



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.

Police (PSNI)

101

Will connect you to your local police station.

Social services out of hours duty social worker

028 9504 9999

Provides an emergency social work response across Northern Ireland from 5pm – 9pm 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.uk

Action Mental Health (MensSana)

028 3839 2314

PIPS Newry and Mourne

028 3026 6195

PIPS Upper Bann

028 3831 0151

Niamh Louise Foundation

028 8775 3327

Protect life coordinator

028 3741 2882

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.

Yellow Ribbon Suicide Prevention Programme

028 3833 1485

Mental Health Foundation incorporating the Foundation for People with Learning Disability

020 7803 1100

www.mentalhealth.org.uk

Action Mental Health

028 3839 2314

Mental Health Forum

028 3025 2423

Southern area.

www.thementalhealthforum.co.uk

MindWise

028 9040 2323

Supporting people with mental illness.

ADAPT

028 3834 7535

Youthline 028 3832 3895

Supporting those affected by eating disorders.

www.adapteatingdistress.com

Aware

Helpline 0845 120 2961 (9am-1pm Mon-Fri)

Belfast office 028 9035 7820

Website for further information

www.mindingyourhead.info

Alcohol, drugs and smoking

The Magnet Centre, Newry

028 3026 9070

Barnardo's

028 9066 3470

For children/young people and families affected by parental substance misuse.

EXTERN

028 9033 0433

Crisis helpline 0800 085 4808

Dunlewey Addiction Services

028 9039 2547

Community addiction team (CAT)

Accessed through GP.

Breakthru

028 8775 3228

www.breakthru.co.uk

Start 360

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.gamblersanonymous.org.uk

National Drugs Helpline (FRANK)

0300 123 6600

Text 82111

24/7 drugs helpline.

futureproof (formerly REACT Ltd)

028 4062 4511

Addiction NI

028 9066 4434

ASCERT

028 7944 0080

Freephone 0800 2545 123

Cuan Mhuire

028 3084 9010

Davina's Ark

028 3027 9407

Websites for further information

www.want2stop.info

www.knowyourlimits.info

www.drugsandalcoholni.info

Abuse

24 Hour Domestic & Sexual Violence Helpline

0808 802 1414

Text support to 07797 805 839

Open to all women and men affected by domestic or sexual violence.

24hrsupport@dvhelpline.org

Women's Aid NI

• Armagh/Down 028 3025 0765

• Mid Ulster 028 8676 9300

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

Nexus

028 9032 6803 028 7126 0566

www.nexusni.org

Trauma counselling service

028 3834 7537

WAVE Trauma Centre support

028 3751 1599

www.wavetraumacentre.org.uk

Victim Support

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.co.uk

National Association for People Abused in Childhood (NAPAC)

0808 801 0331

Bereavement

Cruse

• Cruse Newry 028 3025 2322

• Cruse Armagh/Dungannon 028 8778 4004

• Cruse helpline 0808 808 1677

National charity that promotes the wellbeing of bereaved people – for adults, children and young people.

www.cruse.org.uk

Young people: www.hopeagain.org.uk

Barnardo's child bereavement service

Advice line 028 9066 8333

(9.30am-12.30pm Mon-Fri)

www.barnardos.org.uk

Niamh Louise Foundation

028 8775 3327

www.niamhlouisefoundation.com

PIPS Newry and Mourne

028 3026 6195

www.pipsnewryandmourne.org

Child death helpline

0800 282 986

0808 800 6019 (free for mobiles)

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)

077 4099 3450

www.sandsni.org

Miscarriage Association

019 2420 0799 (9am-4pm)

The Compassionate Friends

028 8778 8016

Available 10am-4pm and 7-9.30pm.

www.tcf.org.uk

Sexual health

Positive Life

028 9024 9268

Confidential helpline 0800 137 437

(10am-4pm Mon-Fri)

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

www.positivelifeni.com

The Rainbow Project

028 9031 9030

Love for Life

028 3882 0555

Brook

028 9032 8866

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

Family Planning Association

0345 122 8687

www.fpa.org.uk

Health clinic

028 3741 2891 077 8743 2845

Genito Urinary Medicine (GUM) clinic

028 3083 4215

Community Sexual Health Advice Service

028 3741 2410 077 7139 0231

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.

