

Directory of services to help improve mental health and emotional wellbeing

South Eastern area **2018**



Health and
Social Care

Urgent help and support

Emergency services

999 or 112

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

Gateway Children’s Social Work Services

0300 100 0300

028 9504 9999 (out of hours)

Gateway assists people who are concerned about the welfare of a child or young person.

GP out of hours services

• Down and Lisburn 028 9260 2204

• North Down and Ards 028 9182 2344

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

Samaritans helpline

Freephone 116 123

Listening ear to those in distress.

jo@samaritans.org

www.samaritans.org

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)

are multi-professional teams that provide assessment, treatment and support services to people experiencing mental health problems. There are teams working throughout the South Eastern 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 and who are over the age of 65 years.

Community addiction teams (CATs)

provide treatment and support for adults with drug and alcohol problems.

Suicide prevention/ self-harm/self help

Colin Community Counselling

028 9060 4347

For people aged 16 years and over.

New Life Counselling

028 9039 1630

Niamh Louise Foundation

028 8775 3327

Complementary therapies, mentoring for people aged under 18 years, befriending for people aged 18 years and over, bereavement support, youth forum.

www.niamhlouisefoundation.com

North Down YMCA Men’s Health Worker

028 9145 4290 option 3

One to one support and group activities for men aged 18+ within North Down.

Samaritans helpline

Freephone 116 123

Listening ear to those in distress.

www.samaritans.org.uk

Email: jo@samaritans.org

SEHSCT training

028 9151 0275

Free for anyone aged over 16 years, including:

- Applied Suicide Intervention Skills Training (ASIST)
- Safe Talk – suicide awareness
- Understanding self-harm

MYMY (Mind Your Mate and Yourself)

028 4372 7549

Mental health including eating distress and anxiety support

Action Mental Health

• Ards (New Horizons) 028 9182 2410

• Downpatrick (New Horizons) 028 4461 3791

• Lisburn (New Horizons Derriaghy) 028 9062 9759

Training and support for people with mental health needs or a learning disability.

Aware

028 9035 7820

NI charity that provides information and support to those affected by depression.

www.aware-ni.org

Email: info@aware-ni.org

The Hub Community Counselling Centre, Ballynahinch

028 9756 1100

Eating Disorder Association

028 9023 5959

Kairos Enterprises Ltd

028 4321 8118

Support for adults using a community gardens approach. Men’s Shed Project.

Lisburn Downtown Centre

028 9267 2052

Support for people with mental health problems.

Men to Men

028 9024 7027

Counselling service and support for men’s health.

Mindwise

028 4461 7964

Support for people recovering from mental illness.

www.mindwisenv.org

Inspire (formerly NIAMH)

028 9032 8474

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

ww.inspirewellbeing.org

Praxis Care

028 9023 4555

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

Threshold

028 9087 1313

Residential and supported housing / floating support.

Alcohol, drugs and smoking

Alcoholics Anonymous

028 9035 1222

www.alcoholicsanonymous.ie

Alcohol and You

0800 254 5123

Online and face-to-face services to reduce alcohol-related harm and provide support for families.

www.alcoholandyouni.com

Narcotics Anonymous

Helpline 078 1017 2991

www.nanorthernireland.com

Al Anon / Alateen

028 9068 2368

Help and support for families and friends of problem drinkers.

www.al-anonuk.org.uk

ASCERT

028 9260 4422

Drug and alcohol services including treatment and support, education and training for professionals.

Drug and Alcohol Intervention Service for Youth (DAISY)/Start 360/ASCERT

028 9043 5815

Carlisle House

028 9032 8308

Substance misuse rehabilitation treatment centre.

Dunlewey Addiction Services

028 9039 2547 0800 0886 725

Drug and alcohol treatment service for adults.

Gamblers Anonymous and Gam-Anon

028 9024 9185

Help and support for compulsive gamblers. Gam-Anon is for partners, relatives and close friends of compulsive gamblers.

The Link MARC Project

028 9182 1124

Support for people with addiction problems. Showers, clean clothes and hot food provided.

Addiction NI

028 9066 4434

Drug and alcohol intervention and support services for adults and family members – specific support available for offenders and those aged 55+.

Barnardo’s Pharos Project

028 9146 6186

Barnardo’s project providing support services for families where there is parental substance misuse.

Simon Community

0800 171 2222 (central access point 24/7)

Support and advice for people with drug and alcohol problems.

