

For more information on the Siaradwn Ni project and what is happening in your area contact:

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[www.siaradwnni.org.uk](http://www.siaradwnni.org.uk)

For confidential, non-judgemental emotional support, 24 hours a day, telephone the **Samaritans** on **08457 90 90 90**



## Siaradwn Ni Project “Let's Talk..... about mental health”

Helping to reduce suicide and mental health stigma across Bridgend and Neath Port Talbot

## The challenge

There has been a particularly high level of suicide within the Bridgend and Neath Port Talbot communities. This calls for a co-ordinated response from all sections of these communities. The establishment of the Big Lottery Fund's Mental Health Matters grant prompted a group of statutory and non-statutory partners across Bridgend and Neath Port Talbot to develop the Siaradwn Ni project "Let's Talk".

## The aims

The project aims to:

- ❖ Reduce the stigma attached to mental health issues by promoting a more positive image within the community. This will lower barriers to accessing support and will promote inclusion.
- ❖ Positively improve public awareness in relation to mental health.
- ❖ Build a legacy of knowledge regarding mental health and suicide prevention across the Boroughs of Bridgend and Neath Port Talbot. This will encourage earlier recognition, response and recovery.

## The method

Siaradwn Ni is a 5 year project running from 2009–2014. The partner organisations making up Siaradwn Ni offer opportunities for people to be included and to participate in a range of activities. This includes learning opportunities which can then be shared with others. The project also offers mentoring and counselling services, on an outreach basis, together with a network of early support.

## Siaradwn Ni project partners

Please note that the work of all partnership organisations is **only** open to people living and/or working in the boroughs of Bridgend or Neath Port Talbot.

- **ASIST Training** (Applied Suicide Intervention Skills Training). Mind Cymru are delivering this essential "Suicide First Aid" training (12 hour course) to people across Bridgend and Neath Port Talbot. The Siaradwn Ni project has funded 16 ASIST courses per year over the duration of the project.  
To book in Bridgend tel. 01656 810400 or email: [clairefooster@bavo.org.uk](mailto:clairefooster@bavo.org.uk)  
Or in Neath Port Talbot tel. 01639 631246 or email: [DavidS@nptcvs.org.uk](mailto:DavidS@nptcvs.org.uk)
- **Counselling**  
Bethlehem Church Life Centre offers a counselling service to individuals.  
For enquiries tel. 01656 745655 or email: [admin@bclc-cefn.com](mailto:admin@bclc-cefn.com)
- **Bereavement Support**  
Cruse Bereavement offers support to those bereaved by suicide.  
For enquiries tel. 01792 462845 or email: [morgannwg@cruse.org.uk](mailto:morgannwg@cruse.org.uk)

- **Youth Works**

Aged 16-25 and affected by mental health distress, self esteem or confidence issues? Youth Works offers a programme of activities designed to build confidence and self esteem and to increase support.

For more information tel. 01656 727800 or email: [regdenley@groundworkbnpt.com](mailto:regdenley@groundworkbnpt.com)

- **Yellow Wales** (Youth Enterprise, Lifelong Learning and Opportunities to Work)

Yellow Wales aims to prevent homelessness, supporting people to develop self esteem, good health and wellbeing. Participation and engagement opportunities, OCN courses in Listening Skills. "Circles of support" are provided.

For more information contact Tracey Miles, Training Officer. Tel. 07786 143482

- **The Bridge Mentoring Plus Scheme**

This Scheme offers OCN accredited training opportunities in Peer Mentoring, Emotional Literacy and Emotional Intelligence.

These programmes are for people of any age. For more information telephone 01656 647891 or email [angela@thebridgeemps.org.uk](mailto:angela@thebridgeemps.org.uk)

- **Mental Health Matters Wales**

Promotes the mental and emotional health and well-being of the public by providing information, advocacy, training and support. Working with partner organisations Mental Health Matters Wales will organise an annual conference on current mental health issues and showcase the work of Siaradwn Ni.

For further information tel. 01656 747045 or email: [june.vandamme@mhmwales.org](mailto:june.vandamme@mhmwales.org).