

Urgent help and support

Emergency services

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

GP out of hours services

028 7186 5195

Foyle Search and Rescue

028 7131 3800

Preservation of life in and around the River Foyle.

www.foylesearchandrescue.com Samaritans helpline

Listening ear to those in distress.

GP referral only services

Speak to your GP about accessing the following services.

The Child and Adolescent Mental Health Service (CAMHS)

Provides specialist multi-professional support in the community for children and young people aged up to 17 years experiencing mental health problems

Community Mental Health Teams (CMHTs)

These are multi-professional teams that provide assessment, treatment and support services to people experiencing mental health problems. There are teams working throughout the Western Health and Social Care Trust. In emergency situations, a crisis response service will link with out of hours GPs or the emergency department (ED)

Older People's Mental Health Teams

Provide assessment, treatment and support services to people experiencing mental health problems who are over the age of 65

Community Addiction Teams (CATs)

Provide treatment and support for adults with drug and alcohol

Psychosexual Service

Provides treatment for sexual difficulties arising from a variety of

Suicide prevention/ self-harm/self help

Lifeline

24 hour support for those in distress or despair

Tackling the problems that lead to suicidal behaviour and direct and/or indirect self-harm in young people and adults. www.zestni.org

Samaritans helpline

Listening ear to those in distress.

www.samaritans.org

North West counselling

028 7181 3587

Youthlife

028 7137 7227

Helping children and young people who have experienced bereavement and loss

www.youthlife.org

Aisling Centre Enniskillen

028 6632 5811

Counsellors at the Aisling Centre are experienced in dealing with a range of issues, including trauma, anxiety, childhood abuse, suicidal thoughts, stress, bereavement/loss, alienation, low self-esteem and relationship/family issues. info@theaislingcentre.com

www.theaislingcentre.com

Koram Centre Strabane

028 7188 6181

Counselling, psychotherapy and psychosocial support.

Clare House (residential/respite)

028 6632 6361

Aurora Counselling 028 7135 0407

www.auroracounselling.org

Rethink 0845 456 0455

www.rethink.org

Mental health including eating disorders and anxiety support

AWARE

NI charity providing support and information for those affected

www.aware-ni.org

Cunamh

Community-led mental health project.

www.cunamh.org

Derry Well Woman

028 7136 0777

www.derrywellwoman.org

Praxis Care

Londonderry	028 7130 8020
• Lisnaskea	028 6772 2778
Belfast	028 9023 4555

Provides services for adults and children with a learning disability, mental ill health or acquired brain injury, and for older people, including people with dementia

www.praxiscare.org.uk

Eating Disorders Association helpline

028 9023 5959

www.eatingdisordersni.co.uk

Western eating disorders service

028 7132 0165

Men's Action Network

028 7137 7777

Provides a safe space for men to find support for life issues. www.man-ni.org

Relate

Relationship and family services.

www.relateni.org

CLEAR Project 028 7138 3386

www.clearproject.co.uk

Inspire Community Wellbeing Service

www.inspirewellbeing.org

Mind Yourself & Foyle Advocates

028 7126 3461 | 028 7126 3318

Inspire

028 9032 8474

Local support, including housing schemes, home support, advocacy services, information services and education

www.inspirewellbeing.org

CAMHS

028 7186 5238 | 028 6634 4115 | 028 8283 5990

Youth treatment, counselling and support.

HSC information on mental health conditions, treatments and medications

www.choiceandmedication.org/hscni

Substance misuse and gambling

Alcoholics Anonymous

028 9035 1222

Start360 Daisy West 028 7137 1162

Drugs and alcohol intervention service for 11-25 year olds. www.start360.org

Alcohol and drug services

028 7186 5239 | 028 7186 5240 | 028 6638 2073

Asha Treatment Service

028 8283 5453 | 028 8283 5445 **Community drug therapists**

YES (Youth Engagement Service) / FIND Centre,

Enniskillen

Education, prevention and referral on a range of issues

Drinkline

0300 123 1110

Gamblers Anonymous 028 9024 9185

www.gamblers an onymous.org.uk**Narcotics Anonymous**

078 1017 2991

www.nanorthernireland.com

Northlands Centre 028 7131 3232

Treatment centre for alcohol problems.

www.northlands.org.uk

Foyle Haven

028 7136 5259

A safe space where street drinkers can access practical

ie.depaulcharity.org/foyle-haven-day-centre

SOLACE

Reducing the harm caused by the misuse of alcohol.

