

Urgent help and support

British Association for Counselling website

Provides local information on counselling organisations and individuals who are accredited.

www.bacp.co.uk/seeking_therapist

Emergency services

Police, ambulance service, fire brigade, coastguard.

GP out of hours services

Foyle Search and Rescue

Preservation of life in and around the River Foyle.

www.foylesearchandrescue.org Police (PSNI)

Will connect you to your local police station.

Samaritans helpline

08457 90 90 90

Listening ear to those in distress.

GP referral only services

Altnagelvin Hospital	028 7134 5171				
Gransha Hospital	028 7186 0261				
Waterside Hospital	028 7186 0007				
South West Area Hospital (Enniskillen)	028 6638 2000				
Tyrone County Hospital (Omagh)	028 8283 3100				
Tyrone and Fermanagh Hospital	028 8283 3100				
Grangewood Hospital	028 7186 0261				
Community Montal Health Tooms (CMUTs)					

Community Memai nearm	icailis (Givin 18)
Limavady	028 7772 2123
Shantallow	028 7135 0063
Strabane	028 7138 2963
Waterside	028 7131 4200
Belmore House	028 6632 6604
Lissan House	028 8225 2202

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

Primary care liaison service

028 7132 0102

Psychological therapy service

Child and adolescent mental health team

028 7186 5238 | 028 8283 5990

16+ Pathway Team

028 7131 2044

Adult Eating Disorder Service

Gateway team

028 7131 4090

Older people mental health team

Suicide prevention/ self-harm/self help

Lifeline

00808 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.

Zest

028 7126 6999

Tackling the problems that lead to suicidal behaviour and direct and/or indirect self-harm in young people and adults.

Samaritans helpline

08457 90 90 90

Listening ear to those in distress. www.samaritans.org

NorthWest counselling

028 7181 3587

Youthlife

028 7137 7227

Helping children and young people who have experienced bereavement and loss www.youthlife.org

Aisling Centre Enniskillen

Counsellors at the Aisling Centre are experienced in dealing with a range of issues, including trauma, anxiety, childhood abuse, suicidal thoughts, stress, bereavement/loss, alienation, low selfesteem and relationship/family issues.

Email: info@theaislingcentre.com

www.theaislingcentre.com **Koram Centre**

028 7188 6181

Strabane's listening ear and counselling association. www.koramcentre.com

Clare House (residential/respite)

Aurora Counselling

028 7135 0407

Mental health including eating disorders and anxiety support

Aware Defeat Depression

0845 120 2961 he

028 7126 0602

www.aware-ni.org.uk

Cunamh 028 7128 8868

Community-led mental health project.

www.cunamh.org

Derry Well Woman

028 7136 0777

www.derrywellwoman.org

Praxis

028 9023 4555

Provides services for adults and children with a learning disability, mental ill health or acquired brain injury, and for older people, including people with dementia.

Eating Disorders Association helpline

www.eatingdisordersni.co.uk

www.praxisprovides.com

Eating disorders service

Western Trust eating disorder therapists

028 8225 2202 028 6632 6604

Men's Action Network

Provides a safe space for men to find support for life issues. www.man-ni.org

Relate

028 9032 3454

Relationship and family services

www.relateni.org

CLEAR Project

www.clearproject.co.uk

Beacon Day Support

Mind Yourself

028 7126 3461

Northern Ireland Association for Mental Health (NIAMH)

Local support, including housing schemes. www.niamhwellbeing.org

CAWT Eating Disorders Project

028 8283 5711 077 6695 3475

CAMHS

028 7186 5238 | 028 6634 4246 | 028 8283 5900

Youth treatment, counselling and support.

