

Further updates and information can be obtained from WH&SC Trust Health Improvement Department
Tel 028 7186 5127 or www.westerntrust.hscni.net

This resource is intended to act as a guide to the range of support available both locally and regionally. Inclusion in this resource does not necessarily constitute or imply any endorsement or recommendation by the Health Improvement Department and the Western Health and Social Care Trust, of that organisation or service.

This information resource has been produced by the WH&SC Trust Health Improvement Department in support of the Suicide Prevention Strategy and the Mental Health Promotion Strategy and Action Plan.

GET HELP FOR THE PERSON

Urgent Help And Support

Lifeline 24 Hours 0808 808 8000

Foyle Search and Rescue 028 7131 3800
GP (Family Doctor) Out of Hours Service via GP number
Police, Ambulance, Fire Brigade 999
Samaritans 028 7126 5511
Zest 028 7126 6999

Hospitals

Altnagelvin Hospital 028 7134 5171
Gransha Hospital 028 7186 0261
Waterside Hospital 028 7186 0007

Develop Your Skills

Health Improvement Dept 028 7186 5127

ASIST - Applied Suicide Intervention Skills Training.
Mental Health First Aid Training.
SafeTALK Training.

Adult Mental Health Services

Access to these services is through your GP (Family doctor).

Community Mental Health Teams
Limavady 028 7772 2123
Shantallow 028 7135 0063
Strabane 028 7138 2963
Waterside 028 7131 4200
Primary Care Liaison Service 028 7132 0102
Psychological Therapy Service 028 7132 0143

Child & Adolescent Mental Health Services

Child and Family Team 028 7186 5238
Gateway Team 028 7131 4090 (First point of contact for anyone concerned about the welfare of a child or young person.)
Leaving and Aftercare Team 028 7131 2044

Older People's Mental Health Services

028 7186 4384

Addictions

AA Central Number 028 9043 4848
Alcohol and Drugs Services 028 7186 5239
028 7186 5240

Drinkline 0800 917 8282
Gamblers Anonymous 028 7135 1329
Narcotics Anonymous 078 1017 2991
National Drugs Helpline 0800 77 66 00
Northlands Centre 028 7131 3232
Smokers Helpline 0800 85 85 85

Addictions Directory of Services

Public Health Agency's Western Drugs and Alcohol Co-ordination Team. www.westernifh.org/wdact/site
028 7186 0086 / 8225 3950

Advocacy Groups

Mind Yourself 028 7126 3461

Anxiety/Depression/Stress

Aware Defeat Depression 028 7126 0602
CALMS (Managing Stress) 028 7126 8698
Centre For Creative Energy 028 7135 0407
Cunamh 028 7128 8868
Derry Well Woman 028 7136 0777
Koram Centre 028 7188 6181
NI Agoraphobic and Anxiety Society 028 9023 5170
Praxis 028 7130 8020
STEER Mental Health 028 7127 9995

Benefits/Advice

Attendance Allowance 028 9033 6000
Carers NI Benefits/Rights 028 9043 9843
Citizens Advice Bureau 028 7136 2444
028 7138 2665
Debtline NI 0800 027 4990
Disability Action 028 7136 0811
Invalid Care Allowance 028 9033 6000

Bereaved by Suicide

Family Liaison Officer 028 7132 0138
0794 991 4100
North West Bereaved by Suicide Support Group
028 7132 0138

Bereavement

Barnardo's Child Bereavement Service
028 9069 4000 Advice Line 028 9064 5899
Cruse Bereavement Care 028 7126 2941
Cruse National Helpline 0844 477 9400
Cruse Young Person's Helpline 0808 808 1677
NI Miscarriage Association Helpline 028 9336 3384
North West Counselling 028 7181 3587
SANDS NI (Still Birth & Neo Natal Death Society)
Helpline 0774 099 3450
The Compassionate Friends NI (Bereaved Parents),
National Helpline 0117 953 9639
Wave (Bereaved Through The Troubles) 028 7126 6655
Youthlife 028 7137 7227

Carers Support

Carers NI 028 9043 9843
Cause 0845 603 0291
WHST Carers Co-ordinator 028 7127 2103

Counselling Services

North West Counselling 028 7181 3587
Youthlife 028 7137 7227
Zest 028 7126 6999

Cultural/Ethnic Support

Chinese Welfare Association 028 7128 8858
Multicultural Resource Centre 028 9024 4639
NI Council for Ethnic Minorities 028 9023 8645
Travellers Support Group 028 7135 9340