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

• Dungannon 028 8771 3090

• Newry 028 3083 4294

• Banbridge/Portadown 028 3833 3863

Sexual orientation and gender identity

LGBT Switchboard

0808 8000 390 (1-4pm Mon-Fri, 6-9pm Wed only)

LGBT Northern Ireland

www.lgbtmi.org

Transgender support services

www.transgenderni.com

Cara-Friend

028 9089 0202

Provides information, support, friendship, counselling and signposting, and offers a social space service to the lesbian, gay, bisexual and transsexual community.

www.cara-friend.org.uk

Gay and Lesbian Youth Northern Ireland (GLYNI)

028 9089 0202

HERE NI

028 9024 9452

Lesbian Advocacy Services Initiative (LASI) is now HERE, a place for lesbian and bisexual women in Northern Ireland.

www.hereni.org

The Rainbow Project

028 9031 9030

www.rainbow-project.org

SAIL

General enquiries/professionals 028 9532 0023

Family support 028 3057 0075

Support for trans people 028 9532 0321

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

Child/youth support

Barnardo's Young Person's Partnership

• Armagh 028 3752 2380

• Newry 028 3026 3135

Support for young people at risk of coming into contact with the criminal justice system or being expelled from school.

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.

Young Minds

0808 802 5544

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

Young People’s Partnership

• Portadown	028 3839 1155
• Armagh	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

One Stop Shops

• futureproof (formerly REACT Ltd)	028 4062 4511
• Magnet Newry	028 3025 2214

Student support

Ulster University student support

• Belfast	028 9536 7300
• Coleraine	028 7012 4105
• Jordanstown	028 9036 6336
• Magee	028 7167 5218

A professional counselling service is available on all campuses.

www.studentsupport.ulster.ac.uk

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 website

0845 600 6483

familysupportni.gov.uk

Parenting NI

0808 801 0722

Offers services to support parents and carers including a freephone helpline, counselling, parenting programmes and the opportunity to have a say on the issues affecting parents and carers across Northern Ireland.

www.parentingni.org

Barnardo’s

028 9067 2366

Parenting matters.

St Vincent de Paul regional office

028 9035 1561

Family Resource Centre

Armagh/Dungannon	028 3752 2380
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Sure Start

• Armagh/Keady	028 3751 8569
• Banbridge	028 4062 2474
• 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
• Clogher Valley	028 8554 9898
• Craigavon	028 3834 5357
• Banbridge	028 4062 6234
• Newry	028 3026 6139

Supporting people and communities every day (SPACE)

028 3083 5764

Vineyard Church Dungannon

028 8775 2133

ACCORD

028 9023 3002

Marriage and relationships counselling.

www.accord-ni.co.uk

Care in Crisis

028 3832 9900

Love for Life

028 3882 0555

Relate

028 9032 3454

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

Benefits/financial advice

Citizens Advice Bureau

• Armagh	028 3752 4041
• Dungannon	028 8772 5299
• Craigavon	028 3836 1181
• Banbridge	028 4062 2201
• Newry	028 3026 2934

www.citizensadvice.org.uk

Christians Against Poverty

www.capuk.org

Law Centre NI

028 9024 4401

Legal support for disadvantaged individuals.

www.lawcentreni.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.co.uk

WAVE Trauma Centre

028 3751 1599

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 0845 603 0291
Available 10am-4pm Mon/Wed/Fri, 12-8pm Tues/Thurs.
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	028 4062 6516
• Belfast (Head Office)	028 9046 0500
• Newry/Mourne	028 3026 7015

Rural support

Rural Support helpline

0845 606 7607

www.ruralsupport.org.uk

COSTA Rural Support Network

028 8555 6880

Dungannon and South Tyrone

TADA Rural Support Network

028 3839 8888

Armagh, Down and Antrim

ABC Community Network

028 3839 2777

Mid Ulster District Council

0300 0132 132

Armagh City, Banbridge and Craigavon Borough Council

0300 0300 900

Newry, Mourne and Down District Council

0300 013 2233

Promoting Wellbeing Teams

• Armagh	028 3741 2521
• Craigavon	028 3834 4973
• Newry	028 3083 4325

Other health-related support

Men’s Advisory Project

028 9024 1929

www.mapni.co.uk

SHSCT Volunteer Coordinator

• Armagh and Dungannon	028 3741 2116
• Craigavon and Banbridge	028 3831 1483
• Newry and Mourne	028 3083 4270

Praxis

028 9023 4555

Volunteer Now

028 9023 2020

Volunteer Bureau Craigavon and Banbridge

028 3834 2741

Housing/homelessness/ supported living

Northern Ireland Housing Executive (NIHE)

034 4892 0900

www.nihe.gov.uk

Regional emergency social work services

Out of Hours	028 9504 9999
Duty Social Work Team	0800 783 7745

Emergency accommodation 24/7 helpline

0800 171 2222

Depaul Ireland

028 8772 5860

CAP (Central Access Point) Simon Community

0800 171 2222

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

An Tearmann Project

028 8774 1961

Armagh Traveller Support Group

028 3741 2755

Craigavon Traveller Support Group

028 3834 2089

Newry Traveller Support Group

028 3083 4200

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	028 8772 9690
• Newry/Mourne and Down	028 3026 1022

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’.

Newry and Mourne Senior Citizens Consortium

028 3026 6024