

# 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.



**In an emergency or if there is danger to life call 999 or go immediately to A&E**

**Services available at all times (24/7):**

## Lifeline

N Ireland mental health helpline service for people who are experiencing distress or despair

☎ 0808 808 8000

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

## Samaritans

Offers a safe place to talk, any time

☎ 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

## Shout

Free text-based crisis service, for all ages

☎ Text the word 'SHOUT' to **85258**

[www.giveusashout.org](http://www.giveusashout.org)

## Domestic & Sexual Abuse Confidential Helpline

Free confidential support for anyone experiencing domestic or sexual violence or abuse

☎ 0808 802 1414 or email [help@dsahelpline.org](mailto:help@dsahelpline.org)

[www.dsahelpline.org](http://www.dsahelpline.org) (Chatline and information)

**Services available during office hours:**

**Contact your own GP** stating that you require a mental health appointment **or**

**Seek a private consultation with a counsellor or psychologist.** Detailed lists of accredited mental health professionals can be found here:

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk) **or**

[www.psychologytoday.com/gb/counselling/northern-ireland](http://www.psychologytoday.com/gb/counselling/northern-ireland)

## Action Mental Health

Charity supporting mental wellbeing throughout Northern Ireland offering counselling, recovery and employability services, and resilience-building programs

☎ 028 9182 8494

[www.amh.org.uk](http://www.amh.org.uk)

## AWARE NI

Charity supporting depression and bipolar disorder of adults in Northern Ireland

☎ 028 9035 7820

Support email: [help@aware-ni.org](mailto:help@aware-ni.org)

[www.aware-ni.org](http://www.aware-ni.org)

## Inspire Wellbeing

Charity promoting wellbeing through mental health, intellectual/learning disability and professional wellbeing services in Northern Ireland

☎ 0808 189 0036

Email: [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)

[www.inspirewellbeing.org](http://www.inspirewellbeing.org)

## Lighthouse

Charity providing Mental Health and Suicide Awareness, Education and Support through a variety of accredited therapies, counselling and programs

☎ 02890 755 070

Email: [info@lighthousecharity.com](mailto:info@lighthousecharity.com)

[www.lighthousecharity.com](http://www.lighthousecharity.com)

## Metal for Life NI

Charity supporting mental health of Metal & Rock fans in Northern Ireland via free peer support groups in Northern Ireland

☎ 07746 056661

Email: [info@metalforlifeni.co.uk](mailto:info@metalforlifeni.co.uk)

[www.metalforlifeni.co.uk](http://www.metalforlifeni.co.uk)

## PIPS

Charity for Suicide Prevention, Bereavement Support, Counselling and Therapies in Northern Ireland

☎ 0800 088 6042

Email: [info@pipscharity.com](mailto:info@pipscharity.com)

[www.pipscharity.com](http://www.pipscharity.com)

**Helpful directories of mental health support services:**

## Public Health Agency NI - A-Z services

Directory of services to help improve mental health and emotional wellbeing in the 5 NI Trusts

[www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing](http://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing)

## Minding Your Head

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

[www.mindingyourhead.info](http://www.mindingyourhead.info)

## 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 (Northern Trust)</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)