

Directory of services to help improve mental health and emotional wellbeing

Northern area2020

HSC Health and Social Care

Urgent help and support

Emergency services

999 or 112

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

077 1123 3802

Community Rescue Service.

GP out of hours services, Dalriada

Urgent care028 2566 3500

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on18001 0808 808 8000

24 hour support for those in distress or despair.

Samaritans helpline

Freephone116 123

Listening ear to those in distress.

Social services out of hours arrangements

028 9504 9999

Action on Hearing Loss

0808 808 0123

Textphone0808 808 9000

Support for deaf people.

GP 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, mental health practitioner or other professional such as a teacher or health visitor can make a referral):

Self-Harm Intervention Programme (SHIP)

Community based psychological intervention and support service for people who self-harm. NHSCT and GP referral only service.

Service provided by Zest: www.zestni.org

Community addiction service

provides assessment and treatment for people aged 18 years or over who are experiencing problems with alcohol, drugs and other substances.

Community mental health teams (CMHTs)

are multi-professional teams that provide assessment, treatment and support services to people experiencing mental health problems. There are teams working in each council area within the Northern Health and Social Care Trust. In emergency situations, a crisis response service will link with out of hours GPs or the emergency department (ED).

Community outreach

provides a service for people with severe and enduring mental health problems who require intensive support in the community.

The Child and Adolescent Mental Health Service (CAMHS)

provides specialist multi-professional support in the community for children and young people aged up to 17 years experiencing mental health problems.

The dementia service

provides assessment, support and treatment for people in a range of settings who have dementia. The service also links with a number of voluntary and community organisations that provide support and respite in the community for the patient and their carers.

Hospital services

Inpatient and outpatient treatment is provided for those who have severe mental health problems requiring intensive treatment that cannot be provided in the community setting.

Older people’s mental health teams

provide assessment, treatment and support services to people experiencing mental health problems and who are over the age of 65 years.

Rehabilitation programmes

are linked to a range of mental health services, supporting people who are coping with, and recovering from, mental health problems to develop personal, social and employment skills and opportunities.

Mental health including eating distress and anxiety support

Action Mental Health New Horizons

028 9442 8081

Support, training and employment opportunities for people coping with mental illness.

Aware

• Belfast028 9035 7820

• Derry028 7126 0602

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

www.aware-ni.org

Support Mail Service: help@aware-ni.org

Beat eating disorders

• Adult helpline0808 801 0677 (freephone)

• Studentline0808 801 0811 (freephone)

• Youthline0808 801 0711 (freephone)

www.beateatingdisorders.org.uk

Inspire

028 9032 8474

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

www.inspirewellbeing.org

MindWise

028 9446 0873

Currently offers a wide range of support services from locations throughout Northern Ireland.

www.mindwisenv.org

NHSCT eating disorder service

028 9441 3307

This service also has a voluntary support group called Stamp ED. Both services are available 9am – 5pm Monday to Friday.

PRAXIS Care

028 9023 4555

Praxis provides care to adults and children with learning disabilities, mental health issues and dementia.

SANELINE

0300 304 7000

For anyone coping with mental illness. Helpline from 6pm – 11pm.

Threshold (supported housing)

028 9087 1313

Offers residential therapeutic communities and other services to people in Northern Ireland.

www.threshold-services.co.uk

HSC information on mental health conditions, treatments and medications

www.choiceandmedication.org/hscni

For information on more services and support:

www.mindingyourhead.info

www.familysupportni.gov.uk

www.lltff.com (Living Life to the Full)

Alcohol, drugs, smoking and gambling

Addiction services (Adult)

028 2531 7160

• For advice and support for alcohol and non-injecting drug use.

028 2531 7162

• For advice and support for injecting drug use.

Ballymena Youth Engagement Service (YES)

028 2568 9356

Offering a youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues. Run by Start360.

Carrickfergus Youth Engagement Service (YES)

028 9335 5890

Providing a youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues. Run by Carrickfergus YMCA.

ASCERT/Start360

0800 2545 123

Community based services for young people who are identified as having substance misuse difficulties.

www.ascert.biz

Extern

028 2565 4012

Step 2 service: therapeutic work for individuals 18+ who are misusing drugs and alcohol, and a support service for their family members.

Low threshold: harm reduction services for people who are chaotically misusing substances.

asmreferrals@extern.org

Al-Anon

028 9068 2368

To help and support families and friends of problem drinkers.

Alcoholics Anonymous

028 9035 1222

Carlisle House (residential services)

028 9032 8308

Substance misuse treatment centre.

www.carlislehouse.org

Addiction NI

028 9066 4434

Drug and alcohol intervention and support services for adults and family members - specific support available for offenders and those aged 55+.

www.addictionni.com

Gamblers Anonymous

028 9024 9185

www.belfastga.co.uk

Northlands Centre, Derry

028 7131 3232

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

National Association for People Abused in Childhood (NAPAC)

0808 801 0331

www.napac.org.uk

Nexus NI

• Northern and Western area028 7126 0566

• Belfast, South Eastern and Southern028 9032 6803

Advice and confidential support and counselling for those who have been sexually abused.

