

Directory of services to help improve mental health and emotional wellbeing

Belfast area

2016



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.

jo@samaritans.org

www.samaritans.org

Police (PSNI)

101

This will connect you to your local station.

GP out of hours services

- South and East Belfast 028 9079 6220
- North and West Belfast 028 9074 4447

GP referral-only services

‘One Point of Referral’

028 9504 2920

Provides one point of entry for all new referrals to mental health services across Belfast. Services available through One Point of Referral include:

Primary Mental Health Services

Short-term help for people with mild to moderate mental health problems.

Unscheduled Care

Provides mental health assessments to patients presenting to emergency departments or who are referred by their GP for an emergency mental health assessment.

Acute Mental Health Inpatient Service

Home Treatment Service

Home Treatment House (supported accommodation)

Acute Day Treatment Service

Community Mental Health Teams (CMHTs)

Crisis Assessment and Intervention Team (CAIT)

For those aged under 18.

Belfast Addiction Service (BHSCT)

Treatment and support for people aged 18 and over misusing alcohol and/or drugs. Addiction Services also include:

- **Substitute Prescribing Team (SPT)**
- **Substance Misuse Liaison Nurses Service (SMLN)**

Child and Adolescent Mental Health Service (CAMHS) and Drug and Alcohol Misuse Mental Health Service (DAMMHS)

Adolescent Team 028 9504 0365

Children’s Team 028 9063 2100

Provides specialist multi-professional support in the community for children and young people aged up to 17 years experiencing mental health problems. There are also specialist teams for family trauma, drug and alcohol misuse, eating disorders and intensive support and assessment in emergency departments/GP surgeries.

• Drug and Alcohol Misuse Mental Health Service (DAMMHS)

Treatment and support for young people aged 17 and under misusing alcohol and/or drugs.

Belfast Trust also provides:

- **CAMHS Regional Inpatient Unit** – referral to the Beechcroft Unit will be through the community CAMHS.

During office hours 028 9063 8000

Community Mental Health Team for Older People

The Community Mental Health Team for Older People is a multi-disciplinary team. Its purpose is to provide assessment, intervention, education, advice and support to individuals over the age of 65 years who are experiencing a mental illness, and individuals of any age who are experiencing or have concerns about dementia. The team also provides carer education, advice and support. It operates an open referral system.

028 9504 0346 (Mon–Fri, 9am–5pm)

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.

Forum for Action on Substance Abuse (FASA)

028 9080 3040

Specialised services in substance misuse, suicide and self-harm.

New Life Counselling

028 9039 1630 028 9074 6184

Counselling support for individuals (aged four years upwards) and families on a range of issues.

Contact NI

028 9074 4499

Confidential counselling on a wide range of issues.

The Rainbow Project

028 9031 9030

Promoting the health and wellbeing of lesbian, gay, bisexual and transgender people, and their families.

LIGHTHOUSE

028 9075 5070

Offers support and help for people affected by suicide or self-harm, and supports bereaved families.

East Belfast Survivors of Suicide

028 9046 0201

Provides peer support to those who have been affected by suicide.

Start 360

028 9043 5810

Information, guidance and advice for young people on issues such as drugs and alcohol, employment, offending behaviour, and emotional and mental health.

Falls Women’s Centre

028 9032 7672

Supports women and their families through services including counselling.

East Belfast Independent Advice Centre

028 9073 5690

Provides free, independent and confidential advice, including specialist debt advice, advocacy and representation at tribunals.

MACS Supporting Young People

028 9031 3163

Works with children and young people aged 11-25 who are care leavers, vulnerable or generally at risk, experiencing issues including homelessness, substance abuse, self harm/suicide.

PIPS Belfast

028 9080 5850

Support to individuals and families who have been affected by suicide.

Bridge of Hope

028 9074 6737 028 9022 1022 028 9543 8707

Provides services to victims and survivors of the conflict.

Suicide Awareness and Support Group

028 9023 9967

Offers support and help for people affected by suicide or self-harm and supports bereaved families.

Trinity Community Counselling Service

028 9020 0396

Mental health and wellbeing counselling services.

Windsor Women’s Centre

028 9023 5451

Provides a range of services to women and their families, including mental health support.

Lenadoon Counselling Project

028 9060 0641

One to one therapeutic counselling for individuals experiencing emotional distress, and training in suicide intervention.

Charter for NI

028 9045 9458

East Belfast Community Development Agency

028 9045 1512

Provides resources, support and capacity building programmes for community groups.

East Belfast Community Counselling

028 9046 0489

Provides accessible, confidential counselling in East Belfast.

Zest - Healing the Hurt

028 7126 6999

Family outreach support for self-harm.

www.zestni.org

H.E.A.R.T. The Maureen Sheehan Centre

028 9031 0346

Mental health including eating distress and anxiety support

Northern Ireland Association for Mental Health (NIAMH)

028 9032 8474

Local support, including housing schemes, home support, advocacy services, information services and education.

www.niamhwellbeing.org

Praxis Care Group

028 9023 4555

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

Mindwise

028 9040 2323

Support for people recovering from mental illness.

www.mindwisenv.org

Life After Mental Health Problems (LAMP) Service User Group

028 9024 2982

Threshold

028 9087 1313

Residential and supported housing/floating support.

