



The IMAGO Project

IMAGO is a non-therapy based mental health professional befriending scheme.

Areas covered Belfast

Age 18 – 65yrs

Suitable for..... People with **mild to moderate** mental health.

i.e. Depression
 Anxiety
 Panic Attacks
 Obsessive Compulsive Disorder
 Social phobia and Agoraphobia
 Social Isolation
 Low confidence and self esteem

NOT suitable Severe and enduring mental health
 Schizophrenia, Personality disorder
 Bi Polar (Manic Depression)
 Learning Disability
 Addictions (alcohol/drugs) unless completing a
 programme of recovery with Addiction N.I. or CAT etc.

Referred by GP, Social Worker, CPN, Health Visitor, Psychiatrist, Psychologist,
 Unscheduled Care Team, Cognitive Behaviour Therapist,
 To self refer contact the Imago office 02890 872277 ext 203
NB Imago is not a counselling service

Range and type Person centred and goal focused
 Of support Practical support (Benefit advice, Housing support, etc)
 Cognitive Behaviour 'techniques'
 Support with graded exposure
 Listening support
 Personal development,
 Building confidence and self esteem
 Linked to courses, leisure activities and voluntary work

Service available – Individual weekly visits one to one for 1 and a half hours (approx)
 Duration 3 to 5 months
 2 Drop - In facilities for existing clients at Oasis
 Personal Development Group for existing clients
 Men's Breakfast Group for existing clients

The Imago staff are professionally supervised monthly

