

Harm reduction services for people who use drugs

**Needle and
Syringe Exchange
Service
(NSES)**



**Take Home
Naloxone
Programme
(THN)**

**NALOXONE
SAVES LIVES**

Northern Ireland

Lifeline
☎ 0800 808 8000
Telephone - 19001 0808 808 8000
Free 24/7 crisis helpline answered by trained counsellors

www.mindingyourhead.info
Mental health support, guidance, crisis resources and wellbeing advice

https://bereaved.honf.net
Support and guidance for grieving individuals and their carers

Republic of Ireland

Pieta 24/7 Crisis Helpline
☎ 1900 247 247
Text "help" to 51444
Free crisis intervention support for anyone experiencing suicidal thoughts, engaging in self-harm or bereaved through suicide

www.yourmentalhealth.ie
Free Phone ☎ 1900 111 555
For information, support, and advice about your mental health and wellbeing

www.HSE.ie/Grief
Phone, online and in-person bereavement supports and services

Available across both Northern Ireland and Republic of Ireland

Samaritans / Samaritans Ireland
☎ 116 123
Free 24/7 confidential, non-judgmental, listening ear support for those in distress

Emergency Services
☎ 999 or 112
For urgent medical or mental health emergencies

GP / Out of Hours GP
Northern Ireland - WHSCT - ☎ 028 7156 5195
Republic of Ireland - www2.hse.ie/services/find-urgent-emergency-care/
First point of contact for mental health support and referral

Services specific to Northern Ireland

WHSCT Bereaved by Suicide Service
☎ 07541569000
Prevention support for individuals and families

Cruise Bereavement Support
☎ 0800 808 1677
Specialist grief counselling available locally

Action Mental Health - Enniskillen
☎ 028 6632 3600
Recovery-focused programmes and counselling

Papyrus HOPELINE247
☎ 0800 055 4141 / Free Text: 85247
Dedicated to preventing young suicide (under 35)
24 hours, 7 days a week

Childline
☎ 0800 1111 / online chat service
Free 24/7 confidential support for children and young people (up to 19 years old)

Aisling Centre - Enniskillen
☎ 028 6632 5311
Local counselling and wellbeing services

AWARE NI
☎ 028 9035 7620 / 028 7126 0602
Depression support and mental health education

Bereaved's NI
☎ 028 9056 8333
Child bereavement service advice line (Mon & Tue 10am-1pm, Fri 10am-12.30pm)

Services specific to Republic of Ireland

Pieta
☎ 0818 111 125
Support for people who are in suicidal crisis, self-harming or have been bereaved by suicide

Barnardos
Barnardos Children's Bereavement Service
☎ 1800 910 123
Support for children affected by loss

HUGG (Healing Unkind Grief Groups)
☎ 01 513 4046
Support@HUGG.ie
Suicide Bereavement Peer Support Groups

Shine
☎ 01 880 1932 / 086 040 7701
info@shine.ie
Support, Advocacy & Education for Mental Illness

Childline Ireland
☎ 1800 66 66 66
Chat online 24/7 @childline
Support for children and teens in distress

Spunout Text About It
WhatsApp (free) HELLO to 50006
Visit www.spunout.ie
Text support is available anytime day or night

Aware
☎ 1800 80 48 48 - 10am-10pm
Support@aware.ie
Support for people impacted by mood related conditions

Grow Mental Health
☎ 0818 474 474
Free peer support groups for recovery from mental health challenges

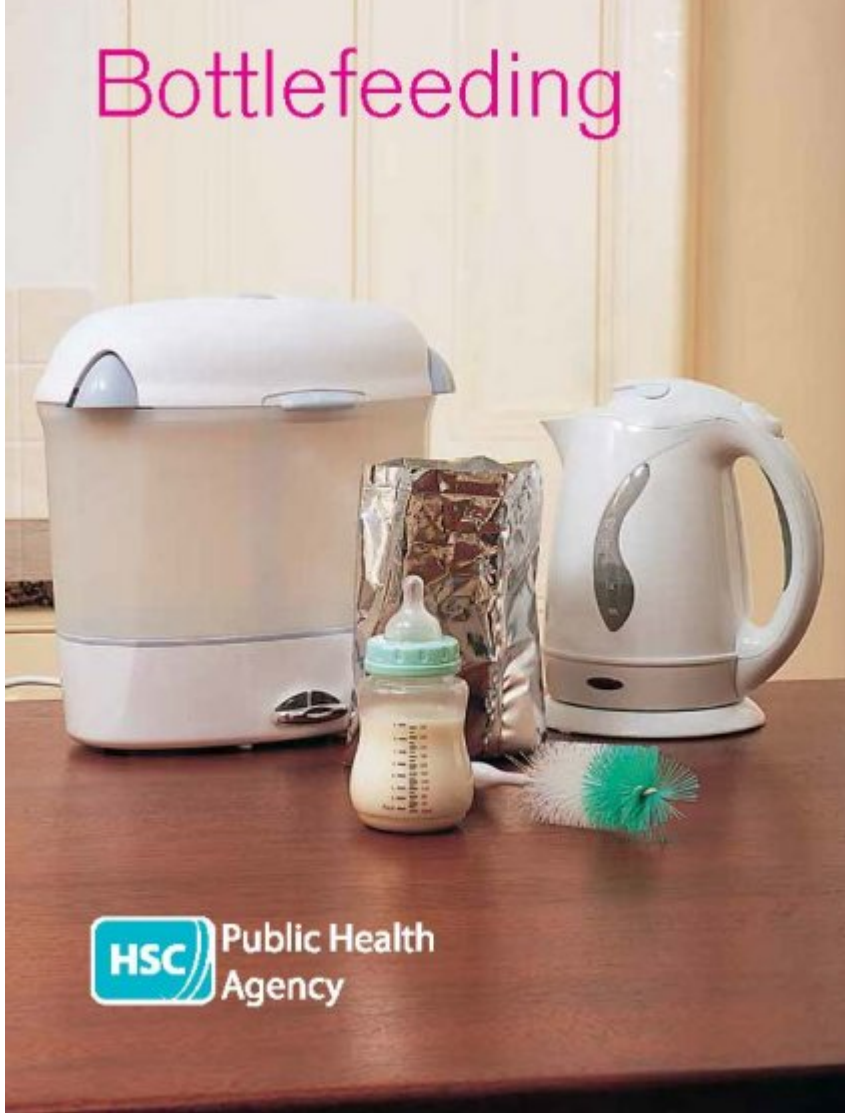
Annual Report on the **Take Home Naloxone Programme**

1 April 2024 - 31 March 2025

**NALOXONE
SAVES LIVES**



Bottlefeeding



and returning
to work



A grandparent's guide to supporting breastfeeding





Off to a good start

ALL YOU NEED TO KNOW ABOUT BREASTFEEDING YOUR BABY

What partners should know about breastfeeding



The implications of Covid-19 restrictions for children and young people

A rapid review of evidence relevant to
Northern Ireland



Needle and Syringe

Exchange Service

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