

This leaflet has been produced by Belfast Protect Life Implementation Group, a strategic partnership established to address the objectives of the Protect Life 2 Strategy. It contains information on suicide prevention and support services available across the city of Belfast which are funded by the Public Health Agency. \*

This leaflet is produced alongside promotional video clips of each organisation which provide additional information on the types of supports that are on offer. To access any of these video clips just scan the QR Code that is beside each organisation and that will take you directly through to the relevant website. Alternatively, just follow the website links provided.

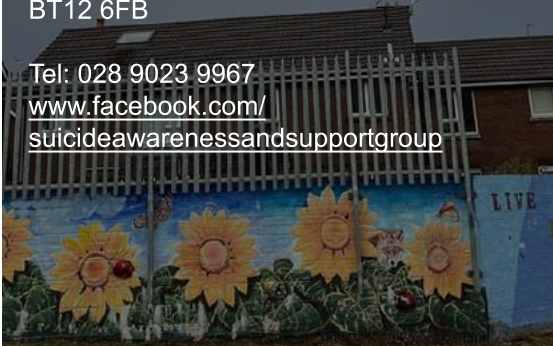
\* There are also a range of other organisations that can support you on your wellbeing journey. You can access further information and resources at:

[www.mindingyourhead.info](http://www.mindingyourhead.info)



**Suicide Awareness Support Group**  
209 Falls Road  
Belfast  
BT12 6FB

Tel: 028 9023 9967  
[www.facebook.com/suicideawarenessandsupportgroup](http://www.facebook.com/suicideawarenessandsupportgroup)



**Survivors of Suicide**  
Connswater community centre  
Severn Street  
Belfast  
BT4 1SX

Tel: 028 9046 0201  
[www.facebook.com/eastbelfastsos](http://www.facebook.com/eastbelfastsos)



**The Conservation Volunteers**  
Beech House  
159 Ravenhill Road  
Belfast

BT6 0BP  
[www.tcv.org.uk](http://www.tcv.org.uk)



**Windsor Womens Centre**  
136- 144 Broadway  
Belfast  
BT12 6HY

Tel: 028 9023 5451  
[www.windsorwomenscentre.com](http://www.windsorwomenscentre.com)



**Public Health Agency**  
12-22 Linenhall Street  
Belfast  
BT2 8BS

Tel: 0300 555 0114  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

**Protect Life 2**  
suicide prevention  
and bereavement  
services available  
across Belfast.

# POCKET GUIDE



**Action Mental Health**  
 Bloomfield House  
 395-405 Newtownards Road  
 Belfast  
 BT4 1RH

Tel: 028 9039 1630  
[www.amh.org.uk](http://www.amh.org.uk)



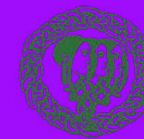
**Albert Street Community Centre Ltd (Heart Project)**  
 The Maureen Sheehan Centre  
 106 Albert Street  
 Belfast  
 BT12 4HL

Tel: 028 9031 0346  
[www.facebook.com/HEARTproject1](http://www.facebook.com/HEARTproject1)



**Extern NI**  
 3 McKinney Rd  
 Newtownabbey  
 BT36 4PE

Tel: 028 9084 0555  
[www.xtern.org](http://www.xtern.org)



**Falls Women's Centre**  
 256/258 Falls Road  
 Belfast  
 BT12 6AL

Tel: 028 9032 7672  
[www.fallswomenscentre.org](http://www.fallswomenscentre.org)



**Ashton Community Trust**  
 McSweeney Centre  
 Henry Place  
 Belfast  
 BT15 2AY

Tel: 028 9022 1022  
[www.bridgeofhope.support](http://www.bridgeofhope.support)



**Aware Defeat Depression**  
 40 - 44 Duncairn Gardens  
 Belfast  
 BT15 2GG  
 Tel: 028 9035 7820  
[www.aware-ni.org](http://www.aware-ni.org)



**Holy Trinity Centre**  
 46 Norgren Gardens  
 Belfast  
 BT11 8EL

Tel: 028 9020 0557  
[www.facebook.com/Trinity-Community-Counselling-Service-Belfast-125113960881899/](http://www.facebook.com/Trinity-Community-Counselling-Service-Belfast-125113960881899/)



**Lenadoon Community Counselling Service**  
 124 Stewartstown Road  
 Belfast  
 BT11 9JQ

Tel: 028 9060 0641  
[www.facebook.com/Lenadooncounsellingservices](http://www.facebook.com/Lenadooncounsellingservices)



**Barnardos**  
 542-544 Upper Newtownards Rd  
 Belfast  
 BT4 3HE

Tel: 028 9067 2366  
[www.barnardos.org.uk](http://www.barnardos.org.uk)



**Charter for Northern Ireland**  
 275a first floor Newtownards Road  
 Belfast  
 BT4 1AF

Tel: 028 9045 9458  
[www.charterni.org](http://www.charterni.org)



**Lighthouse**  
 187 Duncairn Gardens  
 Belfast  
 BT15 2GF

Tel: 028 9075 5070  
[www.lighthousecharity.com](http://www.lighthousecharity.com)



**MACS Supporting Young People**  
 303 Ormeau Rd  
 Belfast  
 BT7 3GG

Tel: 028 9031 3163  
[www.macsnl.org](http://www.macsnl.org)



**East Belfast Community Development Agency**  
 55 Templemore Avenue  
 Belfast  
 BT5 4FP

Tel: 028 9045 1512  
[www.ebcda.org](http://www.ebcda.org)



**East Belfast Independent Advice Centre**  
 55 Templemore Avenue  
 Belfast  
 BT5 4FP

Tel: 028 9073 5690  
[www.ebiac.org](http://www.ebiac.org)



**Rainbow Project**  
 1st Floor, Belfast LGBT Centre  
 23-31 Waring Street  
 Belfast  
 BT1 2DX

Tel: 028 9031 9030  
[www.rainbow-proejct.org](http://www.rainbow-proejct.org)



**Start 360**  
 6-10 William St  
 Belfast,  
 BT1 1PR

Tel: 028 9043 5810  
[www.start360.org](http://www.start360.org)