

West Wellbeing Suicide Prevention

Annual Report

Year Ending 31 December 2025

1. Aims

West Wellbeing Suicide Prevention exists to protect life, reduce suicide risk, and improve mental health and wellbeing within our community.

Our core aims are to:

- Provide accessible, compassionate, and professional mental health support.
- Reduce stigma around suicide, addiction, and emotional distress.
- Ensure early intervention for individuals and families in crisis.
- Create safe spaces where people feel heard, valued, and supported.
- Strengthen community resilience across West Belfast and surrounding areas.

2. Objectives

To achieve our aims, we worked towards the following objectives during 2025:

- Deliver timely one-to-one counselling for adults, children, and young people.
- Provide specialist addiction support through structured group programmes.
- Offer crisis intervention and early prevention services.
- Promote inclusion and engagement of men, who remain underrepresented in mental health services.
- Strengthen community partnerships to ensure holistic support for those experiencing hardship.
- Raise awareness and vital funds through community-led events.

3. Review of Activities and Achievements

Delivering Direct Support

In 2025, West Wellbeing delivered **over 6,500 hours of help and support** to vulnerable individuals across our community.

This included:

- **5,500+ one-to-one counselling sessions** supporting individuals experiencing crisis, trauma, bereavement, addiction, anxiety, depression, and suicidal thoughts.
- **1,200+ sessions delivered to children and young people**, providing early intervention, emotional regulation support, and therapeutic care.
- **66 structured group sessions for individuals in addiction**, creating a safe, non-judgemental environment for recovery, peer support, and resilience-building.

These services ensured that those most at risk were not facing their challenges alone.

Supporting Children and Young People

Early intervention remained a priority throughout 2025. The 1,200+ sessions delivered to children and young people helped:

- Improve emotional literacy and coping skills.
- Address trauma and adverse childhood experiences.
- Strengthen family relationships.
- Prevent escalation into crisis.

By investing in young people, we continue to build stronger, healthier futures within our community.

Addiction Support

Our addiction support groups provided structured weekly support for individuals facing substance misuse challenges.

Through 66 dedicated sessions, participants benefited from:

- Peer connection and shared lived experience.
- Professional facilitation in a safe environment.

- Practical coping strategies.
- Reduced isolation and stigma.

Engaging Men in Mental Health Support

In 2025, **47% of our service users were male**, reflecting our ongoing commitment to breaking stigma and encouraging men to seek support.

This remains a significant achievement in suicide prevention work, where men are statistically at higher risk yet often less likely to engage in services.

Out of the Darkness – A Walk of Hope



In April 2025, our annual **Out of the Darkness – A Walk of Hope** brought together **450+ participants** in a powerful display of community solidarity.

The event:

- Raised **£30,000** to support life-saving services.
- Enabled continued delivery of counselling and crisis support.

- Strengthened awareness around suicide prevention.

Importantly, **£5,000** from funds raised was donated to Foodstock to provide essential vouchers for individuals and families experiencing financial hardship.

This partnership ensured that practical support accompanied emotional support, recognising that financial stress is often linked to mental health challenges.

Community Impact

The impact of our work in 2025 can be seen not only in numbers, but in lives stabilised, crises prevented, and hope restored.

Our services have:

- Reduced isolation and loneliness.
 - Improved coping strategies and emotional resilience.
 - Increased access to early intervention support.
 - Helped individuals move from crisis toward recovery.
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Looking Forward

As we move into 2026, West Wellbeing remains committed to:

- Expanding access to counselling services.
- Strengthening addiction recovery pathways.
- Enhancing youth mental health provision.
- Growing community-led fundraising and awareness initiatives.

None of this would be possible without the dedication of our staff, volunteers, partners, funders, and the community we serve.