

## Directory of services to help improve mental health and emotional wellbeing

Southern area

2018



Health and Social Care

## Urgent help and support

### Emergency services

**999 or 112**

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

### 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.

### Southern Area out of hours GP

**028 3839 9201**

After 6pm and all day Saturday, Sunday and bank holidays.

### Social services out of hours duty social worker

**028 9504 9999**

Provides an emergency social work response across Northern Ireland from 5pm – 9am and 24hrs at weekends.

## Suicide prevention/ self-harm/self-help

### 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.

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Action Mental Health (MensSana)

**028 3839 2314**

[www.amh.org.uk](http://www.amh.org.uk)

### PIPS Newry and Mourne

**028 3026 6195**

[www.pipsnewryandmourne.org](http://www.pipsnewryandmourne.org)

### PIPS Upper Bann

**028 3831 0151**

[www.pipsupperbann.com](http://www.pipsupperbann.com)

### Niamh Louise Foundation

**028 8775 3327**

[www.niamhlouisefoundation.com](http://www.niamhlouisefoundation.com)

### Protect life coordinator

**028 3756 4461**

Information on suicide/self-harm prevention, support and initiatives within the Southern area. Training is also available.

### Zest for Life Counselling and Training Services

**078 1808 8314** **078 9438 8371**

[www.zestforlifecounsellingservices.com](http://www.zestforlifecounsellingservices.com)

### British Association of Counselling and Psychotherapy

**0145 588 3300**

Accredited counsellors and therapists.

[www.bacp.co.uk](http://www.bacp.co.uk)

### Yellow Ribbon Suicide Prevention Programme

**028 3833 1485**

Emotional and psychological support for those suffering from break-ups, depression, panic attacks and issues such as self-harming from alcohol and drugs.

## Mental health including eating distress and anxiety support

### Inspire (formerly NIAMH)

**028 9032 8474**

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

[www.inspirewellbeing.org](http://www.inspirewellbeing.org)

### Mental Health Foundation incorporating the Foundation for People with Learning Disability

**020 7803 1100**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### Action Mental Health (AMH)

**028 3839 2314**

Incorporating MensSana (tailored activities to support mental health and emotional wellbeing) and New Horizons (supports the recovery of adults experiencing mental ill health who are interested in progressing towards further education/training or employment).

[www.amh.org.uk](http://www.amh.org.uk)

### AMH ADAPT

**028 3839 2314**

Supporting those affected by eating disorders.

### The Mental Health Forum

**028 3025 2423**

Southern area.

[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)

### MindWise

**028 9040 2323**

Supporting people with mental illness.

[www.mindwisenv.org](http://www.mindwisenv.org)

### Aware

**028 9035 7820** **028 7126 0602**

NI charity providing information and support for those affected by depression.

[www.aware-ni.org](http://www.aware-ni.org)

### PRAXIS Care

**028 9023 4555**

PRAXIS Care provides a range of supported living services to people experiencing mental ill health.

### Website for further information

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

## Alcohol, drugs and smoking

### The Magnet Centre, Newry

**028 3026 9070** **028 3025 2214**

### Barnardo's

**028 9066 3470** **028 4062 3872**

For children/young people and families affected by parental substance misuse.

### EXTERN

**028 9084 0555** **028 9033 0433**

Crisis helpline **0800 085 4808**

Addresses homelessness, drug and alcohol abuse and rehabilitating offenders to build safer communities.

[www.extern.org](http://www.extern.org)

### Dunlewey Addiction Services

**028 9039 2547**

Helpline **08000 886 725**

Supporting people with addictions.

### Community addiction team (CAT)

Accessed through GP.

### Breakthru

**028 8775 3228**

Awareness, education, prevention and support for alcohol and drug issues.

[www.breakthru.co.uk](http://www.breakthru.co.uk)

### Start 360

**028 3832 2714**

### Al Anon

**028 9068 2368**

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### Alcoholics Anonymous

**028 9035 1222**

[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

### Gamblers Anonymous

**028 9024 9185**

[www.belfastga.co.uk](http://www.belfastga.co.uk)

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### FutureProof (formerly REACT Ltd)

**028 4062 4511**

### Addiction NI

**028 9066 4434**

[www.addictionni.com](http://www.addictionni.com)

### ASCERT

**028 7944 0080**

Freephone **0800 2545 123**

[www.ascert.biz](http://www.ascert.biz)

### Cuan Mhuire

24hr drugs helpline **028 3084 9010**

Provides support on alcohol and drugs issues.