Substance misuse

Alcoholics Anonymous

www.alcoholicsanonymous.ie

Alcohol and drug services

028 7186 5239 028 7186 5240 028 6638 2073

Addiction support

028 7186 0086 | 028 8225 3950

Addiction treatment service

028 8283 5443 | 028 8283 5365

Community addiction therapists

One Stop Shop FUEL / FIND Centre, Enniskillen

Education, prevention and referral on a range of issues. www.thefindcentre.com **Drinkline**

0800 917 8282

Gamblers Anonymous

www.gamblersanonymous.org.uk

Narcotics Anonymous

www.nanorthernireland.com

National Drugs Helpline (FRANK)

24/7 drugs helpline.

www.talktofrank.com

Northlands Centre 028 7131 3232

Treatment centre for alcohol problems.

www.northlands.org.uk

Foyle Haven

028 7136 5259 A safe space where street drinkers can access practical

assistance and support. www.depaulireland.org/our-services/on-the-map/northern-

SOLACE

028 6862 8741

Reducing the harm caused by the misuse of alcohol.

DIVERT Project

Provides support and guidance to children and young people aged 4–17 years living in a situation where a parent or family member's alcohol and/or drug misuse is causing them harm. www.divertproject.com

Breakthru

028 8775 3228

www.breakthru.co.uk

Action For Children 028 7132 9444 028 6632 4181

Supports and speaks out for the most vulnerable and neglected children and young people locally.

HURT (Have Your Tomorrows)

www.actionforchildren.org.uk

Offering support on issues around alcohol and drug addiction. **Aisling Centre**

Support group for people who live with, or have lived with, a

loved one's addiction. www.theaislingcentre.com **Daisy West**

Treatment, counselling and support services for young people

and families affected by substance misuse. **CAMHS**

028 7186 5238 | 028 6634 4246 | 028 8283 5900

Youth treatment, counselling and support.

Women's Aid, Fermanagh 028 6632 8898

Victims of abuse **PSNI Child Abuse and Rape Enquiry Unit**

Cunamh

028 7128 8868

Community-led mental health project. **PSNI Domestic Violence Officer**

Emotional support for victims of crime.

Victim Support

• Londonderry / Limavady / Strabane 028 7137 0086 Omagh / Fermanagh Out of hours support 0845 30 30 900

www.victimsupportni.co.uk

NSPCC helpline

Victim and survivor matters programme

Nexus 028 7125 0566 028 6632 0046

Nexus Institute offers counselling to survivors of childhood sexual abuse and victims of sexual violence, including those who have experienced rape and sexual assault. www.nexusni.org

WAVE Trauma Centre

Offers care and support to anyone bereaved or traumatised through

Psychosexual Service

028 8283 5323 028 8283 5449 028 7186 5294 Provides treatment for sexual difficulties arising from a variety

violence, irrespective of religious, cultural or political beliefs.

Aisling Centre 028 6632 5811

Counselling and psychotherapy for victims and survivors of sexual abuse.

www.theaislingcentre.com

Bereavement

Barnardo's Child Bereavement Service

Health and Social Care

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate). www.publichealth.hs

Cruse Bereavement Care

028 8224 4414 | 028 7126 2941

National charity that exists to promote the wellbeing of bereaved people - for adults, children and young people.

www.cruse.org.uk Young people: www.rd4u.org.uk/

NI Miscarriage Association helpline

NI Stillbirth and Neonatal Death Society (SANDS) 077 4099 3450

The Compassionate Friends

NorthWest Counselling

WAVE Trauma Centre

Offers care and support to anyone bereaved or traumatised through violence, irrespective of religious, cultural or political www.wavetraumacentre.org.uk

Youthlife

Helping children and young people who have experienced bereavement and loss. www.youthlife.org

Family Suicide Liaison Officers / **Bereaved by Suicide** Limavady / Londonderry / Strabane 028 7132 0138 / 079 4991 4100

Omagh / Fermanagh 028 6638 2112 / 078 4156 9000

North West Bereaved By Suicide Group

Fermanagh Bereaved By Suicide Group

Roe Valley Bereaved By Suicide Support Group

PATHS Omagh 078 7941 4385 028 8225 0024

Support to families and individuals bereaved by suicide. Sexual health

Family Planning Association

Positive Life

028 7126 0016

Aids helpline

Family planning and young people's clinic

Omagh Health Centre

Family planning clinic

Teenage pregnancy coordinator 028 6862 8741 | 028 7132 1723

Teenscene

028 8283 5536 028 6638 2693

Promotes the health and wellbeing of lesbian, gay, bisexual and/or transgender people and their families.

