

Directory of services to help improve mental health and emotional wellbeing

Southern area

2020

 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

Action Mental Health (MensSana)

028 3839 2314

www.amh.org.uk

PIPS Hope and Support

028 3026 6195

www.pipsnewryandmourne.org

PIPS Upper Bann

028 3831 0151

www.pipsupperbann.com

Niamh Louise Foundation

028 8775 3327

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

British Association of Counselling and Psychotherapy

0145 588 3300

Accredited counsellors and therapists.

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.

Links Counselling Service

028 3834 2825

info@linkscounselling.com

Chrysalis Women’s Centre

028 3834 1846

Nyama counselling service.

Mental health including eating distress and anxiety support

Inspire

028 9032 8474

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

www.inspirewellbeing.org

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

AMH EveryBODY

028 3839 2314

Supporting those affected by eating disorders.

The Mental Health Forum

028 3025 2423

Southern area. Provides advice, information and signposting for service users, carers, professionals and the public about mental health services. It engages locally and regionally in the planning and delivery of mental health services.

www.thementalhealthforum.co.uk

MindWise

028 9040 2323

Supporting people with mental illness.

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

PRAXIS Care

028 9023 4555

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

HSC information on mental health conditions, treatments and medications

www.choiceandmedication.org/hscni

Website for further information

www.mindingyourhead.info

Alcohol, drugs, smoking and gambling

The Magnet Centre, Newry - Youth Engagement Service

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

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

www.extern.org

Dunlewey Addiction Services

028 9039 2547

Problem Gambling helpline 08000 886 725

Supporting people with addictions.

Community addiction team (CAT)

Accessed through GP.

Start360

028 3832 2714

Al Anon

028 9068 2368

www.al-anonuk.org.uk

Alcoholics Anonymous

028 9035 1222

www.alcoholicsanonymous.ie

Gamblers Anonymous

028 9024 9185

www.belfastga.co.uk

www.gamblersanonymous.org.uk

FutureProof - Youth Engagement Service

028 4062 4511

Addiction NI

028 9066 4434

www.addictionni.com

ASCERT

028 7944 0080

Freephone 0800 2545 123

www.ascert.biz

Cuan Mhuire

24hr alcohol and gambling helpline 028 3084 9010

Provides support on alcohol and gambling issues.

www.cuanmhuire.ie

Davina’s Ark

028 3027 9407

www.davinasark.co.uk

Websites for further information

www.stopsmokingni.info

www.drugsandalcoholni.info

www.talktofrank.com

Abuse

24 Hour Domestic & Sexual Abuse Helpline

0808 802 1414

Open to anyone affected by domestic or sexual abuse.

help@dsahelpline.org

www.dsahelpline.org

Women’s Aid NI

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

www.womensaidni.org

Armagh/Down Women’s Aid

• Armagh 028 3839 7979

• Newry 028 3025 0765

• Portadown 028 3839 7979

• Refuge number 028 3026 7174

Mid Ulster Women’s Aid

028 8676 9300

Nexus

028 9032 6803 028 7126 0566

www.nexusni.org

WAVE Trauma Centre support

028 3751 1599

www.wavetraumacentre.org.uk

Victim Support

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.com

National Association for People Abused in Childhood (NAPAC)

0808 801 0331

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

Bereavement

Cruse Bereavement Care

• Cruse Newry 028 3025 2322

• Cruse Armagh/Dungannon 028 8778 4004

• Cruse helpline 0808 808 1677

Cruse offers information, support and advice to anyone affected by death.

www.cruse.org.uk

Young people: www.hopeagain.org.uk

Barnardo’s child bereavement service

Advice line 028 9066 8333

www.barnardos.org.uk

Niamh Louise Foundation

028 8775 3327

www.niamhlouisefoundation.com

PIPS Hope and Support

028 3026 6195

www.pipsnewryandmourne.org

Child death helpline

Freephone 0800 282 986

Free for mobiles 0808 800 6019

www.childdeathhelpline.org.uk

The Lullaby Trust

Freephone information line 0808 802 6868/6869

www.lullabytrust.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)

Helpline 077 4099 3450

www.sandsni.org

Miscarriage Association

Helpline 019 2420 0799

info@miscarriageassociation.org.uk

www.miscarriageassociation.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.

