Directory of services to help improve mental health and emotional wellbeing

2020

116 123

Southern area

Health and Social Care

Urgent help and support

Emergency services

999 or 112

Police, ambulance service, fire and rescue service, coastguard.

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 800

24 hour support for those in distress or despair.

Samaritans helpline

Freephone

Listening ear to those in distress.

Southern Area out of hours GP

028 3839 9201 After 6pm and all day Saturday, Sunday and bank holidays.

Social services out of hours duty social worker

028 9504 9999

Provides an emergency social work response across Northern Ireland from 5pm – 9am and 24hrs at weekends.

Suicide prevention/ self-harm/self-help

Lifeline

0808 808 8000

Deaf and hard of hearing –Textphone users can call Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

Samaritans helpline

Listening ear to those in distress. www.samaritans.org

Action Mental Health (MensSana)

028 3839 2314 www.amh.org.uk

PIPS Hope and Support

028 3026 6195

www.pipsnewryandmourne.org

PIPS Upper Bann

028 3831 0151 www.pipsupperbann.com

Niamh Louise Foundation

028 8775 3327 www.niamhlouisefoundation.com

Protect life coordinator

028 3756 4461

Information on suicide/self-harm prevention, support and initiatives within the Southern area. Training is also available.

Zest for Life Counselling and Training Services

078 1808 8314 078 9438 8371 www.zestforlifecounsellingservices.com

British Association of Counselling and Psychotherapy

Mental health including eating distress and anxiety support

Inspire 028 9032 8474

Local support, including housing schemes, home support, advocacy services, information services and education. www.inspirewellbeing.org

Action Mental Health (AMH)

028 3839 2314

Incorporating MensSana (tailored activities to support mental health and emotional wellbeing) and New Horizons (supports the recovery of adults experiencing mental ill health who are interested in progressing towards further education/training or employment). www.amh.org.uk

AMH EveryBODY

028 3839 2314

Supporting those affected by eating disorders.

The Mental Health Forum

Southern area. Provides advice, information and signposting for service users, carers, professionals and the public about mental health services. It engages locally and regionally in the planning and delivery of mental health services. www.thementalhealthforum.co.uk

MindWise

028 9040 2323

Supporting people with mental illness. www.mindwisenv.org

Aware

028 9035 7820 028 7126 0602 NI charity providing information and support for those affected by depression. www.aware-ni.org

PRAXIS Care

028 9023 4555

PRAXIS Care provides a range of supported living services to people experiencing mental ill health.

HSC information on mental health conditions, treatments and medications

www.choiceandmedication.org/hscni Website for further information

www.mindingyourhead.info

Alcohol, drugs, smoking and gambling

The Magnet Centre, Newry - Youth Engagement Service

028 3026 9070 028 3025 2214

Barnardo's 028 9066 3470 028 4062 3872

For children/young people and families affected by parental substance misuse.

EXTERN

028 9084 0555028 9033 0433Addresses homelessness, drug and alcohol abuse and
rehabilitating offenders to build safer communities.www.extern.org

Dunlewey Addiction Services 028 9039 2547

Problem Gambling helpline08000 886 725Supporting people with addictions.

Community addiction team (CAT)

Accessed through GP.

Start360

028 3832 2714

Al Anon 028 9068 2368

Cuan Mhuire

mbling helpline 0

Provides support on alcohol and gambling issues. www.cuanmhuire.ie

Davina's Ark

www.davinasark.co.uk

Websites for further information

www.stopsmokingni.info www.drugsandalcoholni.info

www.talktofrank.com

Abuse

24 Hour Domestic & Sexual Abuse Helpline

OB08 802 1414 Open to anyone affected by domestic or sexual abuse. help@dsahelpline.org

www.dsahelpline.org

Women's Aid NI

Support and advice for women who have suffered or are suffering from domestic abuse. www.womensaidni.org

Armagh/Down Women's Aid

/ inagin bottin fromon	07114
• Armagh	028 3839 7979
Newry	028 3025 0765
 Portadown 	028 3839 7979
Refuge number	028 3026 7174

Mid Ulster Women's Aid 028 8676 9300

Nexus

028 9032 6803 028 7126 0566 www.nexusni.org

WAVE Trauma Centre support

www.wavetraumacentre.org.uk
Victim Support

028 9024 3133

Childhood (NAPAC)

