

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

GP (Family Doctor) Out of Hours Service via GP number
Police, Ambulance, Fire Brigade 999
Samaritans, Londonderry 028 7126 5511
Zest, Londonderry 028 7126 6999

Hospitals

Erne Hospital 028 6638 2000
Tyrone County 028 8283 3100
Tyrone and Fermanagh 028 8224 5211

Develop Your Skills

Health Improvement Dept, Londonderry 028 7186 5127
ASIST - Applied Suicide Interventions Skills Training
Mental Health First Aid Training
Safe Talk Training

Adult Mental Health Services

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

Community Mental Health Teams
Belmore House 028 6632 6604
Clare House (residential/respice) 028 6632 6361
Lissan House 028 8225 2202

Child & Adolescent Mental Health Services

Child and Adolescent Mental Health Team 028 8283 5990
Gateway Team 028 8283 5250 (First point of contact for anyone concerned about the welfare of a child or young person)

Older People's Mental Health Teams

028 6634 4000
028 8283 3490

Addictions

AA Central Number 028 9043 4848
Addiction Treatment Service, 028 8283 5443/5365
Community Addiction Therapists, 028 8283 5351/5471 • 028 6632 5811
Community Drugs Therapist 028 8283 5203
Drinkline 0800 917 8282
Gamblers Anonymous 028 9024 9185
Narcotics Anonymous 078 1017 2991
National Drugs Helpline 0800 077 6600
Northlands Centre, Londonderry 028 7131 3232
Smokers Helpline 0800 85 85 85
SOLACE, 028 6862 8737

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

Heads Together 028 8225 9793
Omagh Support/Self Help Group 028 8225 9877
West Tyrone Voice 028 8166 2848

Anxiety/Depression/Stress

Aisling Centre 028 6632 5811
Aware Defeat Depression 028 7126 0602
Koram Centre, Strabane 028 7188 6181
NI Agoraphobic & Anxiety Society 028 9023 5170
Tara Centre 028 8225 0024

Benefits/Advice

Attendance Allowance 028 9033 6000
Carers NI Benefits/Rights 028 9043 9843
Citizens Advice Bureau, 028 6632 4334
Disability Action, 028 7136 0811
Disability Living Allowance 0800 22 06 74
Debtline NI 0800 027 4990
Invalid Care Allowance 028 9033 6000
Omagh Independent Advice Centre 028 8224 3252

Bereaved by Suicide

Family Liaison Officer 028 8225 2202
0794 991 4144
Fermanagh Bereaved by Suicide Support Group, 028 6632 5811
PATHS Omagh 028 8554 8794

Bereavement

Barnardo's Child Bereavement Service 028 9069 4000 Advice Line 028 9064 5899
Cruse Bereavement Care 028 8224 4414
Cruse National Helpline 0844 477 9400
Cruse Young Person's Helpline 0808 808 1677
NI Miscarriage Association Helpline 028 9336 3384
SANDS NI (Still Birth & Neo Natal Death Society) Helpline 0774 099 3450
The Compassionate Friends NI (Bereaved Parents), National Helpline, 0117 953 9639

Carers Support

Carers NI 028 9043 9843
Cause 0845 603 0291
WHSC Carers Co-ordinator 028 6634 4000

Counselling Services

Aisling Centre 028 6632 5811
Koram Centre, Strabane 028 7188 6181
Tara Centre 028 8225 0024

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 028 7135 9340

Eating Disorders

Eating Disorders Association 028 9023 5959
Helpline 0160 362 1414

Employment/Training

Fermanagh New Horizons 028 6632 3630
Lisnamallard Industries 028 8225 2079
Prospects 028 8167 0600

Families and Children

Autism NI 028 9040 1729
Childline NI 0870 336 2945
(Free phone) 0800 11 11
Contact a Family 0808 808 3555
Family Planning Association, Londonderry 028 7126 0016
Gingerbread, Londonderry 028 7137 7066
Parents Advice Centre, Londonderry 028 7137 2006 • Helpline 080 8801 0722
Surestart Arc Healthy Living Centre 028 6862 1970
Surestart Castledearg 028 8167 9438
Surestart Strathroy 028 8225 2936
Teenage Pregnancy Co-ordinator 028 6862 8741

Homelessness

Shelter Housing 028 8225 9000
Simon Community, Londonderry 028 7131 1461

Men's Support

Mens Action Network, Londonderry 028 7137 7777
Relate, Londonderry 028 7137 1502

Mental Health/Education/Support

AMH Fermanagh New Horizons 028 6632 3630
Northern Ireland Association for Mental Health (NIAMH) 028 9032 8474
Praxis 028 6772 2778
National Helpline 0845 767 8000
Rethink (NI), Belfast 028 9040 2323

Older People's Support

Age NI 028 9024 5828
Alzheimer's Society 028 6634 4073
028 8224 0826
Fold Housing, Belfast 028 9042 8314
Help the Aged, NI Careline 0808 808 7575
HOPE (Help On Pension Entitlements) 028 9442 8595

Relationships

Accord 028 8224 2439
Gingerbread, Londonderry 028 7137 7066
Nexus Institute (Support For Sexual Abuse) 028 6632 6044
Psychosexual Service 028 8283 5449/5323
Relate, Londonderry 028 7137 1502
Relate Teens, Londonderry 028 7137 1502

Rural Support

Rural Support Helpline 0845 606 7607

Sexual Health/Orientation

Cara-Friend (LGBT), Belfast 028 9032 2023
Family Planning Clinic 028 8283 5536
028 6638 2693
Gay/Lesbian Youth NI 028 9089 0202
HIV/Sexual Health Helpline 0800 137 437
LGBT Strabane & Lifford Group 028 7188 5857
Rainbow Project, Londonderry 028 7128 3030
Teenage Pregnancy Co-ordinator 028 6862 8741
Teenscene 028 8283 5536
028 6638 2693
Young People's Sexual Health Nurse 028 6862 8737
Youth Health Advice (SW College) 028 6634 2289

Victims of Violence/Trauma

Child Abuse and Rape Enquiry Unit, PSNI, 0845 600 8000
Crime Prevention Officer, PSNI 0845 600 8000
Domestic Violence Officer, PSNI 0845 600 8000
Nexus Institute 028 6632 0046
NI Centre for Trauma & Transformation 028 8225 1500
NSPCC Helpline 0808 800 5000
Phoenix Group 028 8225 0177
028 6632 0408
'Victim & Survivor Matters' Programme 028 6634 4104
Victim Support NI 028 8224 0012
Wave Trauma Centre 028 8225 2522

Women's Support

Fermanagh Women's Aid 028 6632 8898
Omagh Women's Aid 028 8224 1414
Strabane/Lifford Women's Centre 028 7188 6253

Young People

Lifeline (24 Hour Helpline) 0808 808 8000
Childline NI 0870 336 2945
(Free Phone) 0800 1111
Eating Disorders Association, Belfast 028 9023 5959
Eating Disorders Support Group 028 8283 5297
NSPCC (24 Hour Helpline) 0808 800 5000
Opportunity Youth, Londonderry 028 7137 1162
Relate Teens, Londonderry 028 7137 1502
SOLACE 028 6862 8737
Teenage Pregnancy Co-ordinator 028 6862 8741
Teenscene 028 8283 5536
028 6638 2693
Voypic 0845 074 2942
Young People's Sexual Health Nurse 028 6862 8737
Youth Health Advice (SW College) 028 6634 2289
Zest Suicide and Self Harm, Londonderry 028 7126 6999