

Where to get help



There is a lot of help available if something's troubling you. The following are just a few of the organisations who can help.

In emergency or danger to life call 999 or go immediately to A&E

Samaritans (available 24 / 7)

Offers a safe place to talk, any time

☎ 116 123

Email: jo@samaritans.org

www.samaritans.org

Lifeline (available 24 / 7)

Crisis response helpline service for people who are experiencing distress or despair

☎ 0808 808 8000

www.lifelinehelpline.info/

Other services available in office hours:

Metal for Life NI

supporting mental health of metal fans in Northern Ireland

☎ 07484 622 343

Email: info@metalforlifeni.co.uk

www.metalforlifeni.co.uk

AWARE NI

NI charity for depression / bipolar

☎ 028 9035 7820

Support mail: help@aware-ni.org

www.aware-ni.org

NHS crisis line

NHS Choices online support and info

☎ 111 out of hours

Text service for crisis is 07786209697

www.nhs.uk

PIPS charity

Suicide Prevention, Bereavement Support, Counselling and Therapies

☎ 0800 088 6042

Email: info@pipscharity.com

<https://pipscharity.com/>

Lighthouse

support for depression and suicide

☎ 0289075570

Email: info@lighthousecharity.com

www.lighthousecharity.com

Mindwise

support for mental health, including advice with housing issues, employment etc.

☎ 02890 402 323

<http://www.mindwisenv.org>

Colin Community Counselling

providing individual counselling for emotional health and wellbeing (Colin area)

☎ 028 9060 4347

<https://colincounselling.org>

Cruse Bereavement Care

support and counselling for bereavement

☎ 0808 808 1677

Email: northern.ireland@cruse.org.uk

www.cruse.org.uk/northern-ireland

Women's Aid

Help for domestic and sexual abuse

☎ 0808 802 1414 free

www.womensaidni.org

MAP: Men's Advisory Project

counselling for men relating to domestic abuse and anger management

☎ 028 9024 1929 (Belfast) , 028 7116 0001 (Foyle)

<http://www.mapni.co.uk>

Helplines network NI

consisting of over 25 helplines through NI, providing vital support services: info, counselling and a listening ear

<http://www.helplinesnetworkni.com>

Welcome Organisation, Belfast

helping people out of homelessness

☎ 07894 931 047 (Outreach team)

<http://www.homelessbelfast.org>

Where to go for help

If you, or someone you know, is in crisis now and need someone to talk to:



Lifeline
0808 808 8000
24/7 phone support for those in crisis



SAMARITANS
BELFAST
Freephone 116 123
24/7 listening ear to those in distress



HSC Health and Social Care
028 9074 4447 (in North and West Belfast)
028 9079 6220 (in South and East Belfast)
The GP Out of Hours service provides care for urgent problems when your own GP is closed.



028 9080 5850
Freephone 0800 088 6042
Offers a 'no appointment' service for anyone in crisis



LIGHTHOUSE
028 9075 5070
Provides accessible support services to people who are directly affected by suicide and self-harm



Bridge of HOPE
McSweeney Clinic
028 9543 8707 or
Ashton Clinic
028 9022 1022.
Offers a range of services to support people experiencing stress, trauma or anxiety.



extern
CHANGING LIVES EVERY DAY
0845 2590520
Extern Crisis Response Team
Offering One to One Support



NewLife
counselling
028 9039 1630
Offers a counselling service

More information on looking after your mental health and the support which is available across Northern Ireland can be found at www.mindingyourhead.info

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