0808 801 0331

Referral Centre

www.therowan.net

Bereavement

anyone affected by death.

www.barnardos.org.uk

028 8775 3327

028 3026 6195

Niamh Louise Foundation

www.niamhlouisefoundation.com

PIPS Hope and Support

www.pipsnewryandmourne.org

www.cruse.org.uk

Advice line

Cruse Bereavement Care

Emotional support for victims of crime. www.victimsupportni.com

National Association for People Abused in

0800 389 4424

0808 808 1677

028 9066 8333

The Rowan – Regional Sexual Assault

Support and services for anyone who has been

Cruse offers information, support and advice to

Barnardo's child bereavement service

Young people: www.hopeagain.org.uk

sexually abused, assaulted or raped.

0145 588 3300

Accredited counsellors and therapists.

www.bacp.co.uk

Yellow Ribbon Suicide Prevention Programme

028 3833 1485

Emotional and psychological support for those suffering from break-ups, depression, panic attacks and issues such as self-harming from alcohol and drugs.

Links Counselling Service

028 3834 2825

info@linkscounselling.com

Chrysalis Women's Centre

028 3834 1846

Nyama counselling service.

www.al-anonuk.org.uk

Alcoholics Anonymous

www.alcoholicsanonymous.ie

Gamblers Anonymous

www.belfastga.co.uk

www.gamblersanonymous.org.uk

FutureProof - Youth Engagement Service

Addiction NI

028 9066 4434

www.addictionni.com

ASCERT

028 7944 0080 Freephone

...

0800 2545 123

www.ascert.biz

Child death helplineFreephone0800 282 986Free for mobiles0808 800 6019

www.childdeathhelpline.org.uk

The Lullaby Trust

Freephone information line 0808 802 6868/6869

www.lullabytrust.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)

Helpline 077 4099 3450 www.sandsni.org

Miscarriage Association

Helpline019 2420 0799info@miscarriageassociation.org.ukwww.miscarriageassociation.org.uk

028 9089 0202

HERE NI

028 9024 9452

Support for lesbian and bisexual women in Northern Ireland.

Provides information and support to the lesbian, gay,

Helping someone who is thinking about suicide

Show you care, ask if they are thinking about suicide.

Let them explain their feelings. Tell them you have to

Tell them you will support them to find help. Get professional

Providing support services, advice and signposting to

people living with and affected by HIV.

Free confidential sexual health advice and

contraception for young people aged 24 years and

Informing Choices NI (formerly fpaNI)

Confidential information, advice and support on

Drop in contraceptive and sexual health advice clinic

Community Sexual Health Advice Service

aspects of sexual health and family planning.

Genito Urinary Medicine (GUM) clinic

0345 120 3785

0800 137 437

help straight away. Call 999 in a crisis. Remove potential

1 – Approach the person and ask

means of suicide and don't leave them alone.

The Compassionate Friends

2 - Listen, give support

take any threats seriously.

3 - Get help

Office

helpline@tcf.org.uk

Sexual health

www.positivelifeni.com

The Rainbow Project

www.rainbow-project.org

Love for Life

028 3882 0555

Common Youth

028 9032 886

0345 122 8687

Health clinic

for under 25s.

Health Service)

028 3756 2200

www.informingchoicesni.org

health.clinic@southerntrust.hscni.net

028 3756 4465 077 7139 023

C.A.S.H. (Contraception & Sexual

queries.cash@southerntrust.hscni.net

gender identity

LGBT Northern Ireland

www.transgenderni.org.uk

bisexual and transsexual community.

Cara-Friend LGBTQ+ Youth

LGBT Switchboard

0808 8000 390

www.lgbtni.org

Transgender NI

0300 302 3202

Cara-Friend

028 9089 0202

www.cara-friend.org.uk

Sexual orientation and

www.loveforlife.org.uk

www.tcf.org.uk

Positive Life

www.hereni.org

The Rainbow Project

028 9031 9030

www.rainbow-project.org

SAIL

028 9532 0023

A support group for families of gender variant or transgender individuals of any age. www.sailni.com

Child/youth support

Barnardo's Young Person's Partnership

Armagh	028 3752 2380
• Newry	028 3026 3135
Supporting young people aged risk.	13-18 in need and at

Barnardo's Family Resource Centres

• Armagh	028 3752 2380
Newry	028 3026 0668
Accompant therepoutio	and proventative convises to

families who are deemed to be at risk.

