



South Eastern HSC Trust Area

Urgent Help

If you're in distress or despair, call Lifeline free on 0808 808 8000.

Calls to Lifeline are answered by trained counsellors who can provide help and support. Counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from all landlines and mobiles. (Textphone: 18001 0808 808 8000)

If you are (or someone you know is) in immediate physical danger then call the Emergency Services on 999.

Out of Hours GP services
 Lisburn and Downpatrick (028) 9260 2204
 North Down and Ards (028) 9182 2344

Gateway Children's Social Work Service (SEHSCT) - contact Gateway if you are concerned about the welfare of a child or young person 0300 100 0300.

Counselling

The British Association for Counselling and Psychotherapy publishes information about local organisations and qualified (accredited) people who offer counselling www.bacp.co.uk/seeking_therapist. You should always check that the counsellor is suitably qualified.

- Ballynahinch Counselling Service** (028) 9756 1100
- Belfast Central Mission Therapeutic Counselling Service** (028) 9182 7783
- Colin Community Counselling Community & Family Counselling (Holywood Family Trust)** (028) 9060 4347
- Contact** (028) 9042 7214
- Hollywood Family Trust** (028) 9074 4499
- Lenadoon Counselling Project** (028) 9042 7842
- New Life Counselling** (028) 9060 0641
- Praxis Care Counselling** (028) 9039 1630
- Praxis Care Counselling** 0845 122 8630

Alcohol, Drugs and Smoking

- Al-Anon and Al-teen** (028) 9068 2368
- Alcoholics Anonymous** (028) 9043 4848

- ASCERT** Drug and alcohol training and education (028) 9260 4422
- Drug & Alcohol Intervention Service for Young people and their parents (DAISY) (028) 9043 5815
- Battle Against Tranquillisers** 0117 966 3629
- DAMMHS (Drugs & Alcohol Misuse & Mental Health Service) (Referral required)** (028) 9020 4600
- Carlisle House** (028) 9032 8308
- Addiction NI (Referral required)**
- Dunlewey Substance Advice Centre** (028) 9061 1162
- FASA (Forum for Action on Substance Abuse)** (028) 9127 1322
- FRANK/National Drugs Helpline** 0800 77 66 00 text to 82111
- Gamblers Anonymous and Gam-Anon** (028) 9024 9185 (028) 7135 1329 (028) 9182 1124
- 781 017 2991**
- (028) 9066 4434**
- Pharos Project (Barnardos)** (028) 9146 6186
- Simon Community Harm Reduction Service** 0800 171 2222
- Smokers Helpline** 0808 812 8008

Abuse

- 24 Hour Domestic Violence Helpline** 0800 917 1414
- Domestic Violence Outreach Scheme (North Down & Ards)** (028) 9127 3196
- National Association for People Abused in Childhood** 0800 085 3330
- Nexus (Sexual Abuse)** (028) 9032 6803
- Out Of Hours support 0845 303 0900
- Preventing Violent Relationships** (028) 9032 3454
- PSNI Domestic Violence Officer** 0845 600 8000
- Rape Crisis & Sexual Abuse Helpline** (028) 9032 9001
- Victim Support** (028) 9024 4039
- Out of Hours 0845 303 0900
- Women's Aid** (028) 9024 9041

Bereavement

- Barnardos Child Bereavement Service** (028) 9066 8333
- Cruse Bereavement Care** Day-by-Day Helpline (9.00am-5.00pm) 0844 477 9400
- Young Person's Helpline 0808 808 1677
- Belfast office (028) 9043 4600
- Bangor office (028) 9127 2444
- Additional support for the loss of a child**
- Bereavement Support Midwife (SEHSCT)** (028) 9056 4717
- Child Death Helpline** 0800 282 986
- The Compassionate Friends NI** Helpline (028) 8778 8016
- UK helpline 0845 123 2304
- Cot Death Helpline** (020) 7233 2090
- Cruse Bereavement Care** Remember our Child (028) 9079 7975
- Lisburn Downtown Centre** (028) 9267 2052
- NI Miscarriage Association Helpline** (028) 9336 9984
- SANDS NI Helpline** 07740 993 450

Lesbian, Gay, Bisexual and Transgender (LGBT) Services

- Belfast Butterfly Club** (028) 9267 3720
- Cara-Friend** (028) 9089 0202
- Equality Commission** (028) 9050 0600
- Gay and Lesbian Cross Down (GLAD)** 07791 398 438
- HERE (was Lesbian Advocacy Services Initiative - LASI)** (028) 9024 9452
- Rainbow Project** (028) 9031 9030
- SAIL (Support Acceptance Information & Learning)** 07510 228 411
- Traveller & Gay (T&G)** 07815 099 583

