



THE 1+1 PROJECT

YOU ARE NOT ALONE



Early Intervention Bilingual Mental Health Support

What is 1+1 Mental Health Project?

It is a collaborative **Stronger Together Initiative** - an early intervention bilingual Mental Health Support project being piloted in three areas across N. Ireland:

- Dungannon (Portuguese / English)
- Ballymena/Ballymoney (Polish / English)
- Belfast (Chinese / English)

Who will the project help?

Individuals in the minority ethnic community experiencing depression, including those 'self-medicating' with alcohol, prescription or recreational drugs.

How will it help participants?

- It will raise awareness in BME communities of existing services
- It will help individuals find and negotiate the existing mainstream support services most appropriate to their need and support them in their journey in using these services effectively.



- It will help service providers negotiate the cultural and linguistic needs of the individual participants
- It will help build shared knowledge and experience of improving emotional well-being and mental health within minority ethnic population
- It will help identify those individuals in need of crisis intervention who are missed because of language or cultural challenges.

What will 1+1 not do?

- Provide Mental Health Services e.g. counselling, training, direct group activities etc. These already exist. It will help increase access to them.
- Provide free interpreting to providers who have a responsibility to deliver their services to everyone regardless of linguistic capability. The Regional Interpreting Service exists. It will help support access to that service.
- Meet the entire regional demand for such support. It will help inform shared learning on how to meet that demand in the future by creating more effective and diverse pathways to existing services and more diversity in delivery of those services.

Where can the project be contacted for more information or support?

Ballymena/Ballymoney

Magdalena Wytrykusz-McKee

Ballymoney

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Ballymena

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Belfast

Tin Wai Chan

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Dungannon

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