



The IMAGO Project

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

Areas covered South and East and Castlereagh

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 NICAS or CAT etc.

Referred by GP, Social Worker, CPN, Health Visitor, Psychiatrist, Psychologist
Crisis Response Team, Cognitive Behaviour Therapist.
NB imago is not a counselling service

Range and type person centred and goal focused
Of support Practical support (Benefit advice, Housing support, Courses 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 – Weekly visits one to one and a half hours
Duration 3 to 5 months
Drop in facility for existing clients at Oasis

Imago staff are professionally supervised monthly.