



#YouMatter

The **#youmatter** project supports individuals presenting with mental ill health. We will also offer support to families, carers and support networks to help build on resilience and increase positive healthy coping mechanisms whilst raising awareness of anxiety, depression and general wellbeing. The project will provide ease of access to information, counselling support, group work and family support in the Northern Health and Social Care Trust.

Who are we?

Turning Point NI is a crisis intervention and mental health hub for those experiencing any form of mental health crisis. Turning Point NI is an organisation that was set up in 2015 within the Northern Health and Social Care Trust with its primary purpose to reduce the intensity of suicide and self harming behaviours within the area, promoting positive mental well being, resilience, and support to families.

Services we offer

- Crisis intervention
- Counselling
- Family Support
- Young people counselling 11 +

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