

Calendar of Events

World Suicide Prevention & World Mental Health Day 2024

Date & Time	Name of Event	Activity	Venue	Target Group	Organisation Contact
Saturday 7th September 2024 7am	Cuilcagh Dawn Trek	Join the Aisling Centre on their Dawn trek up Cuilcagh Mountain	Cuilcagh Car Park	Open to All	Aisling Centre admin@aislingcentre.com 028 66 325 811
World Suicide Prevention Day Tuesday 10th September 2024 9.15am-4.30pm	'Recovery in Motion' Conference	ARC Fitness presents 'Recover Together' conference in the Millenium Forum with a variety of keynote speakers.	Millenium Forum, Derry-Londonderry	Open to All	Gary Rutherford ARC Fitness (Facebook)
World Suicide Prevention Day Tuesday 10th September 2024 6.30pm	Your Voice Matters!	Limavady Initiative for the Prevention of Suicide (LIPS) invite you for an open discussion addressing the issue of suicide and mental health challenges in rural communities	Roe Valley Arts & Cultural Centre, Limavady	Open to All	Info@limavadylips.co.uk 07399023003

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Wednesday 11th September 2024 10.30am	Walk and Talk	Join the WHSCT & Causeway Coast & Glens Council for a public Walk & Talk in support of World Mental Health & Suicide Prevention Day's.	Roe Valley Leisure Centre, Limavady	Open to All	Health Improvement, Equality and Involvement Department 028 71 865 127
Wednesday 18th September 2024 10.30am-12.30pm	Mindfulness Walk	Join the WHSCT & Fermanagh Omagh Council for a mindfulness 'Walk & Talk' in support of World Mental Health & Suicide Prevention Day's.	West End Community Centre, Enniskillen	Open to All	Fermanagh & Omagh Council Daniel.mcintyre@fermanaghomagh.com
Tuesday 24th September 2024 9.30am-12.30pm	Women's Health Fayre	A health fayre to celebrate women's health week and in support of World Mental Health Day	Alley Theatre, Strabane	DCSDC staff only	Derry City & Strabane District Council

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Wednesday 25 th September 2024 2pm-5pm	Mobilising Communities	Join The Healing Together Team (Bryson Group) to a workshop with Dr Koh (University of Melbourne) on mobilising communities to support families to support their children through healing of collective trauma	The Workhouse 2 Erne Road, Enniskillen BT74 6NN	Those working in children and family support and schools	Rebekah Robinson rebekah.robinson@brysonpathways.org
Wednesday 25 th September 2024 5pm-8pm	The Freedom Project	Come along to gain insights into the project's vision & goals. Connect with community leaders, mental health professionals and advocates.	The Playhouse, Derry/Londonderry	Open to All	Extern info@extern.org 02871262300
Thursday 26 th September 2024 9.30am- 12.30pm	Women's Health Fayre	A health fayre to celebrate women's health week and in support of World Mental Health Day	Guildhall, Derry- Londonderry	DCSDC staff only	Derry City & Strabane District Council

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Wednesday 2nd October 2024 10.30am- 12.30pm	Mindfulness Walk	Join the WHSCT & Fermanagh Omagh Council for a mindfulness 'Walk & Talk' in support of World Mental Health & Suicide Prevention Day's.	Hospital Road Community Centre, Omagh	Open to All	Fermanagh & Omagh Council Daniel.mcintyre@fermanaghomagh.com
Monday 7th October- Sunday 13th October	Action Mental Health 'Art Trail'	In collaboration with local Businesses, C&V Organisations and art venues to create an art trail with a key message on taking action on mental health, to reduce stigma and promote services available	Derry/ L'Derry Cathedral Quarter and surrounding area of City Centre	Open to All	Carol-Anne O'Kane cokane@amh.org.uk
Wednesday 9th October 2024 7pm-9pm	Mental Health Awareness Evening	Meet professionals and services within the area to discuss all things mental health. 'It's ok not to be ok'	Valley Hotel, Fivemiletown (Ballroom)	Open to All	Youth Action

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World Mental Health Day Thursday 10th October 2024 1.30pm-5pm	'Better Sleep and You'	To celebrate World Mental Health Day, the launch of the sleep strategy will be hosted in Foyle Arena by Dr David Lee Sleep Unlimited R.E.S.T Programme	Foyle Arena	For Service Users	WHSCT Ian Vaughan or Teresa Sweidan ian.vaughan@westerntrust.hscni.net/ Teresa.sweidan@westerntrust.hscni.net
Tuesday 15th October 2024 5pm	Papyrus HOPEWALK	HOPEWALK is PAPYRUS's flagship event which takes place each October across the UK. Gather friends and family together – or take on a solo walk – to raise awareness for PAPYRUS and suicide prevention, or to walk for someone you've lost.	Sainsbury's 150 Strand Rd, BT48 7TL	Open to All	Register via Papyrus website