

Wednesday, 02 January 2019

[Health and Social Wellbeing Improvement](#)

Directory of services to help improve mental health and emotional wellbeing

Belfast area

2019



These five directories list the names, numbers and web addresses (where applicable) of organisations that offer services to help improve mental health and emotional wellbeing. Where possible, additional information has also been provided, such as 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 card 2019 final.pdf	123.24 KB
Northern Card 2019 final.pdf	95.53 KB
South eastern card 2019 final.pdf	93.49 KB
Southern card 2019 final.pdf	96.59 KB

Attachment[Western card 2019 final.pdf](#)**Size**

94.36 KB

Tags

- [Mental](#)
- [Health](#)
- [z](#)
- [card](#)
- [cards](#)
- [suicide](#)
- [eating disorders](#)
- [abuse](#)
- [trauma](#)
- [bereavement](#)
- [sexual health](#)
- [self-harm](#)
- [alcohol](#)
- [drugs](#)
- [smoking](#)

[Print](#)