The Compassionate Friends

Helpline 028 8778 8016

Office 0345 120 3785

helpline@tcf.org.uk

www.tcf.org.uk

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

The Rainbow Project

028 9031 9030

www.rainbow-project.org

Love for Life

028 3882 0555

www.loveforlife.org.uk

Common Youth

028 9032 8866

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

Informing Choices NI (formerly fpaNI)

0345 122 8687

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

www.informingchoicesni.org

Health clinic

Drop in contraceptive and sexual health advice clinic for under 25s.

health.clinic@southerntrust.hscni.net

Genito Urinary Medicine (GUM) clinic

028 3756 2080

Community Sexual Health Advice Service

028 3756 4465 077 7139 023

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

028 3756 2200

queries.cash@southerntrust.hscni.net

Sexual orientation and gender identity

LGBT Switchboard

0808 8000 390

LGBT Northern Ireland

www.lgbtnei.org

Transgender NI

0300 302 3202

www.transgenderni.org.uk

Cara-Friend

028 9089 0202

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

www.cara-friend.org.uk

Cara-Friend LGBTQ+ Youth

028 9089 0202

HERE NI

028 9024 9452

Support for lesbian and bisexual women in Northern Ireland.

www.hereni.org

The Rainbow Project

028 9031 9030

www.rainbow-project.org

SAIL

028 9532 0023

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

www.sailni.com

Child/youth support

Barnardo's Young Person's Partnership

• Armagh	028 3752 2380
• Newry	028 3026 3135

Supporting young people aged 13-18 in need and at risk.

Barnardo's Family Resource Centres

• Armagh	028 3752 2380
• Newry	028 3026 0668

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

Family Support Hubs

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

Child and Adolescent Mental Health Services (CAMHS)

028 3083 5400

Childline

0800 1111

24/7 counselling support for children and young people.

National Society for the Prevention of Cruelty to Children (NSPCC)

0808 800 5000

Education Authority critical incident/emotional health and wellbeing team

028 3751 2515

FLARE (Facilitating Life and Resilience Education)

028 3025 1515 075 4816 2186

Support service for young people (11-25 years old) experiencing mental health issues or impacted by suicide, delivered through youth work practice and interventions.

flare@eani.org.uk

Start360

028 3832 2714

Young Minds

Parents' helpline	0808 802 5544
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www.youngminds.org.uk

Education Authority youth service

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

Young People's Partnership

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

Family Resource Centre

• Armagh/Dungannon	028 3752 2380
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Youth Action NI

• Armagh	028 3751 1624
• Newry	028 3025 6040

Youth Engagement Services

• FutureProof	028 4062 4511
• Magnet Newry	028 3025 2214 028 3026 9070

Student support

Ulster University student support

Main telephone number	028 9536 7000
Choose option for Coleraine, Jordanstown Magee or Belfast when prompted.	
24 hr counselling helpline	0800 028 5510

A professional counselling service is available on all campuses.

www.ulster.ac.uk/wellbeing

Queen's University Belfast student guidance centre

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

Family Support NI

0845 600 6483

www.familysupportni.gov.uk

Parenting NI

0808 801 0722

Support for parents and carers including a freephone helpline, counselling and parenting programmes.

www.parentingni.org

Parentline NI

0808 8020 400

parentline@ci-ni.org.uk

Barnardo's

028 9064 4335 077 7155 5930

Parenting matters.

St Vincent de Paul regional office

028 9035 1561

Sure Start

• Armagh/Keady	028 3751 8569
• Banbridge	028 4062 2475
• 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.

Family Mediation NI

028 9024 3265

Home-Start

• Armagh/Dungannon	028 8778 9489
• Craigavon	028 3834 5357
• Banbridge	028 4062 6234
• Newry/Mourne/Kilkeel	028 3026 6139

Trained local parent volunteers supporting families with young children through challenging times.

