



The Mental Health
& Wellbeing Network

Membership Manual 2025/2026



Welcome to

The Mental Health & Wellbeing Network - Belfast



Belfast Leader
Geraldine McGrath

Join the Mental Health & Wellbeing Network, Belfast's leading community for professionals driving change in mental health. Founded by Dawn Evans, the creator of Wales' largest mental health event, The Mental Health & Wellbeing Awards and the Mental Health & Wellbeing Quality Mark, this network brings together those at the forefront of championing mental health services throughout the UK.

Hosted by **Geraldine McGrath**, our Belfast Hub will connect with like-minded professionals who understand your mission, your challenges and your passion. This is your space to share ideas, find support and grow your impact.

Let's work together to change how Belfast thinks, talks and acts around wellbeing, because when we lift each other up we all thrive.



029 20576883

memberships@ajuda.org.uk

A New Network Prioritising Mental Health

Overview

This is a space to connect, learn and collaborate with others who understand the importance of mental health in every workplace and community. Whether you're an employer, advocate or business leader, you'll find a supportive network that shares your passion and drive for change.

The Mental Health & Wellbeing Network will bring together those who care about mental health and wellbeing. We will share, collaborate, grow and drive positive change. We will promote mental health and wellbeing and connect with other changemakers in the industry.

Getting Started Checklist



Add Dates to Your Calendar

- Connect and grow with like-minded professionals.
- Join us in person and online to build your network.



Join the Member Community Group

- A space to connect and collaborate with other members.
- www.facebook.com/groups/264618644912558



Connect, Collaborate and Uplift Mental Health and Wellbeing

- Together, we're stronger and better equipped to make a difference.
- Creating a network for best practice, insights and meaningful conversations.



Access recordings, resources and exclusive offers

- Unlock valuable tools and exclusive content for members.
- Your one-stop hub for insights, support and savings. www.mhwhub.co.uk



Introduce yourself in the community

- Make your mark and start building valuable connections.
- Tell us who you want to meet, and let's make it happen.

Attend your first event on Friday 21st November 2025. The best way to experience the value of the network is to be there in person and make those connections.



Our Member Benefits Overview

Our Member Benefits are designed to help you feel supported, inspired and connected.

- 1** Monthly Networking
- 2** 6 In-Person Events per Year
- 3** 6 Online Events per Year
- 4** Speaking Opportunities
- 5** VIP Tickets to the Mental Health & Wellbeing Show
- 6** VIP Mailing List
- 7** Listing in the MHW Directory
- 8** Promotion on our Facebook page
- 9** Introductions to your target market
- 10** Access to collaboration opportunities with other members



Networking That Puts Mental Health First

Imagine joining an event where mental health is at the heart of every conversation and every connection.

You'll start with 30 minutes of open networking to ease in, meet new people and start building relationships in a welcoming space.

Next, we'll move into 30 minutes of structured table introductions where everyone has a chance to share who they are and what they do, creating a genuine space for voices to be heard.

We'll bring you fresh insights with x 2 10-minute guest speakers slots to spark new ideas and inspire positive change.

Our 10-minute sponsor spotlight will celebrate those who help make these events possible by highlighting key partners and their stories.

I will also share 10 minutes of news and updates about the network and what's ahead so you always know how you can get involved.

We'll wrap up with 30 minutes of relaxed networking so you can reconnect with new friends, swap ideas and build real, lasting relationships that matter.

At every event, you'll also find a Resource Swap Table where you can leave flyers, booklets and business cards for others to take.

No two events will be the same, but one constant will be the excellent networking opportunities centred on supporting mental health and wellbeing.

We want our members to drive these events, to make them their own and ensure they're as impactful and inspiring as possible. If you're ready to be part of a community that puts mental health first, we'd love to have you join us.



