Contact:
Aspen Community
Wellbeing Service
16 Finaghy Road South
Belfast BT10 0DR
T: 028 9061 1513
E: aspen@inspirewellbeing.org

Opening hours:
Monday 9am-5pm
Tuesday 9am-5pm
Wednesday 9am–5pm
Thursday 1pm—8.30pm
Friday: 9am - 4pm
What Aspen is:

Aspen is a community wellbeing service part of Inspire. (Inspire is the new name for Niamh Northern Ireland Association for Mental Health). At Aspen we offer an exciting and dynamic service to those with mental health needs. We aim to help individuals work on their areas of need through a wide range of therapeutic activities and groups that promote mental health and recovery. These are facilitated in Aspen and also at various community locations.

The referral process:

People considered acceptable for referral are:

- People aged 18 to 65 years old
- Those with a diagnosis of a mental health condition

If you are considering referral, please contact centre staff to arrange an introductory visit & find out more.

Referrals can be made by a member of the Community Mental Health Team, Social Worker/CPN, Psychology services, Psychiatry services or your GP.

Self-referrals may be accepted providing there is supporting documentation from any of the above and on availability of service.

What's on offer:

Mental health recovery & wellbeing is central to what is on offer in this community wellbeing service.

Aspen offers a variety of courses that will run for 8 week cycles.

Our programme / prospectus will support you to:

- Learn new skills
- Enhance personal development
- Allow you to be creative
- Build on making social connections
- Enhance your physical health & wellbeing.

Staff at Aspen will support you on your journey of recovery through our tailored co-produced programme.

Programmes are available on request - these are co-produced with those who use our service in order for Aspen to meet their needs and to keep in line with organisational community wellbeing standards.