DIVERT Project

Provides support and information to children, young people and parents on alcohol and substance misuse

HURT (Have Your Tomorrows)

Offering support on issues around alcohol and drug addiction.

Aisling Centre

Support group for people who live with, or have lived with, a

loved one's addiction. www.theaislingcentre.com

Start360

Treatment, counselling and support services for young people and families affected by substance misuse.

028 7186 5238 028 6634 4115 028 8283 5990

Youth treatment, counselling and support

Websites for further information

www.drugsandalcoholni.info www.talktofrank.com

Victims of abuse

24 Hour Domestic & Sexual Abuse Helpline

help@dsahelpline.org

PSNI Child Abuse and Rape Enquiry Unit

Open to anyone affected by domestic or sexual abuse.

Cunamh 028 7128 8868

www.dsahelpline.org

Community-led mental health project.

PSNI non-emergency reporting number 101

Victim Support

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

foyle@victimsupportni.org.uk **NSPCC** helpline

Nexus Institute offers counselling to survivors of childhood sexual abuse and victims of sexual violence, including those who have

experienced rape and sexual assault.

Nexus

www.nexusni.org **WAVE Trauma Centre**

 Londonderry / Limavady / Strabane 028 7126 6655

Offers care and support to anyone bereaved or traumatised through violence

www.wavetraumacentre.org.uk

Aisling Centre 028 6632 5811

Counselling and psychotherapy for victims and survivors of

Women's Aid, Fermanagh

The Rowan – Regional Sexual Assault Referral

Support and services for anyone who has been sexually abused, assaulted or raped.

www.therowan.net

Bereavement

Barnardo's Child Bereavement Service

Cruse Bereavement Care

Cruse offers information, support and advice to anyone affected by death. www.cruse.org.uk

028 7126 2941

Young people: www.hopeagain.org.uk

Miscarriage Association helpline 019 2420 0799 info@miscarriageassociation.org.uk

www.miscarriageassociation.org.uk NI Stillbirth and Neonatal Death Society (SANDS)

The Compassionate Friends

www.tcf.org.uk

077 4099 3450

www.sandsni.org

Helping someone who is thinking about suicide

1 - Approach the person and ask

2 - Listen, give support Let them explain their feelings. Tell them you have to

Tell them you will support them to find help. **Get professional** help straight away. Call 999 in a crisis. Remove potential

www.northwestcounselling.co.uk

 Londonderry / Limavady / Strabane 028 7126 6655

www.wavetraumacentre.org.uk

admin@waveomagh.co.uk

Helping children and young people who have experienced bereavement and loss

Bereaved by Suicide Support Group

North West Bereaved By Suicide Group

PATHS Omagh

Positive Life

Brae Clinic

Family planning clinic

028 7186 5115 **CASH clinic**

0845 603 1881 (Wed 12.30-3.30pm)

Genito Urinary Medicine (GUM) Clinic

028 7161 1269

www.rainbow-project.org

Promotes the health and wellbeing of lesbian, gay, bisexual and/ or transgender people and their families.

Sexual orientation and gender identity

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

take any threats seriously.

3 - Get help

means of suicide and don't leave them alone.

North West Counselling

WAVE Trauma Centre

 Omagh / Fermanagh Offers care and support to anyone bereaved or traumatised

through violence, irrespective of religious, cultural or political

admin@wavederry.co.uk

Youthlife

Suicide Liaison Officers / Bereaved

Koram Centre, Strabane

Fermanagh Bereaved By Suicide Group

Support to families and individuals bereaved by suicide.

Informing Choices NI (formerly fpaNI)

living with and affected by HIV.

Family Nurse Partnership

Teenscene (Omagh)

and transsexual community.

by Suicide Support

028 7188 6181

1st and 3rd Monday each month.

Roe Valley Bereaved By Suicide Support Group

Sexual health

www.informingchoicesni.org

www.positivelifeni.com

The Rainbow Project Derry

www.cara-friend.org.uk

LGBT Switchboard 0808 800 03

Support for lesbian and bisexual women in Northern Ireland.

HERE NI

Providing support services, advice and signposting to people

Family planning and young people's clinic.

