to hear from you, sharing your story will help others learn about mental health and disability.
become an Inspiration Point...

Do you know a good location that could become an Inspiration Point to help us promote wellbeing for all?

A number of public venues, organisations, workplaces and universities have pledged to become an Inspiration Point to help us communicate key messages about wellbeing.

What does it mean to be an Inspiration Point?

By pledging to become an Inspiration Point you are helping us to:

- Raise the public profile of mental wellbeing.
- Challenge stigma/prejudice that surrounds mental health.
- Provide a ready access to information and guidance, that people may not otherwise find.

We are always on the lookout for new Inspiration Points, if this sounds like something you could get involved with contact us for further details.
For further information on Inspire and the services and support we provide, please visit our website or contact our Central Office.

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