The Rowan - Regional Sexual Assault Referral Centre

24 hour freephone helpline0800 389 4424

Support and services for anyone who has been sexually abused, assaulted or raped.

www.therowan.net

PSNI non-emergency reporting number

24/7 service101

Victim Support NI

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.com

Women’s Aid Federation NI

Helpline0808 802 1414 (24/7 service)

• Causeway Coast and Glens028 7035 6573

• Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey028 2563 2136

• Mid Ulster028 8676 9300

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

www.womensaidni.org

The Men’s Advisory Project (MAP)

028 9024 1929 or 028 7116 0001

Specialised support for any man who has been a victim of domestic abuse.

www.mapni.co.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.

Bereavement

Cruse Bereavement Care

• Cruse Northern Area028 2766 6686

• Cruse helpline0808 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 line028 9066 8333

www.barnardos.org.uk

Barnardo’s Northern Area children and young people bereaved by suicide support project

Northern Area number077 9614 8549

Child Death helpline

Freephone0800 282 986

Free for mobiles0808 800 6019

Miscarriage Association

019 2420 0799

info@miscarriageassociation.org.uk

www.miscarriageassociation.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)

077 4099 3450

www.sandsni.org

NHSCT bereaved by suicide service

028 9441 3544

Sexual health

Positive Life

028 9024 9268

Confidential helpline0800 137 437

Providing support services, advice and signposting to people living with and affected by HIV.

www.positivelifeni.com

Common Youth

• Coleraine028 7034 2178

• Belfast028 9032 8866

Free confidential advice on sex and contraception for young people aged under 25 years.

hello@commonyouth.com

www.commonyouth.com

Informing Choices NI (formerly fpaNI)

0345 122 8687

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

www.informingchoicesni.org

Genito Urinary Medicine (GUM) Clinics

• Causeway Hospital028 7034 6028

• Royal Victoria Hospital Belfast (appointment line028 9615 2111 8.15-11.15am)

www.sexualhealthni.info

Relationship Resource Centre, Carrickfergus

028 9332 9997

Offers support and education with family life, sexual health and crisis pregnancy. Our services include: sexual health information appointments; online and telephone support; educational lessons and programmes; specialised children’s counselling; young people’s counselling; adult counselling.

www.therelationshipresourcecentre.co.uk

Sexual orientation and gender identity

LGBT Switchboard

0808 8000 390

LGBT Northern Ireland

www.lgbtni.org

Transgender NI

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

Supporting health and wellbeing for the LGBT+ community and their families. Co-cultural counselling for individuals and couples; health and wellbeing sessions; befriending support; personal development (regional); sexual health testing and support/advice; regional LGBT peer and support groups; advocacy support; OUT North West (youth support in North West); relationships and sex education for young people; same sex family support; family support.

info@rainbow-project.org

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

Children/youth support

Barnardo’s

028 9067 2366

Main Northern Ireland contact number.

www.barnardos.org.uk

Barnardo’s child bereavement service

Advice line 028 9066 8333
(9.30am-12.30pm Mon-Fri)

Barnardo’s Northern Area children and young people bereaved by suicide support project

077 9614 8549

Childline

Helpline (24/7 service) 0800 1111

www.childline.org.uk

CLIC

028 9072 5780 0300 330 0803

Support for children suffering from cancer and leukaemia, and signposting for parents or anyone else affected.

www.clicsargent.org.uk

FLARE (Facilitating Life and Resilience Education)

028 2563 0064 077 3997 9443

077 2071 7275

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

Gateway

0300 123 4333 (Mon-Fri 9am-5pm)

The NHSCT children’s social work service is a first point of contact for anyone concerned about the welfare of a child or young person.

Outside office hours, you can contact the Regional Emergency Social Work Service.

028 9504 9999

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.

NSPCC

0808 800 5000

Child protection 24/7 helpline – emotional, physical or sexual abuse or neglect.

Voice of Young People in Care (VOYPIC)

• Ballymena branch 028 2563 2641

Enabling children and young people with experience of care to make life changes.

www.voypic.org

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

Provides a professional counselling service on all campuses.

Further contact details at: www.ulster.ac.uk/wellbeing

Family and relationships

ACCORD

028 9023 3002

Marriage counselling.

www.accord-ni.co.uk

Autism NI

028 9040 1729

The Children’s Centre

028 7032 5456

Providing support for families, enhancing parenting skills and promoting the emotional wellbeing of all individuals referred to the centre.