Action Mental Health / New Horizons

028 9027 8283

Men’s Advisory Project

028 9024 1929

OASIS – IMAGO Project

028 9087 2277 ext 203

East Belfast Community Development Agency

028 9045 1512

H.E.A.R.T. The Maureen Sheehan Centre

028 9031 0346

Eating Disorders Association

028 9023 5959

Aware

028 9035 7820

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

A listening ear helpline and support groups.

Email: help@aware-ni.org

East Belfast Community Counselling

028 9046 0489

The Conservation Volunteers NI

028 9064 5169

Green Gym project.

Alcohol/drugs/gambling

Addiction NI

028 9066 4434

Drug and alcohol intervention and support services for adults and family members – specific support available for offenders and those aged 55+.

ASCERT

028 9260 4422

0800 254 5123

Brief intervention service for those misusing alcohol (drinking hazardously or harmfully) and/or their family members.

Barnardos – PHAROS service

028 9066 3470

Therapeutic support for children and families affected by parental substance misuse (access via BHSCT Addiction Services or Social Services).

Carlisle House

028 9032 8308

Residential substance misuse programme for those aged 18–65 years (access via BHSCT Addiction Service or private clients accepted).

DAISY

028 9043 5815

Drug and Alcohol Intervention and Support service for Young people (up to age 25) and/or their family members.

DAMMHS (BHSCT)

028 9063 8000

Drug and Alcohol Misuse Mental Health Service for those aged under-18 based within BHSCT’s Child and Adolescent Mental Health Service (CAMHS).

Drug Outreach Team (BHSCT)

028 9504 1433

Information, support and outreach service working primarily with injecting drug users.

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.

02/16

Dunlewey Addiction Services

028 9039 2547

Intervention and support service for adults for drug and alcohol/gambling addictions.

Extern

028 9033 0433

Alcohol Housing Support Service for those at risk of losing their tenancy and Drugs Accommodation Support Service linking in with hostels in housing and supporting injecting drug users.

Falls Community Council

028 9020 2030

Drug and alcohol information, advice and support services for young people and families.

FASA

028 9080 3040

Drug and alcohol information, advice, intervention and support services for young people, families and adults.

Lisburn YMCA

028 9267 0918

Targeted prevention programmes for young people based on a life skills and harm reduction approach.

BDACT Connections Service

Undertakes work in communities on behalf of Belfast Drug and Alcohol Coordination Team to address issues of concern around drugs and alcohol.

Email: connections@bdact.info

Alcoholics Anonymous

028 9043 4848

www.alcoholicsanonymous.ie

Narcotics Anonymous

Helpline: 0300 999 1212

www.nanorthernireland.com

Websites for further information

www.alcoholandyouni.com
www.drinkworkandme.com
www.knowyourlimits.info
www.talktofrank.com
www.drugsandalcoholni.info

Smoking

Stop smoking support services are available at many GP surgeries and pharmacies across Northern Ireland. Ask your doctor or call into your local pharmacy. Alternatively, visit the PHA’s stop smoking website: www.want2stop.info

Abuse/trauma

Nexus

028 9032 6803

Advice, support and counselling for people who have been sexually abused.

www.nexusinstitute.org

PSNI Domestic Violence Officer

101

Victim Support NI

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.co.uk

Domestic violence helpline

0808 802 1414

24/7 helpline.

The Rowan – Regional Sexual Assault Referral Centre

24 hour Freephone Helpline 0800 389 4424 (free from landlines only, mobiles may cost)

Support and services for children, young people, women and men who have been sexually abused, assaulted or raped, whether this happened in the past or more recently.

www.therowan.net

Family Trauma Centre – Belfast Health and Social Care Trust

028 9504 2828

WAVE Trauma Centre

028 9077 9922

Befriending and counselling for people who are victims of violence or bereaved due to the Troubles.

www.wavetraumacentre.org.uk

Bereavement

Bereavement Support (BHSCT)

028 9504 7623

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.

PIPS Belfast

028 9080 5850

Suicide Awareness and Support Group

028 9023 9967

East Belfast Survivors of Suicide

028 9046 0201

Barnardo's Child Bereavement Service

028 9066 8333

www.barnardos.org.uk

Cruse

National Cruse day-by-day helpline 0844 477 9400

Cruse Belfast Office 028 9043 4600

Cruse young person's helpline 0808 808 1677

Promote the wellbeing of bereaved adults, children and young people.

East Belfast Community Counselling

028 9046 0489

Sexual health

Positive Life

028 9024 9268

Confidential helpline 0800 137 437

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

www.positivelifeni.com

Brook

028 9032 8866

Free confidential advice on sex and contraception for young people aged under 25 years.

