

## **Address**

171 Sunbeam Terrace,

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**contact us**

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**Email:**

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[www.cunamh.org](http://www.cunamh.org)

# **ACCESS TO SUPPORT**

**SELF WHSCT HSE VSSNI**

**Referral to Cunamh**

**Assessment**

**Counselling, CBT, CBT-E**

**Complementary Therapies**

**Health & Wellbeing Caseworker,**

**Welfare and Benefits Advice**

**If client is suicidal emergency services need to be contacted.**

GP Out of hours- 028 71865195

Altnagelvin Hospital- 028 71345171

Lifelines 0808 808 8000

Samaritans 02871 265511

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**Cúnamh aspires to a community and society whose physical and mental health and general well-being thrives through access to personal and community development opportunities.**







##### **OUR SERVICES**

**Health & Wellbeing Caseworker**

Our Health & Wellbeing Caseworker is here to discuss your needs with you and to help you to access services and support those needs. These can range from befriending to welfare advice, education and training support, disability aids and psychological therapies. We can also help you engage with community and voluntary services in your area, and with statutory services too.

**Welfare & Benefits Advice**

Dove House Community Trust provide a weekly Welfare & Benefits Advice Clinic at Cúnamh.

This includes advice and guidance for ESA,DLA/PIP, JSA, Income Support, Carers Allowance, Social Fund and Universal Credit.

**Troubles Permanent Disablement Payment Scheme**

Cúnamh work in partnership with Relatives For Justice and The Ashton Community Trust for assistance with applications to the TPDPS.

**Advocacy**

Cúnamh clients can be referred to the Pat Finucane Centre for advice and assistance with Legacy related cases.

*All Cúnamh practitioners adhere to professional standards. Minimum requirements include:*

* *Diploma level counselling and CBT*
* *Access NI Checked*
* *Ongoing professional Development*
* *Membership of IACP/BACP/BABCP or equivalent*
* *Accreditation or working towards Accreditation*

##### **OUR SERVICES**

**Counselling**

Counselling is a talking therapy which supports clients to explore their emotions and feelings the person may see their situation more clearly and make positive decisions about it. The role of the counsellor is to empower the client by working in ways that respect their values, resources and choices. Counselling involves an agreed contract with clear boundaries.

**Cognitive Behavioural Therapy (CBT)**

CBT is a type of therapy which uses psychoeducation to help us understand how we think and how this in turn produces behaviour which can be unhelpful and counterproductive. CBT can help us to change our negative thinking patterns and reinforce a more positive and healthy lifestyle. The belief underpinning CBT is that behind every feeling lies a thought which causes the feeling.

**Eating Disorder Project (CBT-E)**

Cúnamh offer a CBT-E and counselling service for those with Anorexia, Bulimia, Binge Eating Disorder and EDNOS. We also provide support and guidance for families and/or carers of those with Eating Disorders.

**Complementary Therapy Service**

Cúnamh offer Reflexology, Massage, Reiki and Indian Head Massage treatments to all of our clients who are living with chronic pain and associated stress.

**PROJECT ORIGIN**

Cúnamh was established in 1997 as a community lead mental health & well being project. The organisation emerged from the opportinity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new enviroment and space in which, for the first time individuals could commence a process of reflection, exploration and community growth.

**Vision Statement**

Cúnamh aspires to a community and society whose physical and mental health and well-being thrives through access to personal and community development opportuities.

**Values**

Cúnamh firmly believes that the process of recovering from negative emotional and psychological impacts must initially take place within a safe and empathetic environment.

Cúnamh also believes that individuals and communities are entitled to support structures which respect and understand their experiences.

As well as dealing with the legacy of the conflict,

Cúnamh believes in responding to need as it develops over time. Cúnamh history and identity is the strong base from which we open out to the evolving/ changing society we live.

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