

South Eastern Mental Health Promotion and Suicide Prevention Communities of Interest

URGENT HELP AND SUPPORT

| | |
|----------------------------------|--------------------------------|
| LIFELINE 24hr | 0808 808 8000 |
| Samaritans Helpline | 08457 90 90 90 |
| ND&A Doctor On Call Service | 028 9182 2344 |
| Emergency Services | 999 or 112 |
| Police (PSNI) | 0845 600 8000 |
| RNID – For Deaf People | 028 9023 9619 |
| Social Services Out of Hours | 028 9056 5444 |
| Hospitals | |
| Lagan Valley Downshire | 028 9266 5141 028 4461 3311 |
| Ards Community Hospital (No A&E) | 028 9181 2661 |
| Ulster Hospital | 028 9048 4511 |

G.P. REFERRAL ONLY SERVICES

Access to these services is through consultation with a GP who can make a referral if it is felt to be appropriate and with your permission (in some instances a social worker or other mental health practitioner can make a referral):

- Community Mental Health Teams (CMHTs)
- Older People's Mental Health teams
- Community Addiction Service
- The Child and Adolescent Mental Health Service (CAMHS)
- The Dementia Service
- The Eating Disorders Service
- Hospital Services
- Community Outreach
- Rehabilitation programmes
- Adult Mental Health Assessment Centres

SUICIDE PREVENTION / SELF HARM / SELF HELP / BEREAVEMENT

| | |
|-------------------------|---------------------------------|
| LIFELINE 24hr | 0808 808 8000 |
| Samaritans Helpline | 08457 90 90 90 028 9066 4422 |
| ZEST Passion for Life | 028 7126 6999 |
| Niamh Louise Foundation | 028 8772 6217 0771 787 6037 |

- Public Initiative for the Prevention of Suicide and Self Harm
 - Head Office: 028 9075 5070
 - Ballynahinch: 07729 139 275
 - Downpatrick: 07709 861 310
 - Newcastle: 07756 795 044
- PAPYRUS Hopeline UK: 0800 068 4141
- FASA (Forum for Action on Substance Abuse): 028 9127 1322
- CRUSE Bereavement Care: 028 9043 4600
028 9127 2444

- National CRUSE Day-by-Day Helpline (9-5pm): 0844 477 9400
- CRUSE Young Person's Helpline: 0808 808 1677
- The Compassionate Friends N.I. Local Helpline: 028 9265 2550
- National Helpline: 0117 953 9639
- Barnardos Child Bereavement Service: 028 9069 4000
- Advice Line: 028 9064 5899
- Child Death Helpline: 0800 282986
- NI Miscarriage Association Helpline – 9am-10pm: 028 9336 9984
- Remember our Child: 028 9079 7975
- Bereavement Support Midwife Ulster Hospital: 028 9056 4717
- Cot Death Helpline: 0207 233 2090

- SANDS Still-birth and Neo-natal Death Society Northern Ireland Helpline: 077 4099 3450
- ASCERT B-Well: 028 9267 8190
- Colin B-Well: 028 9030 9974
- Kairos B-Well: 028 4372 3291
- Old Warren B-Well: 028 9260 4924
- YMCA B-Well: 028 9267 0918
- GROW in Northern Ireland: 07849 926218

MENTAL HEALTH SUPPORT / EATING DISTRESS / ANXIETY SUPPORT

| | |
|---|---|
| Aware Defeat Depression Helpline | 0845 120 2961 028 9032 1734 |
| NI Association for Mental Health (NIAMH) | 028 9032 8474 |
| Mindwise | 0845 456 0455 028 9040 1616 |
| Eating Disorder Association NI | 028 9023 5959 |
| Beat (Eating Disorders) Adult line | 0845 6341 414 |
| Youth line | 0845 6347 650 |
| NI Agoraphobia & Anxiety Society (NIAAS) Helpline | 028 9023 5170 0845 122 8630 |
| SAD Association | 028 9265 1991 |
| SANELINE Helpline | 0845 767 80 80 |
| Praxis Care Group | 028 9023 4555 028 9181 9426 028 9024 8665 |

- Action Mental Health
 - New Horizons Ards: 028 9182 2410
 - New Horizons Bangor: 028 9127 0979
 - New Horizons Downpatrick: 028 4461 3791
 - Accept Lisburn: 028 9062 9759
 - The Junction Lisburn (18-30 yr olds): 028 9062 9759
- The Link MARC Project: 028 9182 1124
- MENCAP: 0845 763 6227
028 9069 1351

