

There are currently 167 Barbers and Hairdressers within the District – equating to one business for approximately every 693 residents.

You spend up to 2,000 hours every year communicating with your customers. Genuine relationships and friendships are developed as you share in all aspects of their lives – births, deaths, marriages, job opportunities, etc.

You, as part of your daily routine, could be in a position to spot early warning signs (or trigger points) of mental illness or mental health problems. These warning signs could include:

- Death of a family member or close friend.
- Relationship problems (i.e. conflict, separation, divorce, etc).
- Sudden change in circumstances (i.e. job loss, etc).
- High levels of stress.
- Experiences of discrimination.
- Social isolation or loneliness.
- Alcohol, or drug, misuse.
- Physical causes (i.e. a head injury or a neurological condition such as epilepsy which have a severe impact on behaviours and moods).

Useful Contacts:

GP Out of Hours Services

028 7186 5195

Samaritans

116 123 (Freephone)

Lifeline

0808 808 8000

(Textphone: 18001 0808 808 8000)

Emergency Services

999 or 112

Western Health and Social Care Trust Health Improvement Department

028 7186 5127

Fermanagh and Omagh District Council's Mental Health Champions

Councillor R Farrell: 078 7242 4248

Councillor A M Fitzgerald: 077 4264 8521

Councillor J Coyle: 077 3177 9330

Creating a Safe Space



Attention all Barbers and Hairdressers:

Turn your premises into a
'Safe Space'.



Creating a Safe Space Project

Fermanagh and Omagh District Council, along with its three Mental Health Champions, is delighted to introduce the project which consists of:

1. Awareness Raising (with local businesses).
2. Organising Training (for local businesses).

Turn your premises into a 'Safe Space'

Fermanagh and Omagh District Council is encouraging all Barbers and Hairdressers to take part in the 'Creating a Safe Space' project.

Please note your role will solely be to signpost individuals to relevant support organisations.

You will have no responsibility for counselling, or investigation, of any kind.

Please note, there is **no cost** for taking part in the initiative.

Further Information

For more information, please contact:

Finbar Maguire
Policy Officer

T: 0300 303 1777 ext. 21178

E: finbar.maguire@fermanaghomagh.com



Your Role

By taking part in this initiative, you will receive:

1. **Information and contact cards for organisations that provide support for individuals.** (The Council would ask you to display this information in a suitable place within your premises i.e. waiting areas, reception areas or other easy to access areas).
2. **An opportunity to take part in free WHSCT training entitled 'An introduction into Suicide Awareness and the Connect-4Ways Helping Model'.**

Launch Event

You are invited to attend the official launch on **World Mental Health Day** (Wednesday, **10 October 2018**) in the Townhall, Enniskillen at **2.00pm**.

The event will consist of a short introduction by the Chairperson of Fermanagh and Omagh District Council. Also attending will be the Council's Mental Health Champions as well as a representative from the WHSCT's Health Improvement Department.

The WHSCT representative will take the opportunity to deliver the inaugural training session for all in attendance.

The media will also be invited to the launch event to take photos, which will accompany the resulting press releases.

Businesses who indicate that they wish to take part will also be referenced within the Council's press release statement.

Registering Your Interest

You can register your interest in one of two ways:

1. Contacting Finbar Maguire (via the contact details outlined before).
2. Completing the attached reply slip and returning it via email or post (as indicated on the form).