Psychosexual Service

028 8283 5323 | 028 8283 5449 | 028 7186 5294

Provides treatment for sexual difficulties arising from a variety

identity

www.cara-friend.org.uk

028 9024 9268

Confidential HIV sexual health helpline. **Brae Clinic**

028 8283 5336 **South West Acute Hospital**

028 8283 5536 028 6638 2693

Genito Urinary Medicine (GUM) Clinic

The Rainbow Project 028 7128 3030 | 028 9031 9030

www.rainbow-project.org

Sexual orientation and gender

Cara-Friend

Support for the LGB&T community.

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

The Rainbow Project

028 7128 3030 | 028 9031 9030

Support and counselling for gay and bisexual men. www.rainbow-project.org

LGBT Strabane and Lifford Group

028 7188 5857

Teenscene

028 8283 5536 028 6638 2693

Positive Life Helpline

0800 137 437

Gay / Lesbian Youth NI

SAIL – Transgender support

Children and young people

0808 808 8000

Deaf and hard of hearing – Textphone users can ca Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

Barnardo's

www.barnardos.org.uk

Childline

www.childline.org.uk

CLIC

0300 330 0803 | 028 9072 5780

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

Zest

Tackling the problems that lead to suicidal behaviour and direct and/or indirect self-harm in young people and adults.

www.zestni.org **Gateway Team (24 hour)**

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

Youth Action Right Here Fermanagh Project

Works with young people to support them as active and equal citizens whose voices are heard, respected and valued. www.youthaction.org

Email: roisinmc@youthaction.org

DIVERT Project 028 7126 9327

Provides support and guidance to children and young people aged 4-17 years living in a situation where a parent or family member's alcohol and/or drug misuse is causing them harm. www.divertproject.com

Breakthru

www.breakthru.co.uk

Action For Children

028 7132 9444 | 028 6632 4181

Supports and speaks out for the most vulnerable and neglected children and young people locally. www.actionforchildren.org.uk

Teenage pregnancy coordinator

Young People Sexual Health Nurse

Youthlife

Relate Teens

www.relateni.org

Voice of Young People in Care (VOYPIC)

School Aged Mothers

028 7127 2

NSPCC Helpline (24 Hour)

One Stop Shop FUEL / FIND Centre, Enniskillen

Education, prevention and referral on a range of issues.

One Stop Shop Youth Transition Project, Derry

Education, prevention and referral on a range of issues. **Daisy West**

Treatment, counselling and support services for young people and families affected by substance misuse.

028 7186 5238 028 6634 4246 028 8283 5900 Youth treatment, counselling and support.

Student support

University of Ulster student support

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

Provides a professional counselling service on all campuses. www.studentsupport.ac.uk

Queen's University Belfast student guidance

A first stop for information, advice and guidance. Also provides a professional counselling service.

Family and relationships

Breakthru

028 8775 3228

www.breakthru.co.uk

Action For Children

028 7132 9444 / 028 6632 4181

Supports and speaks out for the most vulnerable and neglected children and young people locally. www.actionforchildren.org.uk

Autism Support NI

Autioni Cupport iti	
 Londonderry 	028 7130 8313
Enniskillen	028 6638 2000
Omagh	028 8283 5983

Childline

www.childline.org.uk

Contact a Family

Freephone helpline - signposting and help with disabilities. www.cafamily.org.uk

Family Support NI

www.familysupportni.gov.uk

Gingerbread NI

Works with lone parents to promote the integrity and life choices of single parent familie

www.gingerbreadni.org

NI Newpin

Parenting NI

028 7137 2006 0808 801 0722

www.parentingni.org

Sure Start

Ballymagroarty / Hazelbank	028 7126 7524
Dungiven	028 7774 2904
Edenballymore	028 7137 1670
Shantallow	028 7135 2522
Strabane	028 7138 2658
Waterside	028 7134 7186
Irvinestown	028 6862 1970
Castlederg	028 8167 9438
Strathroy	028 8225 2936

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.