ALCOHOL, DRUGS & SMOKING

| | |
|---|---|
| Smokers Helpline | 0800 85 85 85 |
| NICAS (NI Community Addiction Service) | 028 9066 4434 028 9073 1602 028 9033 0499 |
| Dunlewey Substance Advice Centre for 17 yr olds & under | 028 9061 1162 |
| Al-Anon & Al-teen | 028 9068 2368 |
| Alcoholics Anonymous | 028 9043 4848 |
| Gamblers Anonymous and Gamanon | 028 9024 9185 028 7135 1329 |
| Narcotics Anonymous | 07810 172 991 |
| National Drugs Helpline | 0800 77 66 00 |
| FRANK www.talktofrank.com | 0800 77 66 00 TEXT 82111 |

| | |
|--|--------------------------------|
| ASCERT (Training and Education) | 028 9260 4422 |
| Carlisle House | 028 9032 8308 |
| Battle Against Tranquillisers | 011 7966 3629 |
| FASA (Forum for Action on Substance Abuse) | 028 9127 1322 |
| SADI 24 Hour Helpline | 079 8447 1067 028 9147 7975 |

| | |
|--|---------------|
| DAISY (Youth Intervention and Support) | 028 9043 5815 |
| Familyworks (Young People Affected by Parental Misuse) | 028 9260 4422 |

ABUSE

| | |
|---|--------------------------------|
| Rape Crisis & Sexual Abuse Helpline | 028 9032 9002 028 9032 9001 |
| 24/7 Domestic Violence Helpline | 0800 917 1414 |
| Women's Aid | 028 9024 9041 |
| Nexus (Sexual Abuse) | 028 9032 6803 |
| Victims Support | 028 9024 4039 |
| Out of Hours Support | 0845 30 30 900 |
| NAPAC (National Association for people abused in childhood) | 0800 085 3330 |
| Preventing Violent Relationships | 028 9032 3454 |
| PSNI Domestic Violence Officer | 0845 600 8000 |

COUNSELLING SERVICES

| | |
|---|----------------------------------|
| Hollywood Family Trust | 028 9042 7842 |
| Community & Family Counselling | 028 9042 7214 |
| FASA (Forum for Action on Substance Abuse) | 028 9127 1322 |
| Lifeline | 0808 808 8000 |
| Contact Youth | 028 9032 0092 |
| Family Planning Association | 0845 1228 687 |
| Cara-Friend | 028 9089 0202 |
| Gay Helpline | 028 9032 2023 |
| Lesbian Helpline | 028 9023 8668 |
| Rainbow Project (gay and bisexual men) | 028 9031 9030 |
| ACCORD (Marriage Counselling) | 028 9023 3002 |
| Relate (Divorce/separation/marriage) | 0870 242 6091 |
| Men to Men | 028 9085 1622 |
| Nexus (Sexual Abuse) | 028 9032 6803 |
| New Life Counselling | 028 9039 1630 |
| British Association for Counselling | www.bacp.co.uk/seeking_therapist |
| Dunlewey Substance Advice Centre (for 17 yr olds & under) | 028 9061 1162 |
| Colin Community Counselling | 028 9060 4347 |
| BCM Therapeutic Counselling Service | 028 9182 7773 |

CHILDREN / YOUTH SUPPORT

| | |
|--|---------------|
| Contact Youth | 028 9032 0092 |
| LIFELINE | 0808 808 8000 |
| Childline NI | 0870 336 2945 |
| Childline | 0800 1111 |
| NSPCC | 028 9035 1135 |
| Child Protection 24/7 Helpline | 0808 800 5000 |
| Youth Com / Youth Line (11-20 year olds) | 0800 096 1425 |
| Young Minds | 0800 018 2138 |
| CLIC (cancer & leukaemia) | 0800 197 0068 |
| VOYPIC (Voice of Young People in Care) | 028 9024 4888 |
| Barnardos | 028 9067 2366 |

- Gateway (SEHSCT Children's Social Work Service)
 - Out of Hours: 028 9056 5444
 - The Link: 028 9182 1124
 - Youth Services: 028 9181 3987
- CAMHS (Child and Adolescent Mental Health Service): 028 9151 1199
- Children's Law Centre: 028 9024 5704
- MACS: 028 9061 0554
028 4461 5155

- Opportunity Youth Lisburn YMCA: 028 9043 5810
- Kairos Centre: 028 9267 0918
- North Down YMCA: 028 4372 4488
- ASCERT (Training and Education): 028 9145 4290
- DAISY (Youth Intervention and Support): 028 9260 4422
- ASCERT (Drug and Alcohol Education): 028 9260 4422
- Familyworks (Young People Affected by Parental Misuse): 028 9260 4422
- DAISY (Alcohol and Drugs, 8-21 year olds): 028 9043 5815
- BCM Therapeutic Counselling Service: 028 9182 7773
- BCM Parent Support Project: 028 9182 7783
- BCM EAGLE: 028 9024 1917
- South Eastern Trust Carers Development Officer: 028 9756 5456

