

Guidance for Mental Health Model Groups 2025-2026 Mental Health & Emotional Wellbeing Community Development Support Model

Opening – Tuesday 1st April 2025 at 12noon
Closing – Wednesday 30th April 2025 at 12noon
Late applications will not be accepted

Introduction

The Public Health Agency (PHA) have identified non-recurring funding to address the themes of Suicide Prevention, Self-Harm, Mental Health, and Emotional Well-being, and have asked **Northern Area Community Network** to facilitate this process for the **Ballymena, Ballymoney, Moyle and Larne areas**.

Background to Funding

This funding will support the implementation of the PL2 Suicide strategy for Northern Ireland. ***Protect Life 2 (PL2) 2019 -2024***, <https://www.health-ni.gov.uk/protectlife2>. Including: Objective 4. To Enhance community capacity to prevent and respond to suicidal behaviour within local communities

Making Life Better – A whole system strategic framework for Public Health 2013-2023

This framework is fundamental to the health improvement work of the PHA. In particular, *theme three: Empowering Healthy Living*, where key long-term outcomes are ‘improved health and reduction in harm’; ‘improved mental health and wellbeing, and reduction in self-harm and suicide’; and ‘people are better informed about health matters’. *Theme five: Empowering Communities*- where key long-term outcomes include ‘thriving communities’, and *theme six: Developing Collaboration*, where key long-term outcomes include ‘strengthened collaboration for health and wellbeing’.

DoH Mental Health Action Plan 2020

<https://www.health-ni.gov.uk/sites/default/files/publications/health/mh-action-plan-plus-covid-response-plan.pdf>. This Action plan will provide the drive to continue to improve and develop services to better support our population. *Objective twelve: Encourage local initiatives and improve morale* – to create a system that encourages local initiatives and improves moral and helps them feel more resilient, supported, and respected.

Aims

- Encourage communities to be pro-active in promoting positive mental health and emotional well-being and tackle the contributing factors of self-harm and suicide. Capacity building, empowering resilience and providing support that promotes positive mental health and emotional well-being.

- Fund initiatives that address and reduce underlying risk factors – Example may include:

- ❑ Isolation and loneliness
- ❑ Financial Stress
- ❑ Relationships and communication issues
- ❑ Stress, anxiety and Resilience
- ❑ Bereavement support
- ❑ Inability to access services.

Who can apply?

There is a limit to what we can fund. An Expression of Interest cannot exceed £1000. We want to work with organisations within the Northern Locality (*with the exception of the Limavady legacy Council area which is in the Western area*) to improve the emotional and mental well-being of communities.

Community organisations are well placed to inform us of local needs and how they wish to be involved in improving health. **We particularly welcome Expressions of Interest from smaller organisations with low income** or that don't have access to other funding or the organisational structure to deliver larger programmes.

If you are successful we will encourage you to take part in additional training to improve the governance standards within your organisation. You may be asked to provide additional information on your organisation, for example your constitution, children protection policy etc. Your main role will be to identify ideas and express an interest, work with us to deliver your idea, get your community to participate, keep records of those that get involved and get their feedback for an end of project report.

Examples of what we will fund:

- Awareness and Coping techniques for promoting positive mental health.
- Self-care techniques / self-help life skills initiatives to reduce anxiety.
- Evaluated and evidence-based training programmes.
- Programmes that can share information or skills in line with the pathway to recovery e.g., information or skills-based workshops.
- Initiatives linked to the 'Take 5' Steps to Wellbeing. Connect, Be active, Keep learning, Give to others and Take Notice.

Initiatives that address risk factors:

- Social distancing and isolation
- Relationship / communication issues
- Bereavement support
- Unemployment
- Financial hardship
- Inability to access services
- Stress
- Gender Identity
- Sexual Orientation

All successful applicants will be offered the opportunity to take part in Community Development and emotional wellbeing training offered within the SPDO Training Schedule 2025/2026

All evaluations to be completed by Friday 27th February 2026.

What we cannot fund:

- Counselling (note: can fund CBT life-skills programmes, not CBT therapy).
- Web development/Development of new training programmes/Research.
- Capital Costs/Loan repayments/Bank Charges/Retrospective applications.
- Hands on complementary therapies and complementary therapies that are not approved by the PHA. Details can be found within the PHA quality standards for services promoting mental and emotional wellbeing and suicide prevention <https://standards.pharesourcehub.co.uk/>
- Videography (e.g., DVD's, films, etc), apps and leaflets
- General running costs not related to the specific project for which funding is sought.
- Applications from individuals/which equipment/resources/materials costs constitute more than 50% of profiled money.
- Promoting political or religious beliefs (does not preclude faith-based community groups applying for activities related to the aims of the scheme)
- Donations or entry charges (to individuals, groups, or charities) where costs are being covered by this funding.
- Affiliation or membership fees/Existing staff costs
- Gratuitous hospitality or alcoholic beverages will not be covered.
- Organisations cannot fund themselves to provide training workshops; invoices are required to be sent from external facilitators.

Forward completed applications to:

grants@nacn.org

If you need any further guidance on this, please contact your local Community Network.

| Area project will be hosted within | Community Network you submit to | Email | Address | Telephone Number |
|---|---------------------------------|--|---|------------------|
| Ballymena Ballymoney Larne Moyle | Northern Area Community Network | grants@nacn.org | 25 Mill Street, Cushendall, Ballymena, BT44 0RR | 028 2177 2100 |
| Antrim Newtownabbey Carrickfergus | Impact Network NI | laura@impactnetworkni.org | Unit 6 & 7 Arches House, 38-40 Main Street, Randalstown, BT41 3AB | 028 9447 8645 |
| Coleraine | Causeway Rural & Urban Network | derek@crun.org | 1 Brook Street, Coleraine, BT52 1PW | 028 7034 4934 |

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| Magherafelt Cookstown | Cookstown & Western Shores Area Network | denise@cwsan.org | Floor 1, 34 The Square, Stewartstown, Dungannon, Northern Ireland, BT71 5HX | 028 8773 8845 |
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*please note the Limavady area within Causeway Coast and Glens cannot access funding