Strengthening Families Programme - Derry **Healthy Cities**

ACCORD

Northern Ireland regional office	028 9023 3002
Londonderry	028 7136 2475
Enniskillen	028 6632 5696
Omagh	028 8224 2439

Marriage and relationships counselling. www.accordni.com

Psychosexual service 028 7186 5294 028 8283 5449 028 8283 5323

Relate 028 9032 3454

Divorce/separation/marriage counselling.

Derry Well Woman

www.derrywellwoman.org

Women's Aid

•	Foyle	028	7141	6800
٠	Fermanagh	028	6632	8898
٠	Omagh	028	8224	1414

www.womensaidni.org **Waterside Women's Centre**

www.watersidewomen.net

Strabane and Lifford Women's Centre 028 7188 6253

www.strabaneliffordwomenscentre.com

The Women's Centre

028 7126 7672

www.thewomenscentre.co.uk

Galliagh Womens Group

Greysteel Community Association

Strathfoyle Womens Activity Group

028 7186 0733

Mens Action Network

028 7137 7777

Healthy Living Centres

Derg Valley HL Project 028 8167 0764

Infertility Network

• 0800 008 7464 (freephone helpline)

www.infertilitynetworkuk.com **Oak Health Living Centre**

A drop-in service for heavy drinkers and people who are isolated or suffer mild health issues (Tuesday 10am-1pm)

WHSCT Stop Smoking Service

Benefits/financial advice

Omagh support / self-help group

West Tyrone Voice

Attendance Allowance

Carers NI

028 9043 9843

Citizens Advice Bureau

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

Step Change Debt Charity

www.citizensadvice.co.uk

0800 138 1111 Debt and money management assistance.

Disability Action

www.stepchange.org

www.disabilityaction.org **Disability living allowance**

Benefit enquiry line

0800 220 674

Omagh Independent Advice Centre

Advice on social security benefits, disability benefits,

employment, debt/financial matters. Advice NI Debt Action project

Employment training

AMH Foyle New Horizons

Helps people overcome the effects of mental ill health and in

AMH Fermanagh New Horizons

www.amh.org.uk/amh-near-you/new-horizons

www.amh.org.uk/amh-near-you/new-horizons **CLEAR Project Training**

WHSCT Health Improvement Team 028 7186 5127

Lisnamallard Industries

Prospects Mental Health Day Care Centre

www.beaconwellbeing.org

Carers Carers NI

Benefits and carers' rights.

Cause

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

Headway – The brain injury association

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

Western Health and Social Care Trust Carers

Coordinator 028 6634 4000 028 6638 4163

The Escapists

Rural support

Rural Support Helpline

0845 606 7607

Maximising Access in Rural Areas (MARA)

Long-term conditions

MS Helpline

www.mssociety.org.uk

Macmillan Cancer Helpline

www.macmillan.org.uk Mencap (Londonderry)

028 7126 2227

Huntington's Disease Association NI 028 2177 1812

www.hdani.org.uk **British Lung Foundation** 020 7688 555 www.blf.org.uk

First Housing Aid and Support Services

Simon Community

www.first-housina.com

Shelter Housing

028 7136 5259

Cultural/ethnic

Omagh Ethnic Community Support Group

Strabane Ethnic Group

Older people

Age Concern NI and Help the Aged in Northern Ireland.

Limavady Active Living – Be Safe Be Well 028 7133 8125

North West Volunteer Centre

Western area

Housing and supported living

House in the Wells

Methodist City Mission for Homeless Men

www.simoncommunity.org.uk

Depaul Ireland

www.depaulireland.org

NI Council for Ethnic Minorities (NICEM)

Chinese Welfare Association

028 7188 6419

Age NI

www.ageuk.org.uk/northern-ireland/ **Alzheimer's Society**

028 7134 8887 028 6634 4073 028 8224 0826

North West Ageing Well Together

LCDI Volunteer Bureau 028 7776 5438

Dennett Interchange 028 7139 7990