

HEARING OUR NEEDS!

A WORKSHOP ADDRESSING THE MENTAL HEALTH AND EMOTIONAL WELLBEING NEEDS OF BLACK, ASIAN AND MINORITY ETHNIC (B.A.M.E.) COMMUNITIES IN NORTHERN IRELAND.

EVERYONE HAS MENTAL HEALTH AND NEEDS VARY FROM PERSON TO PERSON. HOWEVER, PEOPLE FROM OTHER ETHNIC AND CULTURAL BACKGROUNDS CAN EXPERIENCE MENTAL HEALTH AND AVAILABLE SERVICES DIFFERENTLY. **GETTING THESE NEEDS AND SERVICES RIGHT CAN GREATLY HELP!**

THIS 3 HOUR **INTERACTIVE WORKSHOP** GIVES PARTICIPANTS OF ALL BACKGROUNDS THE OPPORTUNITY TO DISCUSS THEIR SPECIFIC MENTAL HEALTH AND EMOTIONAL WELLBEING NEEDS, AS WELL AS TO EXPLORE THE RESOURCES CURRENTLY AVAILABLE TO THEM.

SERVICE USERS AND **SERVICE PROVIDERS** ARE VERY WELCOME. THIS WORKSHOP IS IDEAL FOR **LOCAL AUTHORITIES, COUNSELLORS, GP SURGERIES, COMMUNITY WORKERS, INTERPRETERS, AND MORE!**

REFRESHMENTS WILL BE PROVIDED.

FOR MORE INFORMATION, PLEASE CONTACT
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CONFEDERATION OF
COMMUNITY GROUPS



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