Family Planning Association

0345 122 8687

Confidential information, advice and support on aspects of sexual health, family planning and information on local clinics in your area. Counselling service for those with an unplanned pregnancy.

www.fpa.org.uk

Genito Urinary Medicine (GUM) clinic

028 9063 4050

Situated at the Royal Victoria Hospital.

The Rainbow Project

028 9031 9030

Advice, information and support, including rapid HIV testing and outreach clinics for lesbian, gay, bisexual and transgender people.

www.rainbow-project.org

Sexual orientation and gender identity

The Rainbow Project

028 9031 9030

Promoting the health and wellbeing of lesbian, gay, bisexual and transgender people, and their families.

www.rainbow-project.org

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

LGBT Switchboard

0808 8000 390 Tues-Thurs, 6-9pm

HERE

028 9024 9452

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

www.hereni.org

Transgender NI

www.transgendemi.com

Child/youth support

Childline

0800 1111

Counselling for children and young people.

www.childline.org.uk

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.

NSPCC

0808 800 5000

Child protection 24/7 helpline – emotional, physical or sexual abuse or neglect.

Youth Action NI

028 9024 0551

Forum for Action on Substance Abuse (FASA)

028 9080 3040

New Life Counselling

028 9039 1630 028 9074 6184

Start 360

028 9043 5810

MACS Supporting Young People

028 9031 3163

Children's Law Centre

028 9024 5704

Contact Youth Counselling

028 9074 4499

Include Youth

028 9031 1007

Voice of Young People in Care (VOYPIC)

028 9024 4888

Belfast YMCA

028 9068 4660

Action for Children NI

028 9046 0500

Student support

Ulster University student support

Belfast 028 9536 7300

Coleraine 028 7012 4105

Jordanstown 028 9036 6336

Magee 028 7167 5218

Provides a professional counselling service 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/

Belfast Metropolitan College

028 9026 5003

Family and relationships

New Life Counselling

028 9074 6184

Family therapy service (Duncairn office).

Parenting NI

0808 801 0722

Barnardo's

028 9064 4335

Gingerbread NI

Freephone advice line 0808 808 8090

Support for single parent families.

Family Trauma Centre - BHSCT

028 9504 2828

St Vincent de Paul regional office

028 9035 1561

Family Mediation NI

028 9024 3265

ACCORD

028 9023 3002

Marriage and relationships counselling.

www.accord-ni.co.uk

Relate

0300 100 1234

Divorce/separation/marriage counselling.

Falls Women's Centre

028 9032 7672

Windsor Women's Centre

028 9023 5451

Sure Start

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. To find your local Sure Start, go to www.nidirect.gov.uk/sure-start-services

Family Support NI

0845 600 6483

www.familysupportni.gov.uk

Benefits/financial advice

Debt Action NI

0800 917 4607

www.debtaction-ni.net

Advice NI

028 9064 5919

www.adviceni.net

Law Centre NI

028 9024 4401

www.lawcentreni.org

Cancer Lifeline

028 9035 1999

Support services for individuals and their families affected by cancer, including benefits and financial advice.

www.cancerlifeline.info

Citizens Advice Bureau

028 9023 6522

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

www.citizensadvice.co.uk

Age NI advice service

0808 808 7575

Free benefits check for older people.

East Belfast Independent Advice Centre

028 9073 5690

Gamblers Anonymous

028 9024 9185

Carers

Carers NI

028 9043 9843

Benefits and carers’ rights.

Cause

Helpline 0845 603 0291

028 9065 0650

Peer-led support to carers and families of people with mental illness.

www.cause.org.uk

Crossroads Caring for Carers

028 9181 4455

Respite/short-term breaks for carers.

Belfast Carers’ Centre

028 9073 0173

Other health-related support

Men to Men

028 9024 7027

Disability Action

028 9029 7880

Down's Syndrome Association

028 9066 5260

MENCAP

028 9069 1351

NI Learning Disability Helpline 0808 808 1111

Royal National Institute of Blind People (RNIB)

028 9032 9373

British Deaf Association Northern Ireland

028 9043 7480

Northern Ireland Deaf Youth Association

028 9043 8566

Action on Hearing Loss

028 9023 9619

Textphone 028 9024 9462

The Stroke Association

028 9050 8020

National Helpline 0303 3033 100

Housing/homelessness/ supported living

Emergency accommodation 24/7 helpline

0800 171 2222

Northern Ireland Housing Executive

0344 892 0900

Simon Community

028 9504 9999

Extern

028 9033 0433

Queen's Quarter Housing

028 9031 3183

MACS Supporting Young People

028 9031 3163

Welcome Organisation

028 9024 0424

Outreach Team 078 9493 1047

Cultural/ethnic

NI Council for Ethnic Minorities (NICEM)

028 9023 8645

The Migrant Centre NI

028 9043 8962

Equality Commission NI

028 9050 0600

Refugees/asylum seekers

Northern Ireland New Entrant Service (NINES)

028 9504 2830 028 9056 5909

Regional nurse-led service for new immigrants, asylum seekers and refugees entering Northern Ireland.

Older people

Age NI

028 9024 5729

Advice line 0808 808 7575

Engage with Age

028 9073 5696