Contact a Family Northern Ireland

Main number 028 9262 7552

Freephone helpline 0808 808 3555

Signposting and help with disabilities. In the NHSCT area, family workers offer parents one-to-one help and support through times of need.

www.cafamily.org.uk

Family Ties Project

028 9031 9030

Provides practical advice, guidance, advocacy support, counselling and befriending to parents, guardians and family members of lesbian, gay, bisexual and transgender people.

www.familytiesproject.org.uk

Home-Start Antrim

028 9442 8090

One-to-one family support for parents with at least one child under 5 years old.

Parenting NI

0808 801 0722

Offers services to support parents and carers including a freephone helpline, face-to-face support, counselling, parenting programmes and the opportunity to have a say on the issues affecting parents and carers. Appointment services based throughout Northern Ireland, including Ballymena, Coleraine and Magherafelt.

www.parentingni.org

Parentline NI

0808 8020 400

parentline@ci-ni.org.uk

Relate

028 9032 3454

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

office@relateni.org

www.relateni.org

St Vincent de Paul

028 9035 1561

Offers direct, confidential assistance based on the need of the individual or family.

www.svp-ni.co.uk

Sure Start

• Coleraine 028 7032 1032

• Dalriada (including Bushmills and Ballycastle) 028 2073 0444

• ABBEY (Newtownabbey) 028 9086 0938

• Ballymena 028 2564 3555

• G-old (including Cookstown, Ardboe, Dunamore and Pomeroy) 028 8676 9994

• Horizon (Carrickfergus) 028 9335 9734

• Larne 028 2827 6044

Range of services for young children aged 0–4 years and their families, aimed at improving health, children’s social and emotional development, and their ability to learn.

Benefits/financial advice

Citizens Advice

• Antrim & Newtownabbey 028 9085 2271

• Causeway 028 7034 4817

• Mid & East Antrim 028 9600 1333

• Mid Ulster 028 8676 6126

Free confidential, impartial advice; representation at tribunals; debt counselling services.

Step Change

0800 138 1111

Free confidential debt advice.

www.stepchange.org

Advice 4 Health

• Newtownabbey, Carrickfergus, Larne 028 9086 7100

• Coleraine, Ballymoney, Moyle 028 7034 4817

• Antrim & Newtownabbey 028 9590 6505

• Cookstown, Magherafelt 028 8676 6126

Advice 4 Health takes client referrals from health professionals and through health based outreach sessions.

Trauma

The Family Trauma Centre

028 9504 2828

Victim Support

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.com

WAVE Trauma Centre

028 2766 9900

Befriending and counselling for people who are victims of violence or bereaved due to the Troubles.

www.wavetraumacentre.org.uk/

Carers

Carers NI

028 9043 9843

Benefits and carers’ rights.

Cause

028 9065 0650

Helpline 0800 103 2833

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

www.cause.org.uk

Headway Ballymena – The brain injury association

24/7 service 028 2565 1521

Dedicated to supporting people with a brain injury, as well as their families and carers.

www.headway.org.uk

Rural support

Rural Support Helpline

0800 138 1678

www.ruralsupport.org.uk

Other health-related support

MS Helpline

0808 800 8000

www.mssociety.org.uk

Macmillan Cancer Helpline

0808 808 0000

www.macmillan.org.uk

Housing/homelessness/ supported living

Lighthouse Hostel (Ballymena)

24/7 service 028 2564 7654

A residential homeless facility for men aged 18–65 years, which provides full board and supported living.

www.lighthousehostel.org

MUST Hostel (Cookstown)

028 8676 2065

Hostel primarily for single homeless people with support needs (direct access service).

www.musthostel.co.uk

Northern Ireland Housing Executive (NIHE)

0344 892 0900

After hours 028 9504 9999

www.nihe.gov.uk

Simon Community

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

Provides accommodation and support to people who are currently homeless or at risk of homelessness.

Triangle Housing Association Limited

028 2766 6880

Vineyard Compassion

028 7022 0005

Coleraine-based practical and emotional support at points of need (including foodbank support, social supermarket, Job Club, debt management, clothing bank and supported living).

www.vineyardcompassion.co.uk

info@vineyardcompassion.co.uk

Cultural/ethnic

Bryson Intercultural/Migrant Help

028 9031 5744

Support for black and minority ethnic (BME) communities and individuals.

www.brysonintercultural.org

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 (Advice and Information)

0808 808 7575

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

www.ageuk.org.uk/northern-ireland

Good Morning Projects

• Antrim 028 9446 4619

• Ballycastle 028 2076 8309

• Ballymena 028 2564 0720

• Carrickfergus 028 9332 6000

• Causeway 028 7055 8005

• Larne 028 2827 3362

• Mid-Ulster 028 7963 2170

• Newtownabbey 028 9086 7686

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’.

info@goodmorningcarrickfergus.com

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.