Supporting people and communities every day (SPACE)

028 3083 5764

www.space-ni.com

Vineyard Church Dungannon

028 8775 2133

www.vineyarddungannon.co.uk

ACCORD

028 9023 3002

Marriage and relationships counselling.

www.accord-ni.co.uk

Care in Crisis - The Counselling Centre

028 3832 9900

Love for Life

028 3882 0555

www.loveforlife.org.uk

Relate

028 9032 3454

Services include relationship counselling for individuals and couples, and counselling for children and young people.

www.relateni.org

Benefits/financial advice

Advice Agencies

• Community Advice Armagh	028 3752 4041
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info@adviceni.net

• Mid Ulster	028 8676 6126
• Community Advice Craigavon	028 3836 1181

www.adviceni.net

• Banbridge	028 4062 2201
• Community Advice Newry, Mourne & Down	0300 3030 306

www.citizensadvicenmd.com

Christians Against Poverty

www.capuk.org

Law Centre NI

028 9024 4401

Legal support for disadvantaged individuals.

www.lawcentreni.org

Step Change

0800 138 1111

Free confidential debt advice.

www.stepchange.org

Trauma

Family Trauma Centre

028 9504 2828

Nova Trauma Support

028 4062 8758

Victim Support

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.com

WAVE Trauma Centre

028 3751 1599

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

www.wavetraumacentre.org.uk

Carers

Carers NI

028 9043 9843

Benefits and carers' rights.

www.carersuk.org/northernireland

Cause

028 9065 0650

Helpline 0800 103 2833 (Freephone)

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

www.cause.org.uk

Memory/dementia service in the Southern area

• Craigavon/Banbridge	028 3833 3332
• Armagh/Dungannon	028 3741 2428
• Newry and Mourne	028 3083 6970

Action for Children Young Carers Project

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

ask.us@actionforchildren.org.uk

www.actionforchildren.org.uk

Rural support

Rural Support

Helpline 0800 138 1678 (Freephone)

www.ruralsupport.org.uk

COSTA Rural Support Network

028 8555 6880

Dungannon and South Tyrone

info.costa@btconnect.com

TADA Rural Support Network

028 3839 8888

Armagh, Down and Antrim

ABC Community Network

028 3839 2777

Local Councils

• Mid Ulster	0300 0132 132
• Armagh City, Banbridge and Craigavon	0300 0300 900
• Newry, Mourne and Down	0300 013 2233

Promoting Wellbeing Teams

• Armagh	028 3756 4485
• Craigavon	028 3756 3946
• Newry	028 3756 6297

Other health-related support

Men's Advisory Project

028 9024 1929

www.mapni.co.uk

SHSCT Volunteer Coordinator

• Armagh and Dungannon	028 3756 4498
• Craigavon and Banbridge	028 3756 3949
• Newry and Mourne	028 3756 6295
• Centralised phone number	028 3756 3946

Praxis

028 9023 4555

www.praxisprovides.com

Volunteer Now

028 9023 2020

Volunteer Bureau Craigavon and Banbridge

028 3834 2741

Housing/homelessness/ supported living

Belfast Central Mission

• Belfast	028 9024 1917
• Dungannon	028 8775 0175

Provides emotional and practical support helping those most in need.

www.belfastcentralmission.org

Northern Ireland Housing Executive (NIHE)

0344 892 0900

Out of hours 028 9504 9999

www.nihe.gov.uk

Depaul Ireland

028 9064 7755

Simon Community

Central access point and emergency accommodation 24/7 helpline 0800 171 2222

Housing Rights

Advice line 028 9024 5640

www.housingadviceni.org

www.housingrights.org.uk

Choice Housing

0300 111 2211

www.choice-housing.org

Cultural/ethnic

Equality Commission NI

028 9050 0600

South Tyrone Empowerment Programme (STEP)

028 8775 0211

WAH HEP

028 3834 7162

Chinese community association

Community Intercultural Programme

028 3839 3372

www.cipni.com

An Tearmann Project (also STEP)

028 8774 1961

Armagh Traveller Support Group

028 3741 2755

Craigavon Traveller Support Group

028 3834 2089

Newry Traveller Support Group

028 3083 4200/4272

Migrant Centre NI

Immigration advice (EU settlement scheme) 028 7141 4848

euss@migrantcentreni.org

Hate crime support

bilingualsupportworker@migrantcentreni.org

www.migrantcentreni.org

Older people

Age NI

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

Good Morning Neighbour Project

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

Referral service. The primary aim is to support older people by means of regular, friendly, telephone conversations – making time for people and listening effectively.

ckeenan@ccgnewrycommunity.org

Disclaimer:

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.