

right support ● ● ●
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Your guide to the support, resources
and wellbeing services available to you



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



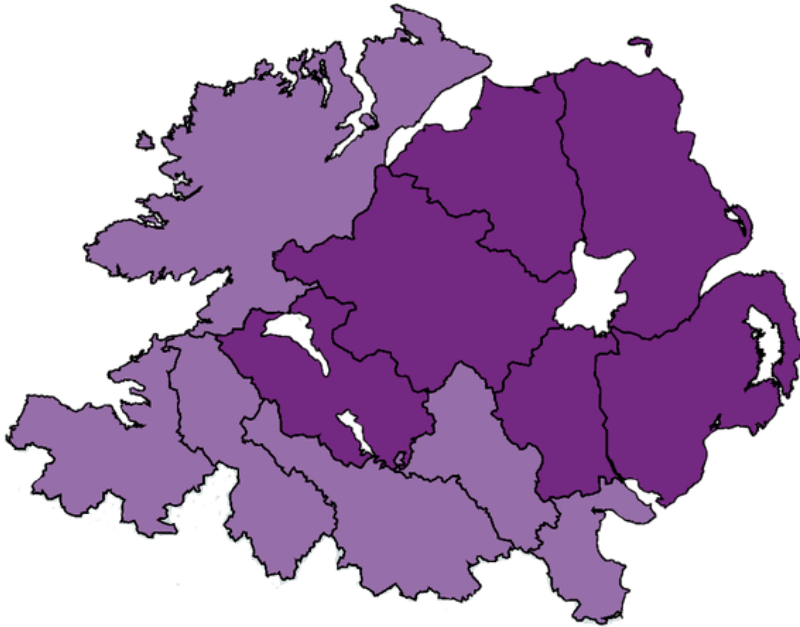
European Union



UK Government

What is Right Support Right Time?

Right Support Right Time (RSRT) is a comprehensive wellbeing programme designed to focus on the everyday issues that can lead to poor mental health and help you take positive steps forward.



The service is free and open to adults who live in Northern Ireland or the border counties of the Republic of Ireland.

We aim to support people who are most affected by mental health inequalities and face barriers to accessing support, including those living in deprived communities, people with disabilities and vulnerable migrants, including those seeking international protection.

RSRT is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB) and is funded until September 2028.

1



Get in Touch

Contact us via email, phone or the online referral form.

2



Initial Conversation

We'll have a brief, confidential chat to understand what support would be most helpful for you right now.

3



Matched to Support

Based on your needs we'll discuss your options about available support whether it's through one of the RSRT services or link in with other services in the local community.

4



Ongoing Check-ins

We'll stay in touch to make sure the support is working for you and adjust if your needs change.



Advocacy Support

Right Support Right Time can link you in with a Community Advocate. Community Advocates can help you to ensure your voice is heard and your rights are respected. They can support you to express your views, understand your options and take part in decisions that affect your wellbeing.



How they can help:

- Make sure your views are heard in meetings and decisions.
- Explain your rights and available options.
- Support you to challenge decisions or make complaints.
- Build confidence and self-advocacy skills.
- Connect you with services that can support you with issues that affect mental health and wellbeing



Independent support. Your voice. Your choices. Your future.

This type of one to one support is offered through Inspire and our six partners:

apex

BritishRedCross

Cedar
Opportunity Choice Inclusion

DEPAUL
Homelessness has no place

mencap
The voice of learning disability

respond
building homes,
improving lives



All individual support is confidential, flexible, and tailored to you. You can access more than one service at a time.



Counselling

You don't have to wait until things feel overwhelming to seek support. Right Support Right Time (RSRT) counselling offers you the opportunity to pause, be open about what you are experiencing, and feel heard, before things become unmanageable.

We provide a safe, confidential space to explore difficulties such as anxiety, stress, low-mood, relationship challenges or life changes. If something doesn't feel quite right, talking it through can help you understand what's happening, develop coping strategies and create positive change.

Sometimes asking for support early can make all the difference.



What can we offer

Brief solution focussed counselling for anyone over the age of 18 living in Northern Ireland and the border counties of Ireland.



**A safe
space**



**Weekly
sessions**



**Face to
face**



Telephone



Online

Referral is easy, just complete the application relevant to you on the Inspire website or call the relevant number on the back of the booklet.



Remember: this is not a crisis service.

If you or a loved one is in despair they can call Lifeline on 0808 808 8000 or Samaritans on 116 123 to speak to someone immediately. For immediate assistance ring 999.





Physical Wellbeing

As Physical Wellbeing Coaches, we offer a wide range of inclusive activities and classes designed to support health, wellbeing, confidence, and social connection.



Our Current Programmes

- Football or Walking Football
- Multi-Sport & All Ability Fundamental Movement Skills Sessions
- Chairtastic Sessions
- Dodgeball & Olympic Handball
- Circuit Training & Introduction to Running
- Disability Activity Programmes
- Tai Chi, Qigong & Dance Sessions

Our sessions are tailored to meet the needs of different ages, abilities and fitness levels, helping participants stay active in a fun, supportive and inclusive environment.



Mindfulness

A free 4-week programme designed to help people identify, reduce, and cope with daily stress. Sessions focus on practical mindfulness skills that can be used in everyday life. We can hold sessions in any area, and in person or online, we can work with you to see what suits best.



- Simple mindfulness practices to manage stress



- Techniques for grounding, breathing, and emotional regulation



- A supportive, non-judgmental environment



- Practical tools that can be used at home, school, or work

If you are interested in physical wellbeing or mindfulness sessions, let us know and we'll keep you up to date when they are available in your area



Group Sessions

RSRT offers a flexible catalogue of learning opportunities to support your mental health, wellbeing and personal development. Workshops can be delivered to teams, communities or groups of individuals.



Mental Health Workshops

- Mental Health Awareness
- Mental Health in Later Life
- Mental Health & Menopause
- Managing Stress & Anxiety



Community Workshops

- Peer Support
- Managing Conflict
- Coping with Grief and Loss



Wellbeing

- Food and Mood
- Improving Sleep
- Introduction to Self-Care
- Alcohol & Other Drugs (and how to support others)



Specialisms

- Introduction to Neurodivergence
- Introduction to Compassion / Empathy Fatigue



Workshop Format

Workshops are usually around 2 hours long with a comfort break and can be adapted to suit the requested timeslot.

Sessions can be extended to 3 hours. 1-hour requests should be discussed with the facilitator.

In-person: at local venues that are easy to access.

Online: for those who prefer to join from home.

Inclusive: adjustments for additional needs are available, so everyone can take part.

Friendly and professional: sessions are led by trained staff who understand the challenges people face and create a safe, respectful space.

Get in Touch

Ready to take the next step? Here's how to connect with the Right Support Right Time programme. Whether you want to book a session, ask a question, or simply find out more – we're here to help.



Get In Touch

Infoline NI: +0044 (0)808 189 0036

Infoline ROI: +353 1800 911 546

Email: hello@inspirewellbeing.org

Online chat: www.inspirewellbeing.org/rsrt

Available on website 10am-4pm



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