

Directory of services to help improve mental health and emotional wellbeing

Northern area

2020



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 care 028 2566 3500

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.

Social services out of hours arrangements

028 9504 9999

Action on Hearing Loss

0808 808 0123

Textphone 0808 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

• Belfast 028 9035 7820

• Derry 028 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 helpline 0808 801 0677 (freephone)

• Studentline 0808 801 0811 (freephone)

• Youthline 0808 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.litff.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

AI-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 area 028 7126 0566

• Belfast, South Eastern and Southern 028 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 helpline 0800 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 service 101

Victim Support NI

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.com

Women's Aid Federation NI

Helpline 0808 802 1414 (24/7 service)

• Causeway Coast and Glens 028 7035 6573

• Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey 028 2563 2136

• Mid Ulster 028 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 your 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 Area 028 2766 6686

• 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

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

Northern Area number 077 9614 8549

Child Death helpline

Freephone 0800 282 986

Free for mobiles 0808 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 helpline 0800 137 437

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

www.positivelifeni.com

Common Youth

• Coleraine 028 7034 2178

• Belfast 028 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 Hospital 028 7034 6028

• Royal Victoria Hospital 028 9615 2111
Belfast (appointment line 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

