**Directory of services to help improve mental health and emotional wellbeing**

**Southern area 2020**

# 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 8000 24 hour support for those in distress or despair.

## Samaritans helpline

 Freephone 116 123 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

 Freephone 116 123 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

 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.

# 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

 028 3025 2423

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 0555 028 9033 0433 Addresses homelessness, drug and alcohol abuse and rehabilitating offenders to build safer communities.

## www.extern.org Dunlewey Addiction Services

 028 9039 2547

 Problem Gambling helpline 08000 886 725 Supporting people with addictions. **Community addiction team (CAT)**

Accessed through GP. **Start360**

 028 3832 2714 **Al Anon**

 028 9068 2368 www.al-anonuk.org.uk **Alcoholics Anonymous**

 028 9035 1222 www.alcoholicsanonymous.ie

## Gamblers Anonymous

 028 9024 9185 www.belfastga.co.uk www.gamblersanonymous.org.uk

## FutureProof - Youth Engagement Service

 028 4062 4511 **Addiction NI**

 028 9066 4434 www.addictionni.com

## ASCERT

 028 7944 0080

 Freephone 0800 2545 123 www.ascert.biz

## Cuan Mhuire

 24hr alcohol and gambling helpline 028 3084 9010 Provides support on alcohol and gambling issues.

www.cuanmhuire.ie **Davina’s Ark**

 028 3027 9407 www.davinasark.co.uk **Websites for further information** www.stopsmokingni.info www.drugsandalcoholni.info www.talktofrank.com

# Abuse

## 24 Hour Domestic & Sexual Abuse Helpline

 0808 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

* 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**

 028 3751 1599 www.wavetraumacentre.org.uk **Victim Support**

 028 9024 3133

Emotional support for victims of crime. www.victimsupportni.com **National Association for People Abused in**

**Childhood (NAPAC)**

 0808 801 0331

## The Rowan – Regional Sexual Assault Referral Centre

 24 hour freephone helpline 0800 389 4424 Support and services for anyone who has been sexually abused, assaulted or raped. www.therowan.net

# Bereavement

## Cruse Bereavement Care

* Cruse Newry 028 3025 2322
* Cruse Armagh/Dungannon 028 8778 4004
* Cruse helpline 0808 808 1677 Cruse offers information, support and advice to anyone affected by death. www.cruse.org.uk Young people: www.hopeagain.org.uk **Barnardo’s child bereavement service**

19

12

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 Advice line 028 9066 8333 www.barnardos.org.uk **Niamh Louise Foundation**

 028 8775 3327 www.niamhlouisefoundation.com **PIPS Hope and Support**

 028 3026 6195 www.pipsnewryandmourne.org **Child death helpline**

 Freephone 0800 282 986 Free for mobiles 0808 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

 Helpline 019 2420 0799 info@miscarriageassociation.org.uk www.miscarriageassociation.org.uk

**Helping someone who is thinking about suicide**

1. **– Approach the person and ask**

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

1. **– Listen, give support**

Let them explain their feelings. Tell them you have to take any threats seriously.

1. **– Get help**

Tell them you will support them to find help. **Get professional help straight away.** Call **999** in a crisis. Remove potential means of suicide and don’t leave them alone.

## The Compassionate Friends

 Helpline 028 8778 8016 Office 0345 120 3785

helpline@tcf.org.uk www.tcf.org.uk

# Sexual health

## Positive Life

 028 9024 9268

 Confidential helpline 0800 137 437 Providing support services, advice and signposting to people living with and affected by HIV. www.positivelifeni.com **The Rainbow Project**

 028 9031 9030 www.rainbow-project.org **Love for Life**

 028 3882 0555

www.loveforlife.org.uk

## Common Youth

 028 9032 8866 Free confidential sexual health advice and contraception for young people aged 24 years and under. **Informing Choices NI (formerly fpaNI)**

 0345 122 8687 Confidential information, advice and support on aspects of sexual health and family planning.

www.informingchoicesni.org **Health clinic**

Drop in contraceptive and sexual health advice clinic for under 25s.

health.clinic@southerntrust.hscni.net

**Genito Urinary Medicine (GUM) clinic**  028 3756 2080 **Community Sexual Health Advice Service**

 028 3756 4465 077 7139 023

## C.A.S.H. (Contraception & Sexual Health Service)

 028 3756 2200 queries.cash@southerntrust.hscni.net

# Sexual orientation and gender identity

## LGBT Switchboard

 0808 8000 390

**LGBT Northern Ireland** www.lgbtni.org **Transgender NI**

 0300 302 3202 www.transgenderni.org.uk **Cara-Friend**

 028 9089 0202

Provides information and support to the lesbian, gay, bisexual and transsexual community. www.cara-friend.org.uk **Cara-Friend LGBTQ+ Youth**

 028 9089 0202 **HERE NI**

 028 9024 9452

Support for lesbian and bisexual women in Northern Ireland. 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 13-18 in need and at risk.

