

Hope, Heal & Help Groups

Support groups at Lighthouse provide a safe, professionally facilitated environment, where you can meet others who have been bereaved by suicide, hear their stories and share your experience. Your recovery from the loss of your loved one may well be a long and painful journey, but at Lighthouse you do not have to travel alone.

Youth Service

Providing positive mental programmes to young people in schools; youth centres and community groups through group work and adventure learning.

Complementary Therapy

Complementary therapies provide a safe place and holistic approach to enable users to let go of physical aches and pains, promote relaxation and also a space to clear and relax the mind.

Art Therapy

Self-expression, reflection and non-verbal communication can be a great tool to help a client as they begin their journey of improved self awareness through the work of art.

Befriending

Offers befriending support to individuals and families.

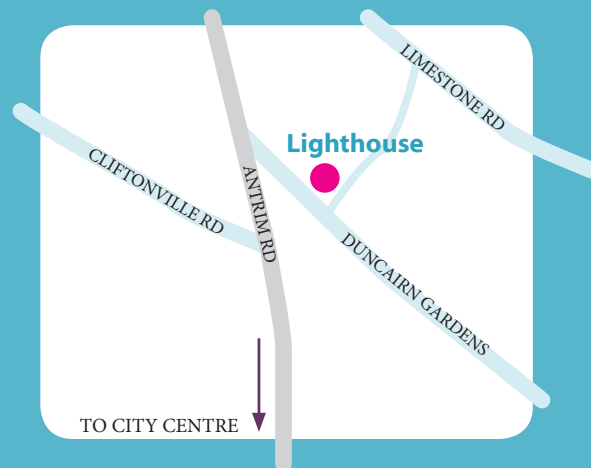
Advocate

Lighthouse can be a supportive voice in a time of need

Signposting

If we cannot do it, we will find another organisation that can.

Where can I find Lighthouse?



187 Duncairn Gardens,
Belfast, BT15 2GF
Tel: 028 9075 5070

www.lighthouseireland.org
info@lighthouseireland.org



Advice & support for those affected by suicide & self-harm.

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Who and what is Lighthouse?

Lighthouse is an organisation committed to the prevention of suicide and self-harm; the promotion of positive mental health and the provision of support services to families who have been bereaved by suicide.

It was initially established in 2003 as a community response to a community problem – the exceptionally high incidence of suicide in North Belfast. It provides a ‘beacon of hope’ to individuals, families and communities as well as providing preventative and support services and aims to:

Save lives, offer advice and support those affected by suicide and self-harm.

Lighthouse also works to remove the stigma associated with suicide and mental health issues through education and awareness activities which promote ‘positive mental health.’



VISION

A beacon of hope, saving lives and creating a brighter future.

MISSION STATEMENT

Lighthouse is a community based organisation that promotes and supports positive mental health for those affected by suicide and self-harm.

STRATEGIC AIMS

1. To provide accessible support services to people who are directly affected by suicide and self harm.
2. To deliver educational and awareness raising activities to promote positive mental health, preventing suicide and self harm.
3. To develop collaborative working relationships and partnerships with other organisations and agencies concerned with suicide and self harm.

What services are available through Lighthouse?

Crisis Interventions

Sometimes in life we face challenges which can be overwhelming, leaving us feeling alone, depressed, hopeless, anxious or suicidal. Our crisis intervention service gives you the opportunity to speak with someone to help give you a different perspective and talk about how you feel in a safe non-judgmental environment. It is a route to access other services, both within and outside of Lighthouse, to help restore your mental health and wellbeing.

Counselling

Lighthouse continue to offer counselling to enable clients to benefit from a therapeutic process where they can work through issues impacting on their mental wellbeing, in a safe, non-judgemental environment, where clients can acknowledge and explore their thoughts and feelings

Family Support Services

Offering one to one practical and emotional support, in the aftermath of a death by suicide. Our family support worker can provide a listening ear and sensitive support to families and friends going through a very painful and distressing experience.