Children and Youth Support

- ASCERT** Drug and alcohol training and education (028) 9260 4422
- Drug & Alcohol Intervention Service for young people and their parents (DAIS) (028) 9043 5815
- Barnardos** (028) 9067 2366
- Belfast Central Mission (BCM)** Parent Support Project (028) 9182 7783
- Therapeutic Counselling Service (028) 9182 7773
- Carers Development Officer (SEHSCT)** (028) 9756 5456
- Child and Adolescent Mental Health Service (CAMHS) (Referral required)** 0808 800 5000
- Child Protection 24/7 Helpline (NSPCC)** 0808 800 5000
- Childline** NI helpline 08703 362 945
- UK helpline 0800 1111
- Children's Law Centre** (028) 9024 5704
- Contact** (028) 9074 4499
- Familyworks** (028) 9260 0341
- Gateway Children's Social Work Service (SEHSCT)** 0300 100 0300
- Kairos Centre** (028) 4372 4488
- The Link** (028) 9182 1124
- MACS NI** (028) 9031 3163
- Opportunity Youth** (028) 9043 5810
- Relate Teen** (028) 9026 0871
- VOYPIC (Voice of Young People in Care)** (028) 9024 4888
- YMCA** Lisburn (028) 9267 0918
- North Down (028) 9145 4290
- Young Minds** 0808 802 5544
- Youth Services (South Eastern Education and Library Board - SEELB)** (028) 9181 3987

Family and Relationships

- ACCORD** (028) 9023 3002
- AIDS Helpline** 0800 137 437
- Brook** (028) 9032 8866
- Community and Family Counselling (Holywood Family Trust)** (028) 9042 7214
- Family Mediation NI** (028) 9024 3265
- Familyworks** (028) 9182 0341
- FPA (was Family Planning Association)** 0845 122 8687
- Family Planning Clinics (SEHSCT)** (028) 9181 6666 (028) 9260 1192 (028) 4461 3311
- Gateway Children's Social Work Service (SEHSCT)** 0300 100 0300
- Gingerbread NI** 0808 808 8090 / (028) 9023 1417
- GUM Clinic at The Royal Hospitals (Genito-Urinary Medicine)** (028) 9063 4050
- HIV Support Centre** (028) 9024 9268
- Confidential helpline 0800 137 437
- 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 (028) 9060 1417
- Newtownards (028) 4273 9322
- Youth Health Advice Service (SEHSCT)** 07525 898 726
- Downpatrick (028) 4461 3630

Financial Worries and Benefits Advice

- Age NI Advice Service** 0808 808 7575
- Benefit Enquiry Line NI** 0800 220 674
- Citizens Advice Bureau** Lisburn (028) 9266 2251
- Downpatrick (028) 4461 4110
- North Down (028) 9127 0009
- Newtownards (028) 9181 9257
- Debtline NI** 0800 027 4990

Trauma Support

- The Family Trauma Centre (Referral required)**
- Victim Support** (028) 9024 3133
- Out of hours 0845 303 0900
- Wave Trauma Centre** (028) 9077 9922
- The Wider Circle** (028) 9069 3430

Carers

- Carers Development Officer (SEHSCT)** (028) 9756 5456
- (028) 9043 9843
- Carers NI** 0845 603 0291
- CAUSE for Mental Health** Carer Advocate 07966 809 427
- Crossroads Caring for Carers** (028) 9181 4455

Rural Support

- County Down Rural Community Network** (028) 4461 2311
- Rural Support Line** 0845 606 7607
- TADA Rural Network** (028) 3839 8888

Disabilities

- Action on Hearing Loss (was RNID)** (028) 9023 9619
- Textphone (028) 9024 9462
- Blind Centre for NI** (028) 9032 9373
- Contact a Family Freephone Helpline** 0808 808 3555
- Deaf Association for NI** (028) 9043 7480
- Adult Disability Services - learning and physical disabilities (SEHSCT)** Ards (028) 9151 1190
- Downpatrick (028) 4461 6915
- Lisburn (028) 9263 3190
- Down's Syndrome Association** (028) 9066 5260
- Equality Commission** (028) 9050 0600
- Lisburn Downtown Centre** (028) 9267 2052
- Mencap** 0845 763 6227
- NI Deaf Youth Association** (028) 9043 8566

Other Health Related Support

- Aid Call Personal Alarm Service in NI** 0808 100 4545
- Footprints Women's Centre** (028) 9092 3444
- Healthwise Physical Activity Scheme (Referral required)** (028) 9050 1259
- Hospitals in South Eastern HSC Trust** Ards Community Hospital (No A&E) (028) 9181 2661
- Downshire Hospital (028) 4461 3311
- Lagan Valley Hospital (028) 9266 5141
- Ulster Hospital (028) 9048 4511
- Kilcooley Community Forum** (028) 9147 9424
- Kilcooley Women's Centre** (028) 9147 8292
- Macmillan Information Service, SEHSCT** (028) 9055 3246
- Men's Advisory Project** (028) 9024 1929
- Men to Men** (028) 9024 7027
- MS Helpline** 0808 800 8000
- NI Cancer Helpline** 0800 783 3339
- Non-emergency police service (PSNI)** 0845 600 8000
- Peninsula Healthy Living Partnership** (028) 4273 9021
- Stroke Association NI** (028) 9050 8020
- The Men's Project** (028) 9031 0891
- Volunteer Now** (028) 9023 2020