[www.cuanmhuire.ie](http://www.cuanmhuire.ie)

### Davina's Ark

**028 3027 9407**

[www.davinasark.co.uk](http://www.davinasark.co.uk)

### Websites for further information

[www.want2stop.info](http://www.want2stop.info)

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

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

[www.talktofrank.com](http://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](mailto:24hrsupport@dvhelpline.org)

### Women's Aid NI

• Armagh **028 3751 1473**

• Newry **028 3025 0765**

• Banbridge/Craigavon/Lurgan **028 3839 7979**

• Mid Ulster **028 8676 9300**

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

[www.womensaidni.org](http://www.womensaidni.org)

### Nexus

**028 9032 6803** **028 7126 0566**

[www.nexusni.org](http://www.nexusni.org)

### Trauma counselling service

**028 3834 7537**

### WAVE Trauma Centre support

**028 3751 1599**

[www.wavetraumacentre.org.uk](http://www.wavetraumacentre.org.uk)

### Victim Support

**028 9024 3133**

Emotional support for victims of crime.

[www.victimsupportni.co.uk](http://www.victimsupportni.co.uk)

### National Association for People Abused in Childhood (NAPAC)

**0808 801 0331**

## Bereavement

### Cruse

• Cruse Newry **028 3025 2322**

• Cruse Armagh/Dungannon **028 8778 4004**

• Cruse helpline **0808 808 1677**

National charity that promotes the wellbeing of bereaved people – for adults, children and young people.

[www.cruse.org.uk](http://www.cruse.org.uk)

Young people: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

### Barnardo's child bereavement service

Advice line **028 9066 8333**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

### Niamh Louise Foundation

**028 8775 3327**

[www.niamhlouisefoundation.com](http://www.niamhlouisefoundation.com)

### PIPS Newry and Mourne

**028 3026 6195**

[www.pipsnewryandmourne.org](http://www.pipsnewryandmourne.org)

### Child death helpline

**0800 282 986**

**0808 800 6019 (free for mobiles)**

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### The Lullaby Trust

Freephone information line **0808 802 6868/6869**

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### NI Stillbirth and Neonatal Death Society (SANDS)

Helpline **077 4099 3450**

[www.sandsni.org](http://www.sandsni.org)

### Miscarriage Association

Helpline **019 2420 0799**

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### The Compassionate Friends

Helpline **028 8778 8016**

Office **0345 120 3785**

[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

[www.tcf.org.uk](http://www.tcf.org.uk)

### 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.

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## Sexual health

### 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](http://www.positivelifeni.com)

### The Rainbow Project

**028 9031 9030**

[www.rainbowproject.org](http://www.rainbowproject.org)

### Love for Life

**028 3882 0555**

[www.loveforlife.org.uk](http://www.loveforlife.org.uk)

### Brook

**028 9032 8866**

Free confidential sexual health advice and contraception for young people aged 24 years and under.

### Family Planning Association

**0345 122 8687**

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

[www.fpa.org.uk](http://www.fpa.org.uk)

### Health clinic

**028 3741 2891** **077 8743 2845**

[health.clinic@southerntrust.hscni.net](mailto:health.clinic@southerntrust.hscni.net)

### Genito Urinary Medicine (GUM) clinic

**028 3083 4215**

### Community Sexual Health Advice Service

**028 3741 2410** **077 7139 0231**

### C.A.S.H. (Contraception & Sexual Health Service)

• Dungannon **028 8771 3090**

• Newry **028 3083 4294**

• Banbridge/Portadown **028 3833 3863**

## Sexual orientation and gender identity

### LGBT Switchboard

**0808 8000 390**

### LGBT Northern Ireland

[www.lgbtni.org](http://www.lgbtni.org)

### Transgender support services

[www.transgenderni.com](http://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](http://www.cara-friend.org.uk)

### Cara-Friend LGBTQ+ Youth

**028 9089 0202**

### HERE NI

## Child/youth support

• Armagh	028 3752 2380
• Newry	028 3026 3135

Support for young people at risk of coming into contact with the criminal justice system or being expelled from school.

• Armagh	028 3752 2380
• Newry	028 3026 0668

Assessment, therapeutic and preventative services to families who are deemed to be at risk.

• Armagh/Dungannon	028 3752 2380
• Portadown/Craigavon/Banbridge	028 3833 1168
• Newry & Mourne	028 3083 5764

028 3083 5400
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0800 1111
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24/7 counselling support for children and young people.

0808 800 5000
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028 3751 2515
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028 3832 2714
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Parents’ helpline	0808 802 5544
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www.youngminds.org.uk

• Craigavon/Banbridge	028 3833 8556
• Armagh Headquarters	028 3751 2266
• Armagh/Newry & Mourne	028 3025 1515
• Dungannon	028 8772 2167
• Cookstown	028 8675 7168

• Portadown	028 3839 1155
• Armagh/Dungannon	028 3752 2380
• Newry	028 3026 3135

• Armagh/Dungannon	028 3752 2380
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• Armagh	028 3751 1624
• Newry	028 3025 6040

• FutureProof (formerly REACT Ltd)	028 4062 4511
• Magnet Newry	028 3025 2214

## Student support

• Belfast	028 9536 7300
• Coleraine	028 7012 4105
• Jordanstown	028 9036 6336
• Magee	028 7167 5218

A professional counselling service is available on all campuses.

www.studentsupport.ulster.ac.uk

During office hours	028 9097 2727
24 hr counselling helpline	0808 800 0016

A first stop for information, advice and guidance. Also provides a professional counselling service. www.qub.ac.uk/directorates/sgc/

## Family and relationships

0845 600 6483
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familysupportni.gov.uk

0808 801 0722
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Offers services to support parents and carers including a freephone helpline, counselling, parenting programmes and the opportunity to have a say on the issues affecting parents and carers across Northern Ireland.

www.parentingni.org

028 9067 2366
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Parenting matters.