Family Support Hubs

 Armagh/Dungannon 	028 3752 2380
Portadown/Craigavon/	
Banbridge	028 3833 1168
Newry & Mourne	028 3083 5764

Child and Adolescent Mental Health Services (CAMHS) 028 3083 5400

020 0000 0400

Childline 0800 1111

24/7 counselling support for children and young people.

National Society for the Prevention of Cruelty to Children (NSPCC) 0808 800 5000

Education Authority critical incident/ emotional health and wellbeing team 028 3751 2515

FLARE (Facilitating Life and Resilience Education)

028 3025 1515 075 4816 2186

Support service for young people (11-25 years old) experiencing mental health issues or impacted by suicide, delivered through youth work practice and interventions.

flare@eani.org.uk

Start360

028 3832 2714

Young Minds	
Parents' helpline	0808 802 5544

www.youngminds.org.uk

Education Authority youth service

Craigavon/Banbridge	028 3833 8556
Armagh Headquarters	028 3751 2266
Armagh/Newry & Mourne	028 3025 1515
• Dungannon	028 8772 2167
Cookstown	028 8675 7168

Young People's Partnership

• Portadown	028 3839 1155
Armagh/Dungannon	028 3752 2380
• Newry	028 3026 3135
Family Resource Centre	
Armagh/Dungannon	028 3752 2380

Youth Action NI

rmagh	028 3751 1624
ewry	028 3025 6040

Youth Engagement Services

FutureProof	028 4062 4511
Magnet Newry	028 3025 2214 028 3026 9070

Student support

Ulster	University	student	support

olotor oniversity students	Juppon		
Main telephone number	028 9536 7000		
Choose option for Coleraine, Jordanstown Magee or Belfast when prompted.			
24 hr counselling helpline	0800 028 5510		
A professional counselling service is available on all			

Parenting NI 0808 801 0722

Support for parents and carers including a freephone helpline, counselling and parenting programmes. www.parentingni.org

Parentline NI

0808 8020 400 parentline@ci-ni.org.uk

Barnardo's

028 9064 4335 077 7155 5930 Parenting matters.

St Vincent de Paul regional office

Sure Start

028 3751 8569
028 4062 2475
028 8554 9898
028 8772 9695
028 3831 3360
028 3833 7455
028 4176 4718
028 3083 3780
028 3083 0022

Range of services from pregnancy through to a child's 4th birthday, aimed at improving health, children's social and emotional development, and their ability to learn.

Family Mediation NI

028 9024 3265

Home-Start

Armagh/Dungannon	028 8778 9489
Craigavon	028 3834 5357
• Banbridge	028 4062 6234
Newry/Mourne/Kilkeel	028 3026 6139

Trained local parent volunteers supporting families with young children through challenging times.

Supporting people and communities every day (SPACE)

028 3083 5764 www.space-ni.com

Vineyard Church Dungannon

028 8775 2133

www.vineyarddungannon.co.uk

028 9023 3002

Marriage and relationships counselling. www.accord-ni.co.uk

Care in Crisis - The Counselling Centre

Love for Life 028 3882 0555 www.loveforlife.org.uk

Relate

028 9032 3454 Services include relationship counselling for individuals and couples, and counselling for children and young people. www.relateni.org

Benefits/financial advice

Advice Agencies

Community Advice Armagh	028 3752 4041
info@adviceni.net	
• Mid Ulster	028 8676 6126
Community Advice Craigavon	028 3836 1181
www.adviceni.net	
• Banbridge	028 4062 2201
Community Advice Newry, Mourne & Down	0300 3030 306
www.citizensadvicenmd.com	

Christians Against Poverty

Nova Trauma Support

Victim Support

028 9024 3133 Emotional support for victims of crime.

www.victimsupportni.com WAVE Trauma Centre

028 3751 1599 Offers care and support to anyone bereaved or traumatised through violence. www.wavetraumacentre.org.uk