Eating Disorders

Eating Disorders Association 028 9023 5959
Helpline 0160 362 1414
Eating Disorders Service 028 7132 0165. Access to this service is through your GP (Family doctor).
Youthlife 028 7137 7227

Employment/Training

AMH Foyle New Horizons 028 7137 3502

Families and Children

Autism NI 028 9040 1729
Childline NI 0870 336 2945
(Free phone) 0800 1111
Contact a Family 0808 808 3555
Family Planning Association 028 7126 0016
Gingerbread 028 7137 7066
Newpin 028 7134 4477
Parents Advice Centre 028 7137 2006
Helpline 0808 801 0722
Surestart Ballymagroarty/Hazelbank 028 7126 7524
Surestart Dungiven 028 7774 2904
Surestart Edenballymore 028 7137 1670
Surestart Shantallow 028 7135 2522
Surestart Strabane 028 7138 2658
Surestart Waterside 028 7134 7186
Teenage Pregnancy Co-ordinator 028 7132 1723
Young Father's 'Da' Project 028 7137 2787

Homelessness

First-Housing Aid 028 7126 6115
House in the Wells 028 7126 7957
Methodist City Mission For Homeless Men
028 7130 9388
Simon Community 028 7131 1461

Men's Support

Men's Action Network 028 7137 7777
Relate 028 7137 1502

Mental Health/Education/Support

AMH Foyle New Horizons 028 7137 3502
Beacon Day Support 028 7126 9677
Northern Ireland Association for Mental Health (NIAMH) 028 9032 8474
PRAXIS 028 7130 8020
PRAXIS National Helpline 0845 767 8000
Rethink 084 5456 0455
STEER Mental Health 028 7127 9995

Older People's Support

Age Concern 028 7134 7478
Advice 028 9032 5055
Age NI 028 9024 5828
Alzheimer's Society 028 7134 8887
Fold Housing, Belfast 028 9042 8314
Help the Aged, NI Careline 0808 808 7575
HOPE (Help On Pension Entitlements) 028 9442 8595
Seven Oaks Fold 028 7186 4387

Relationships

Accord 028 9023 3002
Gingerbread 028 7137 7066
Nexus Institute (Support For Sexual Abuse)
028 7126 0566
Psychosexual Service 028 7186 5294
Relate 028 7137 1502
Relate Teens 028 7137 1502

Rural Support

Rural Support Helpline 0845 606 7607

Sexual Health/Orientation

Brae (Family Planning) Clinic & Young People's Clinic 028 7132 1758
Cara-Friend (LGBT), Belfast 028 9032 2023
HIV/Sexual Health Helpline 0800 137 437
Gay/Lesbian Youth NI 028 9089 020
LGBT Strabane & Lifford Group 028 7188 5857
Rainbow Project 028 7128 3030
Teenage Pregnancy Co-ordinator 028 7132 1723

Victims of Violence/Trauma

Child Abuse and Rape Enquiry Unit, PSNI,
0845 600 8000NI
Centre for Trauma and Transformation 028 8225 1500
Crime Prevention Officer, PSNI 0845 600 8000
Cunamh 028 7128 8868
Domestic Violence Officer, PSNI 0845 600 8000
Nexus Institute 028 7126 0566
NSPCC Helpline 0808 800 5000
Victim Support 028 7137 0086
'Victim & Survivor Matters' Programme,
Enniskillen 028 6634 4104
Wave Trauma Centre 028 7126 6655

Women's Support

Derry Well Woman 028 7136 0777
Foyle Women's Aid 028 7128 0060
Strabane/Lifford Women's Centre 028 7188 6253
The Women's Centre 028 7126 7672
Waterside Women's Centre 028 7134 1579

Young People

Lifeline (24 Hour Helpline) 0808 808 8000
Childline 0870 336 2945
(Free Phone) 0800 1111
Eating Disorders Association 028 9023 5959
First Housing 028 7126 6115
NSPCC (24 Hour Helpline) 0808 800 5000
Opportunity Youth 028 7137 1162
Relate Teens 028 7137 1502
School Aged Mothers 028 7127 2300
Teenage Pregnancy Co-ordinator 028 7132 1723
Voypic 0845 074 2942
Young Father's 'Da' -Project 028 7137 2787
Young People's Sexual Health Nurse 028 7132 1758
Youthlife 028 7137 7227
Zest Suicide & Self Harm 028 7126 6999