

HOLDING ON TO HOPE IN A CHANGING WORLD

WORLD MENTAL HEALTH & SUICIDE AWARENESS CAMPAIGN

Inspire Workplaces Calendar, September 2021

'Holding On To Hope in a Changing World' is a five week campaign linking World Suicide Prevention Day on 10th September to World Mental Health Day on 10th October.

We've all lived through a year like no other and the Covid-19 pandemic has affected each of us differently.

There may have been some good days and some bad days. We know that unfortunately a lot of things, some completely out of our control, can impact our mental and emotional wellbeing. We have had to adapt, and this has been easier for some people than others.

Having a sense of hope helps us to reach our goals in life. Research shows that having hope is a powerful way of supporting mental and emotional wellbeing.

It shows that people who are more hopeful:

- Are more likely to achieve their goals
- Do better academically
- Make healthier lifestyle choices
- Cope with and recover from illness much better
- Experience satisfaction in life
- Have a stronger sense of meaning and purpose

Recognising that we all need to have hope for the future, **the five Health and Social Care Trusts in Northern Ireland have joined forces with the Public Health Agency (PHA) and the Northern Ireland Ambulance Service (NIAS) to encourage everyone to hold on to hope**, to nurture our mental and emotional wellbeing and to raise awareness of the services that are available to help when times are tough.

Learn more about the campaign here:
<https://www.mindingyourhead.info/>

Accessible via the link above, the **campaign pack**

contains lots of information, hints and tips and links to organisations and services that can support you.

You can also access a '**Hope Quiz**' to help you reflect on how hopeful you are today.

Your score will direct you to a number of resources, including:

- Take 5 Steps to Wellbeing
- Self-Care tips
- Helplines information
- Self-help resources
- Training on mental health
- Information on: gratitude, mindfulness and challenging negative thoughts
- Downloadable promotional materials

Follow the campaign on social media:

FB: Facebook/publichealthagency

Twitter: @publichealthNI

Instagram: publichealthNI

And on Inspire's facebook/twitter:

@InspireWBGroup / @InspireWBProf

#HOLDINGONTOHOPE21

Remember, if you are in emotional distress or despair, call Lifeline on 0808 808 8000 (NI).

For a range of online support tools, information and resources tailored to support you wellbeing, visit the Inspire Support Hub: www.inspiresupporthub.org