Housing, Homelessness and Supported Living

- Belfast Central Mission (BCM)** (028) 9024 1917
- Kilcooley Tenant Support** (028) 9147 0666
- MACS NI Floating Support** (028) 9031 3163
- NI Housing Executive** 0844 892 0900
- North Down YMCA Tenant Support** (028) 9145 4290
- Simon Community** 0800 171 2222

Black and Minority Ethnic Communities

- An Munia Tober** (028) 9043 8265
- Bryson Intercultural** (was Multi-Cultural Resource Centre) (028) 9024 4639
- Chinese Welfare Association** (028) 9028 8277
- Equality Commission Enquiry Line** (028) 9050 0600
- NI Council for Ethnic Minorities (NICEM)** (028) 9023 8645
- North Down YMCA** Harbour Ward Project (028) 9145 4290

Older People

- Addictions NI** (028) 9073 1602
- Age NI** AdviceLine 0808 808 7575
- Alzenda** (Age North Down and Ards) (028) 9127 1968
- Alzheimer's Society** (028) 9756 4681
- Belfast Central Mission (BCM)** (028) 9024 1917
- Good Morning Projects** Colin area (028) 9062 7863
- Down area (028) 4461 3434
- HOPE - Help on Pensioners Entitlement** (028) 9442 8595
- Lisburn Downtown Centre** (028) 9267 2052
- Older People's Mental Health Teams (SEHSCT)** (Referral required)

Information about SEHSCT services is available on our website www.setrust.hscni.net. For more information about the other services listed in this card, including their web addresses, go to www.mindingyourhead.info.

This card was developed by SEHSCT (Mental Health Promotion and Suicide Prevention Communities of Interest). It is funded by the Public Health Agency.

Alternative formats can be made available upon request.

Contact SEHSCT Health Development Department (028) 9250 1373 / (028) 9151 0275

Using this Poster

This poster outlines local services for issues that can affect mental health and emotional wellbeing.

Most of these services can be contacted directly by the public.

Where a GP or other health and social care professional needs to make a referral, these services are marked 'Referral required'.

'SEHSCT' stands for South Eastern Health and Social Care Trust.

Suicide Prevention and Self Harm

- FASA** (028) 9127 1322
- Lifeline** 0808 808 8000
- Lighthouse Ireland** (028) 9075 5070
- Niamh Louise Foundation** (028) 8775 3327
- PAPYRUS** Hopeline UK 0800 068 4141
- Public Initiative for the Prevention of Suicide and Self Harm (PIPS)** (028) 9080 5850
- Samaritans** helpline 0845 790 9090
- text helpline 07725 909 090
- email jo@samaritans.org
- ZEST** Passion for Life (028) 7126 6999

- Free courses (SEHSCT)** (028) 9250 1373/ (028) 9151 0275
- ASIST (Applied Suicide Intervention Skill Training)
- SafeTalk (Suicide Awareness)
- Understanding Self Harm

Mental Health Support

- Action Mental Health** Ards (New Horizons) (028) 9182 2410
- Bangor (New Horizons) (028) 9127 0979
- Downpatrick (New Horizons) (028) 4461 3791
- Lisburn (Accept) (028) 9062 9759
- AMH The Junction** (Lisburn) (028) 9062 9759
- Aware Defeat Depression** 0845 120 2961
- email help@aware-ni.org
- Beat** Adult line 0845 634 1414
- Youth line 0845 634 7650
- Community Mental Health Teams (SEHSCT)** (Referral required)
- Community Outreach (SEHSCT)** (Referral required)
- Dementia Service (SEHSCT)** (Referral required)
- Eating Disorder Association NI** (028) 9023 5959
- Eating Disorders Service (SEHSCT)** (Referral required)
- Growing Connections NI** 07849 926 218
- Hospital services (SEHSCT)** (Referral required)
- Lisburn Downtown Centre** (028) 9267 2052
- Mindwise** (028) 9040 2323
- NI Association for Mental Health (NIAMH)** (028) 9032 8474
- Praxis Care Group** (028) 9023 4555
- Rehabilitation programmes (SEHSCT)** (Referral required)
- Seasonal Affective Disorder (SAD) Association** (028) 9265 1991
- (028) 9087 1313
- Threshold**
- Free courses (SEHSCT)** (028) 9250 1373/ (028) 9151 0275
- Mental Health First Aid
- Mental Health Awareness training