Contraception and sexual health (Enniskillen).

Cara-Friend

028 9024 9452

Providing information and support to the lesbian, gay, bisexual

Support and counselling for gay and bisexual men.

www.rainbow-project.org

SAIL - Transgender support

Support for the families of transgender and gender variant people.

Transgender NI

Advocacy and support for transgender people.

www.transgenderni.org.uk

Teenscene (Omagh)

028 8283 5536 (Mon 2-6pm)

Positive Life Helpline

CASH clinic

0845 603 1881 (Wed 12.30-3.30pm

Contraception and sexual health (Enniskillen).

Children and young people

Barnardo's

www.barnardos.org.uk Childline

0800 1111

www.childline.org.uk

CLIC

0300 330 0803 | 028 9072 5780

Support for children suffering from cancer and leukaemia, and signposting for parents or anyone else affected.

www.clicsargent.org.uk

Zest

Tackling the problems that lead to suicidal behaviour and direct and/or indirect self-harm in young people and adults.

FLARE (Facilitating Life and Resilience Education)

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

WHSCT Gateway Team (24 hour)

First point of contact for anyone concerned about the welfare of a child or young person.

Youth Action Right Here Fermanagh Project

Works with young people to support them as active and equal citizens whose voices are heard, respected and valued

www.youthaction.org

roisinmc@youthaction.org

DIVERT Project

Provides support and information to children, young people and parents on alcohol and substance misuse

Action For Children

Supports and speaks out for the most vulnerable and neglected children and young people locally www.actionforchildren.org.ul

Family Nurse Partnership

028 7186 5115

Young People Sexual Health Nurse

028 7132 1758

Youthlife

Relate Teens 028 9032 3454

www.relateni.org

Voice of Young People in Care (VOYPIC)

028 7137 8 www.voypic.org

School Aged Mothers

028 7127 230 NSPCC

YES (Youth Engagement Service) / FIND Centre,

Enniskillen 028 6632 5559

Education, prevention and referral on a range of issues.

YES (Youth Engagement Service) at Our Space, 028 7137 2456 | 028 7136 6099

Education, prevention and referral on a range of issues.

claremaguireytp@gmail.com

Start360

Treatment, counselling and support services for young people and families affected by substance misuse.

CAMHS

028 7186 5238 028 6634 4115 028 8283 5990

Youth treatment, counselling and support.

Student support

www.studentsupport.ulster.ac.uk

Ulster University student support

Main telephone number	028 9536 7000	
Press option for Coleraine, Jordanstown, Magee or Belfast when prompted.		
24 hr counselling helpline	0800 028 5510	
Provides a professional counselling service on all campuses.		

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 quidance. Also provides a

professional counselling service. www.qub.ac.uk/directorates/sgc/

Family and relationships

Children's Autism Spectrum Disorder Service

Contact for Families with Disabled Children

Freephone helpline - signposting and help with disabilities. www.cafamily.org.uk

Family Support NI

0845 600 6483

info@familysupportni.gov.uk

www.familysupportni.gov.uk

NI Newpin

028 7134 4477

Parenting NI

Support for parents and carers including a freephone helpline counselling and parenting programmes.

www.parentingni.org

Sure Start

Ballymagroarty / Hazelbank	028 7126 7524
Carnhill	028 7135 6110
Dungiven	028 7774 2904
Edenballymore	028 7137 1670
Shantallow	028 7135 2522
Strabane	028 7138 2658
Waterside	028 7134 7186
Irvinestown	028 6862 1970
Castlederg	028 8167 9483
Strathroy/Fintona	028 8225 2936

Range of services for young children aged 0-4 years and their families, aimed at improving health, children's social and emotional development, and their ability to learn.

Strengthening Families Programme – Developing Healthy Communities

028 7161 1384

www.dhcni.com

ACCORD

Northern Ireland regional office	028 9023 3002
Londonderry	028 7136 2475
Enniskillen	028 6632 5696
Omagh	028 8224 2439

Marriage and relationships counselling.

www.accord-ni.co.uk

Relate

028 9032 3454

Services include relationship counselling for individuals and couples, and counselling for children and young people.