## Barnardo’s Family Resource Centres

 • Armagh 028 3752 2380 • Newry 028 3026 0668 Assessment, therapeutic and preventative services 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 **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**
* Armagh 028 3751 1624
* Newry 028 3025 6040

## Youth Engagement Services

* FutureProof 028 4062 4511
* Magnet Newry 028 3025 2214

 028 3026 9070

# Student support

## Ulster University student support

 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 campuses.

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

## 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**

 028 9035 1561

## Sure Start

* Armagh/Keady 028 3751 8569
* Banbridge 028 4062 2475
* Clogher Valley 028 8554 9898
* Dungannon 028 8772 9695
* Craigavon 028 3831 3360
* Portadown 028 3833 7455
* Kilkeel 028 4176 4718
* Newry 028 3083 3780 • South Armagh 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

## ACCORD

 028 9023 3002

Marriage and relationships counselling. www.accord-ni.co.uk **Care in Crisis - The Counselling Centre**

 028 3832 9900

## 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** 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 9504 2828

## Nova Trauma Support

 028 4062 8758 **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 0650

 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 (Freephone) www.ruralsupport.org.uk

## COSTA Rural Support Network

 028 8555 6880 Dungannon and South Tyrone info.costa@btconnect.com **TADA Rural Support Network**

 028 3839 8888 Armagh, Down and Antrim **ABC Community Network**

 028 3839 2777

## Local Councils

* Mid Ulster 0300 0132 132
* Armagh City, Banbridge and 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

 028 9024 1929 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**

 028 9023 4555 www.praxisprovides.com **Volunteer Now**

 028 9023 2020

**Volunteer Bureau Craigavon and Banbridge**

 028 3834 2741

# Housing/homelessness/ supported living

## Belfast Central Mission

* Belfast 028 9024 1917
* Dungannon 028 8775 0175

Provides emotional and practical support helping those most in need. www.belfastcentralmission.org **Northern Ireland Housing Executive (NIHE)**

 0344 892 0900

 Out of hours 028 9504 9999 www.nihe.gov.uk **Depaul Ireland**

 028 9064 7755

## Simon Community

 Central access point and emergency accommodation 24/7 helpline 0800 171 2222 **Housing Rights**

 Advice line 028 9024 5640 www.housingadviceni.org www.housingrights.org.uk **Choice Housing**  0300 111 2211 www.choice-housing.org

# Cultural/ethnic

**Equality Commission NI**

 028 9050 0600

## South Tyrone Empowerment Programme (STEP)

 028 8775 0211 **WAH HEP**

 028 3834 7162 Chinese community association

**Community Intercultural Programme**  028 3839 3372 www.cipni.com **An Tearmann Project (also STEP)**  028 8774 1961 **Armagh Traveller Support Group**  028 3741 2755 **Craigavon Traveller Support Group**  028 3834 2089 **Newry Traveller Support Group**

 028 3083 4200/4272

## Migrant Centre NI

 Immigration advice (EU settlement scheme) 028 7141 4848 euss@migrantcentreni.org Hate crime support bilingualsupportworker@migrantcentreni.org www.migrantcentreni.org

# Older people

## Age NI

 028 9024 5729

 Advice line 0808 808 7575

Charity combining Age Concern NI and Help the Aged in Northern Ireland. www.ageuk.org.uk/northern-ireland

## Good Morning Neighbour Project

 • Armagh/Dungannon

 24 hour helpline 078 4347 8433 • Newry/Mourne and Down 028 3026 1022 Referral service. The primary aim is to support older people by means of regular, friendly, telephone conversations – making time for people and listening effectively.

ckeenan@ccgnewrycommunity.org

**Disclaimer:**

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.

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