#### Monday, 20 February 2023

Health and Social Wellbeing Improvement

Directory of services to help improve mental health and emotional wellbeing

Belfast area

2023



These five directories list the organisations that offer services to help improve mental health and emotional wellbeing. Where possible, additional information has also been provided, such as websites or email addresses and contact details within each Health and Social Care Trust area.

### **Details**

Format
Z card
Target group
General public

# **Downloads**

Attachment	Size
Belfast Area Card 02.23 final.pdf	188.79 KB
Northern Area Card 02.23 final.pdf	158.74 KB
SouthEastern Area Card 02.23 final.pdf	158 KB
Southern Area Card 02.23 final.pdf	160.83 KB
Western Area Card 02.23 final.pdf	155.92 KB

## **Tags**

- Mental
- Health

- <u>Z</u>
- <u>card</u>
- cards
- <u>suicide</u>
- eating disorders
- <u>abuse</u>
- trauma
- <u>bereavement</u>
- sexual health
- self-harm
- <u>alcohol</u>
- drugs
- smoking

### <u>Print</u>