Theory of Change

THE PROBLEM

- High rates of mental health issues in Northern Ireland.
- Difficulty in accessing timely and appropriate support.
- Overburdened statutory services.
- Lack of awareness of available community & voluntary sector services.
- Barriers to help seeking including stigma.

INPUTS (WHAT WE DO)

- Develop and maintain a NI-wide digital directory of services that benefit health & wellbeing.
- Provide information, self-help tools and resources to improve wellbeing.
- Collaboration with C&V sector, professionals & those with lived experience.
- Raise awareness of common wellbeing concerns & interventions

Assumptions:

- Service users find, trust and engage with an online resource to find help.
- Professionals will use an online platform within their roles to signpost clients.
- The C&V sector and professionals will engage, contribute and support the platform.
- C&V sector services and resources remain adequately funded and available.

SHORT TERM OUTPUTS:

- Increased awareness & access to information & available services/activities.
- Improved confidence in seeking help and managing wellbeing (self & others).
- Greater autonomy & empowerment.
- Strengthened community connections.
- Reduced reliance on statutory services.
- Stakeholders actively participate in and support the collaborative initiative.

MEDIUM-TERM OUTCOME:

- More individuals access mental health & wellbeing support earlier.
- Reduced waiting list pressures and prevention of deterioration of wellbeing.
- Enhanced participation in wellbeing initiatives, lifestyle changes & self-help.
- Stronger communities & social support.
- Suicide prevention

LONG-TERM IMPACT:

- Reliable, trusted & adaptable digital platform that evolves with need.
- Greater integration of lived experience.
- More sustainable health services.
- A national shift towards prevention.
- Reduced health inequalities.
- Better mental health outcomes.
- Healthier, stronger communities.

Find Help NI
Find the right help at the right time