SEXUAL HEALTH / SEXUAL ORIENTATION

| | |
|-------------------------------------|---------------|
| Aids Helpline | 0800 137 437 |
| HIV Support Centre | 028 9024 9268 |
| Brook (young people under 25 years) | 028 9032 8866 |
| Family Planning Association | 0845 1228 687 |
| Family Planning Clinics | |
| | 028 9181 6666 |
| | 028 9260 1992 |
| | 028 4461 3311 |
| GUM (Genito – Urinary Medicine) | |
| Male Reception | 028 9063 6477 |
| Female Reception | 028 9260 6483 |
| Contact Youth | 028 9032 0092 |
| LIFELINE | 0808 808 8000 |

LGBT SERVICES

| | |
|---|---------------|
| Cara-Friend | 028 9089 0202 |
| Gay Helpline | 028 9032 2023 |
| Lesbian Helpline | 028 9023 8668 |
| Rainbow Project – (gay and bisexual men) | 028 9031 9030 |
| GLAD | 07791 398438 |
| LASI - Lesbian Advocacy Services Initiative | 028 9024 9452 |

RELATIONSHIPS, DIVORCE / SEPARATION / FAMILY & CHILDCARE SUPPORT

| | |
|---|--------------------------------|
| ACCORD | 028 9023 3002 |
| Family Mediation NI | 028 9024 3265 07968 756 301 |
| Relate NI Divorce (out of hours receptionist) | 0870 242 6091 |
| Family Planning Association | 0845 1228 687 |
| Relate Teen (youth support) | 028 9026 0871 |
| Preventing Violent Relationships | 028 9032 3454 |
| Contact a Family Freephone Helpline | 0808 808 3555 |
| Gingerbread NI Freephone Advice Helpline | 0808 808 8090 028 9023 1417 |

- Parents Advice Centre: 0808 8010 722
028 9031 0891
- Familyworks: 028 9182 1721
- Hollywood Family Trust: 028 9042 7842
- Lifestart Mid-Ards: 028 4273 9130
- North Down YMCA Family Programme: 028 9145 4290
- St Vincent de Paul Surestart: 028 9035 1561

- Colin Neighbourhood Newtownards Downpatrick: 028 9060 1417
028 4277 2577
028 4461 3630
- Autism NI (PAPA) Helpline: 0845 055 9010
- Homestart
 - Downpatrick: 028 4461 5727
 - Lisburn: 028 9262 8585
 - Ballynahinch: 028 9756 3006
 - Newcastle: 028 4372 4531
 - North Down: 028 9127 1201
 - Ards, Comber & Peninsula: 028 4278 8369

- NI Attention Deficit and Hyperactivity Support Centre: 028 90200 110
- ADHD Parent Support Group: 028 90615 556
- Family and Childcare Services
 - Stewartstown Road Health Centre: 028 9060 2705
 - Lisburn Health Centre: 028 9266 5181
 - Hillsborough Health Centre: 028 9268 3609
 - Downpatrick Health Centre: 028 4461 3511
 - Ballynahinch Community Services: 028 9756 5456
 - Newcastle Community Services: 028 4372 3346
- Adolescence, Leaving and Aftercare and Community Placement Services
 - Lisburn: 028 9262 7400
 - Downpatrick: 028 4461 3311
- Community & Family Counselling: 028 9042 7214

MEN'S SUPPORT

| | |
|------------------------|---------------|
| Men to Men | 028 9085 1622 |
| The Men's Project | 028 9031 0891 |
| Men's Advisory Project | 028 9024 1929 |

WOMEN'S SUPPORT

| | |
|----------------------------|---------------|
| Women's aid | 028 9024 9041 |
| Footprint's Women's Centre | 028 9092 3444 |

BENEFITS / ADVICE / FINANCIAL WORRIES

| | |
|-------------------------|--------------------------------|
| Citizen's Advice Bureau | |
| Lisburn | 028 9266 2251 |
| Downpatrick | 028 4461 4110 |
| North Down | 028 9127 0009 |
| Newtownards | 028 9181 9257 028 9182 3966 |
| Seniorline Advice Line | 0808 808 7575 |
| National Debtline | 0808 808 4000 |
| Debtline NI | 0800 027 4990 |

