



Irish  
in Britain

# Mental Health & Wellbeing

for the Irish community

A Charter for Change



Government of Ireland  
Emigrant Support Programme

An Roinn Gnóthaí Eachtracha agus Trádála  
Department of Foreign Affairs and Trade

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

**Irish  
in Britain**

## Mental Health & Wellbeing Charter

One in four people experience mental health issues each year. For the Irish community in Britain, the prevalence of mental illness is significantly higher than our host community.

As the national membership coalition, Irish in Britain is proud to lead an integrated response for positive community mental health and wellbeing. We believe that complex problems are best addressed by harnessing the experience, expertise and resources within our networks.

Through our Mental Health and Wellbeing Charter, we aim to facilitate collaboration across the sector to lead to better understanding and more effective responses for our community.

## Charter Mission

To build an Irish community alliance of partners to promote positive mental health and wellbeing for staff, volunteers and the communities they serve.



"Irish in Britain is proud to champion the conversation around mental health in the Irish community. By promoting a positive and listening culture we can harness the best characteristics of our community; kinship, relatedness and care, fostering an empowered and resilient diaspora."

**BRIAN DALTON**  
CEO Irish in Britain



"Mental Health issues have rightly received increasing attention in recent years, including recognition that they affect far more people than previously thought. Such issues affect all parts of our society and people in all walks of life. I want to congratulate Irish in Britain for highlighting these issues in the Irish community."

**ADRIAN O'NELL**  
Irish Ambassador

## REPRESENTATION

- Representation for the Irish community through our policy and public affairs portfolio
- Contributions to national mental health consultations
- Advocacy for culturally sensitive mental health service design and delivery



## TRAINING

- Provision of training to promote greater awareness and understanding of mental health and suicide prevention
- Development of a network of mental health and suicide First Aiders and Champions within our membership, stakeholders and private sector partners

## BEST PRACTICE

- Share examples of best practice, research and evidence
- Annual consultation with our membership to inform policy and representation
- Regular networking events of members and partners for support and learning

# The Charter In Action

## RESOURCES

- Provision of accessible information and bespoke resource material
- Dissemination of relevant sources of advice and referral information to improve wider diaspora health and resilience



## COMMUNITY ALLIANCE

- Develop cross-cultural alliances in recognition of BAME and diaspora mental health needs
- Promote partnerships and joint working among our membership
- Build a statutory and third sector alliance through brokered services, training and consultancy



# Our Vision

A confident, healthy and empowered  
Irish community, where:

All those working in or using our membership organisations who maybe experiencing mental health difficulties have a voice and are empowered to access the support they need.

Our members have the knowledge, skills and networks to provide effective support to anyone who is experiencing mental health challenges.

Improving the mental health and wellbeing of the Irish community in Britain is a strategic priority within our ongoing policy and campaign work.

Suicide awareness and prevention are actively promoted. The stigma associated with mental ill health and suicide is eliminated and barriers to positive mental health practice are actively challenged.

“Nine out of ten people who experience mental health problems say they face **stigma and discrimination**”

[timetochange.org](http://timetochange.org)



'In these uncertain times, Mental health First Aid skills are ever more relevant to supporting our colleagues and community to stay well. The online Mental Health First Aid course develops participants' confidence and ability to recognise the early signs and symptoms of common mental health problems and apply mental health first aid. Participants also learn about how to look after their own mental health.'

**MARIE DILLON**  
Mental Health First Aid Trainer



'The positive mental health and wellbeing of the Irish community in Britain is an integral part of the work that we do to keep our community healthy, connected and supported. We recognise that many people may be dealing with mental ill health, particularly given the challenges we have all faced due to Covid-19. Through the commitments of this charter, Irish in Britain aim to coordinate a community response that builds skills, knowledge and advocacy for improved health, mental health and wellbeing.'

**ELLEN GAVIN**  
Health and Wellbeing  
Development Officer

# Show Your Support

We are asking you to promote the Charter in your organisation and commit to our mission to improve the mental health and wellbeing of the Irish community in Britain.

For further information please get in touch at:  
[health@irishinbritain.org](mailto:health@irishinbritain.org) or call **07795 677 475**



“The training day was customised to our starting point and was so effective in starting conversations we simply would never have had otherwise.”

**JOHN DELAHUNTY**  
CEO  
Innisfree Housing  
Association

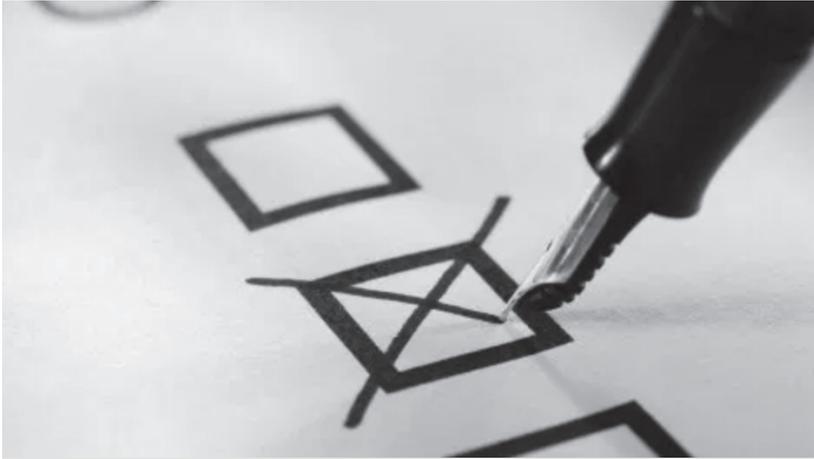
## Member & Corporate Supporters

- Demonstrate positive action for better mental health awareness by championing the charter in your organisation
- Participate in consultations and research on the Irish community in Britain
- Become an official corporate sponsor
- Commission workplace training

“Stigma is a real barrier that can prevent people from seeking help and support, and so we are delighted to be supporting Irish in Britain and Tir Chonaill Gaels GAA club with Mental Health First Aid England training.”

**FIONUALA BONAR**  
COO  
Mental Health First Aid England





“**Depression** is one of the leading causes of disability worldwide and a major contributor to suicide and coronary heart disease”

[mhfaengland.org](http://mhfaengland.org)

## Policy & Advocacy

- Identify and support your local Irish community services and organisations
- Champion positive mental health initiatives within local and national health commissioning
- Articulate the diversity of needs within diaspora communities through representation and advocacy

“To make real change will take a radical approach, focused on preventing ill health, and with individuals, communities, public services, businesses and others rallying to this cause.”

CLLR PATRICIA CALLAGHAN  
London Borough of Camden

“We’re delighted to pilot the Irish in Britain charter as health and wellbeing is a priority for us. We do our best to ensure the highest standards of welfare for our players.”

TOM MOHAN  
Chairman  
Tir Chonaill Gaels

## Community Networks

- Implement the Mental Health and Wellbeing Charter in your organisation
- Engage in Irish in Britain’s social media campaigns
- Download resource packs and materials