Our Meeting Dates

Be sure to make a note of our monthly meeting dates

Online

16th January 2026

20th March 2026

22nd May 2026

17th July 2026

18th September 2026

20th November 2026

In person

6th February 2026

10th April 2026

12th June 2026

21st August 2026

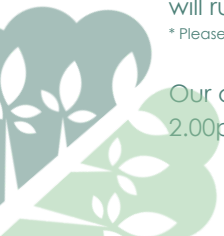
16th October 2026

11th December 2026

Our in-person events will take place at The Stormont Hotel, Belfast, and will run from 10.00am - 12.00pm.

* Please note there is a £10 venue fee for members, and £25 meeting fee for visitors.

Our online events will take place via zoom, and will run from 2.00pm to 3.00pm. A zoom link will be sent out the week before.





All webinars will run from 10am to 12pm

Our Webinars

Be sure to make a note of our monthly meeting dates

- 11th December 2025 **Dealing with Grief & Loneliness**
- 8th January 2026 **Looking after your mind, body & soul**
- 12th February 2026 **Exploring the mental health of young people**
- 12th March 2026 **Understanding Eating Disorders**
- 16th April 2026 **Managing Stress & Anxiety**
- 7th May 2026 **Workplace Wellbeing**
- 11th June 2026 **Neurodivergence & Mental Health**

If you would like to contribute to our monthly webinars as a speaker, please email Geraldine McGrath on info@geraldinemcgrath.com with your area of expertise and the month requested.



Nearly 70 million working days are lost per year due to mental ill health

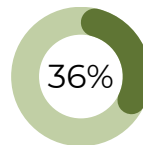
- 1 in 6 people will experience a mental health problem in the workplace (MHFA Wales).

Most people would not know what to do when faced with a mental health issue in the workplace.

Stress and mental ill-health costs UK businesses £30 billion, and the economy as a whole £70 billion each year in terms of loss of productivity and absence (HSE).

Why Join

Joining our Mental Health & Wellbeing Network means that you are part of a vibrant, supportive community of professionals who are serious about making a real difference. Whether you're a practitioner, trainer, or wellbeing lead, you'll gain access to high-quality events, expert insights, and meaningful connections that help you grow both professionally and personally. This is your space to share, learn, and thrive with people who truly understand the work you do.



Only around 36% of people with common mental health conditions access NHS mental health treatment



1 in 5 children and young people (aged 8–25) have a probable mental health disorder.
(Source: NHS Digital, 2023)

“There comes a point when we need to just stop pulling people out of the river. We need to go upstream to find out why they’re falling in.”

Desmond Tutu



Membership prices

All prices are plus vat

Individual

for individual professionals and solo entrepreneurs.

£375 + vat per year

SME

for small micro business or organisations who employ between 2 to 10 people.

£975 + vat per year

Corporate

for organisations who employ up to 100 people.

£1,500 + vat per year

Strategic

for larger businesses who want more visibility and employ 250+ people

£2,500 + vat per year

For all membership requests, please email memberships@ajuda.org.uk
Alternatively, contact us on 029 20576883





This is just the beginning #MHWnetwork #Worldwide

Share Our Vision

Mental health matters everywhere, and we're here to support it.

Mental health matters everywhere, and this network is just the beginning. We're already laying the groundwork to expand into other parts of the UK and beyond, building a movement that puts mental health and wellbeing at the heart of how we work and live.

As we grow, it means more connections, more opportunities and more impact for everyone involved. We know that every conversation, every event and every new member brings us closer to a culture that truly values mental health. If you'd like to be part of this growth and help us bring this mission to a city near you, and help us create more communities, please speak to Dawn, or email dawn@ajuda.org.uk

Together, we can create a more productive, engaged, and fulfilled workforce. Let's work together to make mental health a priority where everyone can flourish.





Frequently Asked Questions



Who is The Mental Health & Wellbeing Network for?

The network is designed for mental health and wellbeing professionals including therapists, coaches, trainers, wellbeing leads, consultants, HR professionals, and anyone delivering or championing mental health support in their organisation or community.



