

# Wicklow Mental Health Association

Affiliate Member

Of



## Strategic Plan

January 2017 to December 2020

**Welcome to the Strategic Plan for Wicklow Mental Health Association for the three-year period from January 2017 to December 2020.**

**Our fundamental aim is to support those in our community who are actively managing a mental illness, their families and friends and the provision of high quality mental health promotion for the local population.**

**Since its inception in 2000 Wicklow Mental Health Association (WMHA) a volunteer organisation affiliated to Mental Health Ireland (MHI) has worked with health professionals and community organisations to deliver the following health promotion initiatives:**

1. Monthly mental health promotion talks for the public.
2. Peer led social clubs, "**Companions**" and "**Well Ahead**" to help those actively managing a mental illness on the road to recovery.
3. Suicide prevention courses, **safeTALK** and **ASIST** in partnership with the **HSE**.
4. **WRAP training courses in partnership with the HSE/Wicklow Mental Health Service.**
5. "**Woodlands For Health**" programme a unique recovery programme utilising **Coillte** woodlands. The programme, a partnership with **Coillte, MHI, HSE/Wicklow Mental Health Service, Wicklow Sports Partnership** and **UCD**. **Both UCD and the HSE** have produced an evidence based report, proving the programme to be successful, one of the positive developments was the formation of the "**Well Ahead**" social club, a member led organisation supported by the association now based in the **HSE Wicklow Primary Care Unit**.

**In our strategic plan for the next 3 years**

**We will continue to support those in our community who are actively managing a mental illness, their families and friends and the provision of high quality mental health promotion for the local population.**

**To achieve this we will:**

1. Continue to support all current activities outlined above.
2. Actively campaign to ensure that mental health issues are dealt with openly and frankly.
3. Strive to see a reduction in discrimination and stigma associated with mental illness within our community, at all levels.

**In achieving these objectives we will continue to seek the assistance of our committed volunteers who assist in a wide diversity of work which includes fundraising and will endeavour to improve their capabilities through training to enhance the range of supports and services we provide in our community.**

**None of this could be achieved, of course, without the active support of a wide range of partner organisations and individuals who work with us, our team of volunteers and support from Mental Health Ireland.**

**Charlie Burke  
Chairperson**