RURAL SUPPORT

| | |
|-----------------------------------|---------------|
| Rural Support Line | 0845 606 7607 |
| Tada Rural Network | 028 3839 8888 |
| East Down Rural Community Network | 028 4461 2311 |

VIOLENCE & TRAUMA SUPPORT

| | |
|--|--------------------------------|
| The Family Trauma Centre | 028 9020 4700 |
| Nexus (Sexual Abuse) | 028 9032 6803 |
| The Wider Circle | 028 9024 5595 |
| Wave Trauma Centre | 028 9077 9922 028 9077 9900 |
| Victim Support | 028 9267 5642 |
| out of hours support | 0845 30 30 900 |
| 24/7 Domestic Violence Helpline | 0800 917 1414 |
| Domestic Violence Outreach Scheme (Bangor) | 028 9127 3196 |
| ZEST Passion for Life | 028 7126 6999 |

CARERS

| | |
|--|---|
| Carers NI | 028 9043 9843 |
| CAUSE for Mental Health | 028 9023 8284 0845 603 0291 07966 809 427 |
| Carer Advocate | 028 9260 7201 |
| Crossroads Carers | 028 9260 7201 |
| South Eastern Trust Carers Development Officer | 028 9756 5456 |

OTHER HEALTH RELATED SUPPORT

| | |
|---------------------------|---------------|
| MS Helpline | 0808 800 8000 |
| Macmillan Cancer Helpline | 0808 808 2020 |

HOUSING / HOMELESSNESS / SUPPORTED LIVING

| | |
|---|--------------------------------|
| NI Housing Executive (NIHE) | 0844 892 0900 |
| Council for the Homeless | 028 9024 6440 |
| Simon Community | |
| Central Office | 028 9023 2882 |
| Emergency Accommodation | |
| 24/7 Helpline | 028 9049 3488 |
| Lisburn | 028 9260 3059 |
| Downpatrick | 028 4461 4178 |
| Domestic Violence Helpline | 0800 917 1414 |
| MACS Floating Support | 028 9031 3163 028 4461 5155 |
| BCM LITE 16-25 | 028 8775 0175 |
| Anderson House Floating Support Project (BCM) | 028 9067 3471 |

CULTURAL / ETHNIC SUPPORT

| | |
|--------------------------------------|--------------------------------|
| Multi Cultural Resource Centre | 028 9024 4639 |
| NI Council for Ethnic Minorities | 028 9023 8645 028 9031 9666 |
| Chinese Welfare Association | 028 9028 8277 |
| Equality Commission | 028 9089 0890 |
| North Down YMCA Harbour Ward Project | 028 9145 4290 |
| An Munia Tobar | 028 9043 8265 |

OLDER PEOPLE

| | |
|--|---------------|
| Age NI | 028 9024 5729 |
| Advice Line | 028 9127 1968 |
| Careline | 028 9032 5055 |
| Hope | 0808 808 7575 |
| Alzheimer's Society | 028 9442 8595 |
| Good Morning | 028 4483 9628 |
| Good Morning Down | 028 4461 3434 |
| Good Morning Colin | 028 9062 7863 |
| South Eastern Trust Older Persons Services | |
| Downpatrick | 028 4461 3811 |
| Hillsborough | 028 9268 3609 |
| Ballynahinch | 028 9756 5456 |
| BCM LITE 60+ | 028 9067 3471 |

DISABILITY SUPPORT SERVICES

| | |
|-----------------------------|---------------|
| Blind Centre for NI | 028 9050 0999 |
| Deaf Association for NI | 028 9043 7480 |
| Down's Syndrome Association | 028 9066 5260 |
| NI Deaf Youth Association | 028 9043 8566 |
| RNID NI | 028 9023 9619 |
| Stroke Association NI | 028 9050 8020 |
| MENCAP | 028 9069 1351 |
| Disability Network | 028 9266 7227 |

OTHER SUPPORT SERVICES

| | |
|--|--------------------------------|
| Aid Call | 0808 100 4545 |
| Healthwise | 028 9031 1611 |
| Kilcooley Tenant Support | 028 9147 0666 |
| Kilcooley Community Forum | 028 9147 9424 |
| Kilcooley Women's Centre | 028 9147 8292 |
| North Down YMCA Tenant Support Services | 028 9145 4290 |
| Volunteer Now | 028 9020 0862 |
| Peninsula Healthy Living Partnership | 028 4273 9021 |
| South Eastern Trust Community Disability Co-ordinators | |
| Learning Disability Physical Disability | 028 9181 4625 028 9182 3762 |
| Threshold | 028 9087 1313 |
| Lisburn Downtown Centre | 028 9267 2052 |