Derry Well Woman 028 7136 0777

www.derrywellwoman.org

Women's Aid

• Foyle	028 7141 6800
Fermanagh	028 6632 8898
• Omagh	028 8224 1414

Waterside Women's Centre

028 7134 1579

Strabane and Lifford Resource and Development

Centre 028 7188 6253

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

The Women's Centre

028 7126 7672 www.thewomenscentre.co.uk

Galliagh Women's Group

Strathfoyle Women's Activity Group

Men's Action Network

028 7137 7777 **Healthy Living Centres**

The Old Library TrustThe Oak Project The Arc HL Project 028 6862 8741 028 7136 5330

Fertility Network

0121 323 5025 fertilitynetworkuk.org

Oak Healthy Living Centre

A drop-in service for heavy drinkers and people who are isolated or suffer mild health issues (Tuesday 10am-1pm)

WHSCT Stop Smoking Service

Benefits/financial advice

Omagh support / self-help group

Carers NI

028 9043 9843

Citizens Advice North West

Cityside/Waterside/Strabane	0300 303 3650
Omagh / Fermanagh	028 6632 4334

Free, confidential, impartial advice; representation at tribunals; debt counselling services

Disability Action

www.citizensadvice.org.uk

028 7136 0811 www.disabilityaction.org

Personal Independence Payment (PIP)

Benefit enquiry line

Omagh Independent Advice Services

Advice on social security benefits, disability benefits, employment, debt/financial matters. Step Change

0800 138 1111 Free confidential debt advice.

www.stepchange.org

Employment training

AMH Foyle New Horizons

028 7137 3502

Helps people overcome the effects of mental ill health and in many cases return to work.

www.amh.org.uk/amh-near-you/new-horizons **AMH Fermanagh New Horizons**

www.amh.org.uk/amh-near-you/new-horizons

CLEAR Project Training

Condition Management Programme (CMP) 028 7137 6911 | 028 6632 4950 | 075 2589 83

The Condition Management Programme is a multidisciplinary team of healthcare professionals providing work-focused rehabilitation to overcome physical and mental health barriers to work.

www.westerntrust.hscni.net/ourservices condition.management@westerntrust.hscni.net

WHSCT Health Improvement Team 028 7186 5127

Lisnamallard Day Centre

Prospects Mental Health Day Care Centre

www.beaconwellbeing.org

Rural support **Rural Support Helpline**

0800 138 1678 www.ruralsupport.org.uk

Carers

Carers NI 028 9043 9843

Benefits and carers' rights.

Cause 028 9065 0650

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

The Escapists 078 3011 7766

Headway - The brain injury association

Dedicated to supporting people with a brain injury, as well as

Western Health and Social Care Trust Carers Coordinator

028 6634 4000 028 6634 4163

Long-term conditions

0808 800 8000

info@hdani.org.uk

Housing and supported living

House in the Wells

Methodist City Mission for Homeless Men

Depaul Ireland

Omagh Ethnic Community Support Group 028 8224 9750

Migrant Centre NI

Age NI

Alzheimer's Society 028 7134 8887 | 028 6634 4073

LCDI Volunteer Bureau

028 7139 7990

correct at time of going to print. Where any specific

MS Helpline

Macmillan Cancer Helpline

www.macmillan.org.uk

www.hdani.org.uk

First Housing Aid and Support Services

028 7126 7957

Central access point and emergency accor

For floating support and housing. www.depaulireland.org

Chinese Welfare Association 028 9028 8277

028 7188 6419

U3A Fovle

028 7776 5438

organisation or service is mentioned by name or otherwise this does not necessarily constitute or of that organisation or service.

www.mssociety.org.uk

Mencap (Londonderry)

Huntington's Disease Association NI

www.simoncommunity.org

Cultural/ethnic

euss@migrantcentreni.org

Older people

Age Concern NI and Help the Aged in Northern Ireland.

Limavady & Foreglen – Be Safe Be Well

North West Volunteer Centre

Disclaimer:

0800 103 2833

imply any endorsement or recommendation by PHA

Western area

0808 808 1111

British Lung Foundation

028 7126 6115 www.first-housing.com

028 7130 938 **Simon Community**

Shelter NI (SLATE Project)

Strabane Ethnic Group

Hate crime support bilingualsupportworker@migrantcentreni.org

www.ageuk.org.uk/northern-ireland/

Men's Sheds

Dennett Interchange

The information in this directory is believed to be