Websites for further information

www.want2stop.info

www.knowyourlimits.info

www.drugsandalcoholni.info

www.talktofrank.com

Abuse

24 Hour Domestic & Sexual Violence Helpline

0808 802 1414

Text support to 07797 805 839

Open to all women and men affected by domestic or sexual violence.

24hrsupport@dvhelpline.org

Domestic Violence Outreach Scheme

028 9127 3196

North Down and Ards.

The Rowan – Regional Sexual Assault Referral Centre

24 hour freephone helpline 0800 389 4424

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

www.therowan.net

National Association for People Abused in Childhood (NAPAC)

0808 801 0331

Nexus

028 9032 6803

Advice, support and counselling for people who have been sexually abused.

www.nexusinstitute.org

PSNI non-emergency reporting number

101

Victim Support NI

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.co.uk

Women’s Aid

028 9024 9041

Support and advice for women who have suffered or are suffering from domestic abuse.

Bereavement

Barnardo’s child bereavement service

Advice line 028 9066 8333

www.barnardos.org.uk

Cruse

• Cruse Belfast Office 028 9043 4600

• Cruse helpline 0808 808 1677

Promotes the wellbeing of bereaved adults, children and young people.

Bereavement support midwife

028 9056 4717

Child death helpline

0800 282 986

0808 800 6019 (free for mobiles)

The Compassionate Friends

NI helpline 028 8778 8016

Support and care for bereaved parents, siblings and grandparents who have suffered the death of a child.

Lisburn Downtown Centre

028 9267 2052

Support for bereaved parents.

Miscarriage Association

019 2420 0799

NI Stillbirth and Neonatal Death Society (SANDS)

077 4099 3450

www.sandsni.org

Sexual health

Brook

028 9032 8866

Free confidential advice on sex and contraception for young people aged under 25 years.

Family Planning Association

0345 122 8687

Confidential information, advice and support on aspects of sexual health and family planning.

www.fpa.org.uk

SEHSCT family planning clinics

028 9181 6666 028 9260 1992

Helping someone who is thinking about suicide

1 – Approach the person and ask

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

2 – Listen, give support

Let them explain their feelings. Tell them you have to take any threats seriously.

3 – Get help

Tell them you will support them to find help. **Get professional help straight away.** Call **999** in a crisis. Remove potential means of suicide and don’t leave them alone.

Genito Urinary Medicine (GUM) clinic

028 9063 4050

Situated at the Royal Victoria Hospital.

Positive Life

028 9024 9268

Confidential helpline 0800 137 437

Providing support services, advice and signposting to people living with and affected by HIV.

www.positivelifeni.com

Youth health advice service (SEHSCT)

077 5331 0352

Free, confidential nurse-led service, including relationship and sexual health advice.

Sexual orientation and gender identity

LGBT Switchboard

0808 800 0390

LGBT Northern Ireland

028 9031 9030

www.lgbtni.org

Transgender NI

www.transgenderni.com

Cara-Friend

028 9089 0202

Provides information and support to the lesbian, gay, bisexual and transsexual community.

www.cara-friend.org.uk

Equality Commission enquiry line

028 9050 0600

HERE

028 9024 9452

Support for lesbian and bisexual women in Northern Ireland.

www.hereni.org

The Rainbow Project

028 9031 9030

Promoting the health and wellbeing of lesbian, gay, bisexual and transgender people, and their families.

www.rainbow-project.org

SAIL - Transgender support

Family support 028 3057 0075

Support for trans people 028 9532 0321

General enquiries/professionals 028 9532 0023

A support group for families of gender variant or transgender individuals of any age

www.saini.com

Children/youth support

ASCERT

028 9260 4422

Drug and alcohol services including treatment and support, education and training for professionals.

www.ascert.biz

Drug and Alcohol Intervention Service for Youth (DAISY)/Start 360/ASCERT

028 9043 5815 0800 254 5123

Barnardo’s

028 9067 2366

Direct services for children, young people and their families.

www.barnardos.org.uk

Belfast Central Mission (BCM)

• Parent support project 028 9182 7783

• Therapeutic counselling service 028 9182 7783

SEHSCT carers development officer

028 9756 5456

Contact point providing information for family carers.

NSPCC

0808 800 5000

Child protection 24/7 helpline – emotional, physical or sexual abuse or neglect.

Childline

0800 1111

Counselling for children and young people.

www.childline.org.uk