What does membership include?

As a member, you'll gain access to a range of valuable benefits designed to support your professional growth, expand your network, and keep you connected throughout the year. Your membership includes:

- 6 in-person events per year.
- 6 online networking sessions per year
- Access to an online community
- Member-exclusive resources, discounts, and support
- CPD certificates (where applicable)
- Opportunities for collaboration, connect and grow





Can I attend events if I can't travel?

Yes! We have a 50/50 split — 6 events are in-person across Belfast, (soon to be UK and beyond) and 6 are hosted online, so you can always stay connected regardless of location.



Where are the in-person events held?

Our in person events are currently held at the Stormont Hotel, in Belfast, and St Davids Hotel in Cardiff. We plan to add more in person events soon to ensure accessibility for members across the region.



Can I upgrade from individual to corporate later?

Absolutely. You can upgrade at anytime and we'll adjust your membership fee pro-rata.



Do I get CPD certificates?

Yes, many of our events qualify for CPD and you can receive certificates for your records.



Can I bring a guest to events?

Yes — depending on your membership tier. Some events allow guest passes or plus-ones for our Corporate and Strategic members.



What kind of professionals are already members?

Our members include private practice counsellors, wellbeing coaches, mental health trainers, workplace wellbeing leads, public sector staff, charity leaders and more.



How do I sign up?

To join, simply get in touch with us at memberships@ajuda.org.uk. We're happy to answer any questions you may have before registering. Alternatively scan the code below to join:



Mental Health Helplines in Ireland

Pieta Crisis Helpline & Text Service

Free support for people who are self-harming, experiencing suicidal thoughts, or bereaved by suicide.

Call 1800 247 247 (24/7) OR Text "HELP" to 51444

Samaritans

Confidential, non-judgemental emotional support for anyone in distress or struggling to cope.

Helpline: 116 123

Website: www.samaritans.org

Text About It

Free 24-hour text-service for anyone going through a mental health or emotional crisis

Text "HELLO" to 50808 (24/7)

Papyrus HOPELINEUK (for young people)

Helpline: 0800 068 4141

Website: www.papyrus-uk.org

Shout (Crisis Text Line)

Text: Text "SHOUT" to 85258

Website: www.giveusashout.org

Aware Support Line

Providing information and support for people experiencing anxiety, depression, bipolar disorder and their families

Freephone: 1800 80 48 48 (7 days a week, 10 am-10 pm)

ALONE (Support for older people)

National support & referral line for people over 60 (though not strictly "mental health helpline", supports wellbeing and mental health of older people)

Phone 0818 222 024 (7 days, 8am-8pm)

Mind Infoline

Helpline: 0300 123 3393

Website: www.mind.org.uk

Veterans' Gateway

Helpline: 0808 802 1212

Website: www.veteransgateway.org.uk



Mental Health Helplines in Wales

SANE line

Helpline: 0300 304 7000

Website: www.sane.org.uk

Relate Cymru

Helpline: 0300 003 2340

Website: [Relate Cymru](#) | [Relate](#)

Llamau (Supporting homeless young people and women in Wales)

Helpline: 029 2023 9585

Website: www.llamau.org.uk

Mental Health Matters Wales

Helpline: 01656 651450

Website: www.mhmwales.org.uk

Beat (Eating Disorders Support)

Helpline: 0808 801 0677

Website: www.beateatingdisorders.org.uk

The Silver Line (for older people)

Helpline: 0800 470 8090

Website: www.theilverline.org.uk

Anxiety UK

Helpline: 03444 775 774

Website: www.anxietyuk.org.uk

CALM (Campaign Against Living Miserably, for men)

Helpline: 0800 58 58 58

Website: www.thecalmzone.net

Bipolar UK

Helpline: 0333 323 3880

Website: www.bipolaruk.org

Young Minds (Parent helpline)

Helpline: 0333 323 3880

Website: www.youngminds.org.uk





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