Carers

Carers NI 028 9043 9843

Benefits and carers' rights. www.carersuk.org/northernireland

Cause

028 9065 06

Helpline 0800 103 2833 (Freephone)

A local charity providing peer-led emotional and practical support to carers and families of people with mental illness.

www.cause.org.uk

Memory/dementia service in the Southern area

Craigavon/Banbridge	028 3833 3332
Armagh/Dungannon	028 3741 2428
Newry and Mourne	028 3083 6970

Action for Children Young Carers Project

 Armagh/Dungannon/ 028 4062 6516 Craigavon/Banbridge/Newry/Mourne
 Belfast (Head Office) 028 9046 0500 ask.us@actionforchildren.org.uk

www.actionforchildren.org.uk

Rural support

Rural Support

Helpline 0800 138 1678 (

www.ruralsupport.org.uk COSTA Rural Support Network 028 8555 6880

Dungannon and South Tyrone info.costa@btconnect.com

TADA Rural Support Network

Armagh, Down and Antrim

ABC Community Network

Local Councils

• Mid Ulster	0300 0132 132
• Armagh City, Banbridge and C	Craigavon
	0300 0300 900
Newry, Mourne and Down	0300 013 2233

Promoting Wellbeing Teams

• Armagh	028 3756 4485
Craigavon	028 3756 3946
• Newry	028 3756 6297

Other health-related support

Men's Advisory Project

www.mapni.co.uk SHSCT Volunteer Coordinator

Armagh and Dungannon	028 3756 4498	
Craigavon and Banbridge	028 3756 3949	
Newry and Mourne	028 3756 6295	
Centralised phone number	028 3756 3946	

Praxis

Housing/homelessness/ supported living

Provides emotional and practical support helping

Northern Ireland Housing Executive (NIHE)

028 9024 1917

028 8775 0175

028 9504 9999

028 9024 5640

028 7141 4848

0808 808 7575

078 4347 8433

028 3026 1022

Belfast Central Mission

www.belfastcentralmission.org

Belfast

• Dunganno

those most in need

0344 892 0900

www.nihe.gov.uk
Depaul Ireland

028 9064 7755

Housing Rights

Choice Housing

028 9050 0600

(STEP)

WAH HEP

028 3834 7162

www.cipni.com

028 8774 1961

028 3741 2755

028 3834 2089

Migrant Centre NI

Hate crime support

euss@migrantcentreni.org

www.migrantcentreni.org

Older people

Aged in Northern Ireland.

Armagh/Dungannor

Newry/Mourne and Down

www.ageuk.org.uk/northern-ireland

Good Morning Neighbour Project

Age NI

www.housingadviceni.org

www.housingrights.org.uk

www.choice-housing.org

Cultural/ethnic

Equality Commission NI

Chinese community association

South Tyrone Empowerment Programme

Community Intercultural Programme

An Tearmann Project (also STEP)

Armagh Traveller Support Group

Craigavon Traveller Support Group

bilingualsupportworker@migrantcentreni.org

Charity combining Age Concern NI and Help the

Referral service. The primary aim is to support older

conversations - making time for people and listening

people by means of regular, friendly, telephone

Newry Traveller Support Group

Simon Community

Central access point and emergency

Out of hours

www.ulster.ac.uk/wellbeing

Queen's University Belfast student guidance centre

During office hours	028 9097 2727
24 hr counselling helpline	0808 800 0016

A first stop for information, advice and guidance. Also provides a professional counselling service.

www.qub.ac.uk/directorates/sgc/

Family and relationships Family Support NI 0845 600 6483

www.familysupportni.gov.uk

www.capuk.org Law Centre NI 028 9024 4401

Legal support for disadvantaged individuals. www.lawcentreni.org

Step Change 0800 138 1111

Free confidential debt advice. www.stepchange.org

Trauma Family Trauma Centre 028 9023 4555

www.praxisprovides.com

Volunteer Now

028 9023 2020

Volunteer Bureau Craigavon and Banbridge 028 3834 2741 ckeenan@ccgnewrycommunity.org

Disclaimer:

effectively.

The information in this directory is believed to be correct at time of going to print. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by PHA of that organisation or service.

Southern area

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate). www.publichealth.hscni.net