

This is our health.



Northern Ireland needs to talk about **health**. People should feel they can help themselves and each other. This will help the health and care system work better when it's really needed.



There are two sides to health and care. One side needs **professionals** like doctors and nurses. The other side is about everyday things like friends, exercise, and food. These keep us well.

If people do more everyday things to stay healthy, the system can focus on serious care. This makes the system stronger and more stable.



“This is our health” wants to make a promise between people and the health system. The system will help with what people need most, and people will help themselves and others.



To do this, we need to know what helps people stay well, what part of the system they need most, and how they can help themselves and others.

Talking about health helps people feel they can make a difference. When people share these talks with others, the good effects spread.



We begin our work in April 2026 in public places and online.

We will gather many ideas and stories from people in Northern Ireland. These will help create a new promise to share later in the year.



Point your phone camera at the QR Code and tap the link that appears



Need help?



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