



Mental Health and the "Troubles".

In Northern Ireland one in six people experience problems with their mental health, at any one time. This is not surprising, given the nature of life, and the many difficulties, losses and changes that occur.

In addition to the many difficult experiences of human beings across the world, the people of Northern Ireland have had to deal with the consequences of terrorism, the intense violence, injustice and sectarian hatred.

In order to fully understand the emotional and psychological wellbeing of all of us who live in Northern Ireland we must really reflect upon the nature of our society that has often been described as the most violent in Western Europe.

Since the advent of the most recent "Troubles" in 1969, over 3,600 people have died, and tens of thousands have suffered physical, psychological, and emotional injury as a result of terrorism and paramilitary activity.

The different ways the troubles have impacted individuals and our communities are broad, varied and complex. So many people have experienced direct violent, and literally explosive trauma, whether that be someone who has been physically injured, has witnessed an event, lost a family member in a traumatic way, or have been involved in rescuing and caring for others (both professionals and civilians). Due to this Northern Ireland has the highest rate of post-traumatic stress disorder in the world.

Many in our community have been impacted by the troubles one way or another, whether through the loss of a loved one, loss of an aspect of oneself, sectarian hatred, anger and rage, a sense of injustice, in addition to a constant sense of not being safe in one's home or community.

TFCBT and EMDR are NICE Recommended Psychological Therapies for the treatment of Trauma. The Ely Centre have over the years built a sessional team of highly qualified and experience Trauma Therapists to support and assist Victims/Survivors.