

# Mental Health support in Northern Ireland

There is a lot of help available if you need support for your mental health and wellbeing. The following are just a few of the organisations who can help.



<b>In an emergency or if there is danger to life call 999 or go immediately to A&amp;E</b>	
<b>Services available at all times (24/7):</b>	
<b>Lifeline</b> N Ireland mental health helpline service for people who are experiencing distress or despair ☎ 0808 808 8000 <a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a>	<b>Samaritans</b> Offers a safe place to talk, any time ☎ 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Shout</b> Free text-based crisis service, for all ages ☎ Text the word 'SHOUT' to 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a>	<b>Domestic &amp; Sexual Abuse Confidential Helpline</b> Free confidential support for anyone experiencing domestic or sexual violence or abuse ☎ 0808 802 1414 or email <a href="mailto:help@dsahelpline.org">help@dsahelpline.org</a> <a href="http://www.dsahelpline.org">www.dsahelpline.org</a> (Chatline and information)
<b>Services available during office hours:</b>	
Contact your own GP stating that you require a mental health appointment <b>or</b> Seek a private consultation with a counsellor or psychologist. Detailed lists of accredited mental health professionals can be found here: <a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a> or <a href="http://www.psychologytoday.com/gb/counselling/northern-ireland">www.psychologytoday.com/gb/counselling/northern-ireland</a>	
<b>Action Mental Health</b> Charity supporting mental wellbeing throughout Northern Ireland offering counselling, recovery and employability services, and resilience-building programs ☎ 028 9182 8494 <a href="http://www.amh.org.uk">www.amh.org.uk</a>	<b>AWARE NI</b> Charity supporting depression and bipolar disorder of adults in Northern Ireland ☎ 028 9035 7820 Support email: <a href="mailto:help@aware-ni.org">help@aware-ni.org</a> <a href="http://www.aware-ni.org">www.aware-ni.org</a>
<b>Inspire Wellbeing</b> Charity promoting wellbeing through mental health, intellectual/learning disability and professional wellbeing services in Northern Ireland ☎ 0808 189 0036 Email: <a href="mailto:hello@inspirewellbeing.org">hello@inspirewellbeing.org</a> <a href="http://www.inspirewellbeing.org">www.inspirewellbeing.org</a>	<b>Lighthouse</b> Charity providing Mental Health and Suicide Awareness, Education and Support through a variety of accredited therapies, counselling and programs ☎ 02890 755 070 Email: <a href="mailto:info@lighthousecharity.com">info@lighthousecharity.com</a> <a href="http://www.lighthousecharity.com">www.lighthousecharity.com</a>
<b>Metal for Life NI</b> Charity supporting mental health of Metal & Rock fans in Northern Ireland via free peer support groups in Northern Ireland ☎ 07746 056661 Email: <a href="mailto:info@metalforlifeni.co.uk">info@metalforlifeni.co.uk</a> <a href="http://www.metalforlifeni.co.uk">www.metalforlifeni.co.uk</a>	<b>PIPS</b> Charity for Suicide Prevention, Bereavement Support, Counselling and Therapies in Northern Ireland ☎ 0800 088 6042 Email: <a href="mailto:info@pipscharity.com">info@pipscharity.com</a> <a href="http://www.pipscharity.com">www.pipscharity.com</a>
<b>Helpful directories of mental health support services:</b>	
<b>Find Help NI</b> Directory of services throughout Northern Ireland for mental health and wellbeing <a href="http://www.findhelpni.com">www.findhelpni.com</a>	<b>Minding Your Head</b> Public Health Agency website for information, advice and support to help people in Northern Ireland look after and improve their mental health and emotional wellbeing <a href="http://www.mindingyourhead.info">www.mindingyourhead.info</a>

## Out of Hours GP Service (Northern Ireland)

Organisation	Area/town	Telephone
<b>Belfast Health and Social Care Trust</b>	North and West Belfast	028 9074 4447
	South and East Belfast	028 9079 6220
<b>South Eastern Health and Social Care Trust</b>	Ards and North Down	028 9182 2344
	Lisburn and Downpatrick	028 9260 2204
<b>Dalriada Urgent Care</b>	Antrim	028 2566 3500
	Ballymena	
	Ballymoney	
	Cookstown	
	Carrickfergus	
	Coleraine	
	Larne	
	Magherafelt	
	Moyle	
Newtownabbey council areas		
<b>Southern Health and Social Care Trust</b>	Armagh and Dungannon	028 3839 9201
	Craigavon and Banbridge	
	Newry and Mourne	
<b>Western Urgent Care</b>	Enniskillen	028 7186 5195
	Omagh	
	Strabane	
	Derry/Londonderry	
	Limavady	

Metal for Life NI is registered with the Charity Commission of Northern Ireland (NIC10808)