028 9035 1561
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Armagh/Dungannon	028 3752 2380
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• Armagh/Keady	028 3751 8569
• Banbridge	028 4062 2474
• Clogher Valley	028 8554 9898
• Dungannon	028 8772 9695
• Craigavon	028 3831 3360
• Portadown	028 3833 7455
• Kilkeel	028 4176 4718
• Newry	028 3083 3780
• South Armagh	028 3083 0022

Range of services from pregnancy through to a child’s 4th birthday, aimed at improving health, children’s social and emotional development, and their ability to learn.

028 9024 3265
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• Armagh/Dungannon	028 8778 9489
• Clogher Valley	028 8554 9898
• Craigavon	028 3834 5357
• Banbridge	028 4062 6234
• Newry/Mourne/Kilkeel	028 3026 6139

028 3083 5764
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028 8775 2133
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028 9023 3002
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Marriage and relationships counselling. www.accord-ni.co.uk

028 3832 9900
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028 3882 0555
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028 9032 3454
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Services include relationship counselling for individuals and couples, and counselling for children and young people.

## Benefits/financial advice

• Armagh	028 3752 4041
• Dungannon	028 8772 5299
• Craigavon	028 3836 1181
• Banbridge	028 4062 2201
• Newry	028 3026 2934

www.citizensadvice.org.uk

www.capuk.org
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028 9024 4401
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Legal support for disadvantaged individuals. www.lawcentreni.org

0800 138 1111
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Free confidential debt advice.

www.stepchange.org

## Trauma

028 9504 2828
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028 4062 8758
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028 9024 3133
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Emotional support for victims of crime.

www.victimsupportni.co.uk

028 3751 1599
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Offers care and support to anyone bereaved or traumatised through violence.

www.wavetraumacentre.org.uk

## Carers

028 9043 9843
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Benefits and carers’ rights.

028 9065 0650	
Helpline	0845 603 0291

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

www.cause.org.uk

• Craigavon/Banbridge	028 3833 3332
• Armagh/Dungannon	028 3756 4957
• Newry and Mourne	028 3083 6970

• Armagh/Dungannon/Craigavon/Banbridge/Newry/Mourne	028 4062 6516
• Belfast (Head Office)	028 9046 0500

www.actionforchildren.org.uk

## Rural support

Helpline	0845 606 7607
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www.ruralsupport.org.uk

028 8555 6880
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Dungannon and South Tyrone

028 3839 8888
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Armagh, Down and Antrim

028 3839 2777
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0300 0132 132
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0300 0300 900
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0300 013 2233
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• Armagh	028 3741 2521
• Craigavon	028 3834 4973
• Newry	028 3083 4325

## Other health-related support

028 9024 1929
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www.mapni.co.uk

• Armagh and Dungannon	028 3756 4498
• Craigavon and Banbridge	028 3831 1483
• Newry and Mourne	028 3083 4270
• Centralised phone number	028 3834 4973

028 9023 4555
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028 9023 2020
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028 3834 2741
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## Housing/homelessness/ supported living

034 4892 0900	
Out of hours	0344 892 0901

www.nihe.gov.uk

Out of Hours	028 9504 9999
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0800 171 2222
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028 8772 5860
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0800 171 2222
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Advice line	028 9024 5640
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www.housingadviceni.org

www.housingrights.org.uk

www.choice-housing.org
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## Cultural/ethnic

028 9050 0600
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028 8775 0211
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028 3834 7162
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Chinese community association

028 3839 3372
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028 8774 1961
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028 3741 2755
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028 3834 2089
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028 3083 4200/4272
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## Older people

028 9024 5729	
Advice line	0808 808 7575

Charity combining Age Concern NI and Help the Aged in Northern Ireland.

www.ageuk.org.uk/northern-ireland

• Armagh/Dungannon	028 8774 7377
24 hour helpline	078 4347 8433
• Newry/Mourne and Down	028 3026 1022

Referral service. The primary aim is to support members of the community by means of regular, friendly, telephone conversations – making time for people, listening effectively and becoming a ‘friend on the phone’.

<p><b>Disclaimer:</b></p> <p>The information in this directory is believed to be correct at time of going to print. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by PHA of that organisation or service.</p>
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