



BREAK THE CYCLE

Southern Area

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.

Southern Area out of hours GP

028 3839 9201

After 6pm and all-day Saturday, Sunday and bank holidays.

Social services out of hours duty social worker

028 9504 9999

Provides an emergency social work response across Northern Ireland from 5pm – 9am and 24hrs at weekends.

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.

www.samaritans.org.uk

Action Mental Health (MensSana)

028 3839 2314

www.amh.org.uk

PIPS Newry and Mourne

028 3026 6195

www.pipsnewryandmourne.org

PIPS Upper Bann

028 3831 0151

www.pipsupperbann.com

Niamh Louise Foundation

028 8775 3327

www.niamhlouisefoundation.com

Protect life coordinator

028 3756 4461

Information on suicide/self-harm prevention, support and initiatives within the Southern area. Training is also available.

Zest for Life Counselling and Training Services

078 1808 8314 078 9438 8371

www.zestforlifecounsellingservices.com

British Association of Counselling and Psychotherapy

0145 588 3300

Accredited counsellors and therapists.

www.bacp.co.uk

Yellow Ribbon Suicide Prevention Programme

028 3833 1485

Emotional and psychological support for those suffering from break-ups, depression, panic attacks and issues such as self-harming from alcohol and drugs.

Mental health including eating distress and anxiety support

Inspire (formerly NIAMH)

028 9032 8474

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

www.inspirewellbeing.org

Mental Health Foundation incorporating the Foundation for People with Learning Disability

020 7803 1100

www.mentalhealth.org.uk

Action Mental Health (AMH)

028 3839 2314

Incorporating MensSana (tailored activities to support mental health and emotional wellbeing) and New Horizons (supports the recovery of adults experiencing mental ill health who are interested in progressing towards further education/training or employment).

www.amh.org.uk

AMH ADAPT

028 3839 2314

Supporting those affected by eating disorders.

The Mental Health Forum
028 3025 2423
Southern area.
www.thementalhealthforum.co.uk

MindWise
028 9040 2323
Supporting people with mental illness.
www.mindwisenv.org

Aware
028 9035 7820
028 7126 0602
NI charity providing information and support
for those affected by depression.
www.aware-ni.org

PRAXIS Care
028 9023 4555
PRAXIS Care provides a range of supported
living services to people experiencing mental
ill health.
Website for further information
www.mindingyourhead.info

Alcohol, drugs and smoking

The Magnet Centre, Newry
028 3026 9070
028 3025 2214

Barnardo's
028 9066 3470
028 4062 3872
For children/young people and families
affected by parental substance misuse.

EXTERN
028 9084 0555
028 9033 0433
Crisis helpline 0800 085 4808
Addresses homelessness, drug and alcohol
abuse and rehabilitating offenders to build
safer communities.
www.extern.org

Dunlewey Addiction Services
028 9039 2547
Helpline 08000 886 725
Supporting people with addictions.

Community addiction team (CAT)
Accessed through GP.

Breakthru
028 8775 3228
Awareness, education, prevention and support
for alcohol and drug issues.

www.breakthru.co.uk

Start 360
028 3822 2714

Al Anon
028 9068 2368
www.al-anonuk.org.uk

Alcoholics Anonymous
028 9035 1222
www.alcoholicsanonymous.ie

Gamblers Anonymous
028 9024 9185
www.belfastga.co.uk
www.gamblersanonymous.org.uk

FutureProof (formerly REACT Ltd)
028 4062 4511

Addiction NI
028 9066 4434
www.addictionni.com

ASCERT
028 7944 0080
Freephone 0800 2545 123
www.ascert.biz

Cuan Mhuire
24hr drugs helpline 028 3084 9010
Provides support on alcohol and drugs issues.
www.cuanmhuire.ie

Davina's Ark
028 3027 9407
www.davinasark.co.uk
Websites for further information
www.want2stop.info www.knowyourlimits.info
www.drugsandalcoholni.info
www.talktofrank.com

Abuse

24 Hour Domestic & Sexual Violence Helpline
0808 802 1414
Text support to 07797 805 839
Open to all women and men affected by
domestic or sexual violence.
24hrsupport@dvhelpline.org

Women's Aid NI
Armagh 028 3751 1473
Newry 028 3025 0765
Banbridge, Craigavon & Lurgan
028 3839 7979
Mid Ulster 028 8676 9300

Support and advice for women who have suffered or are suffering from domestic abuse.
www.womensaidni.org

Nexus
028 9032 6803
028 7126 0566
www.nexusni.org

Trauma counselling service
028 3834 7537

WAVE Trauma Centre support
028 3751 1599
www.wavetraumacentre.org.uk

Victim Support
028 9024 3133
Emotional support for victims of crime.
www.victimsupportni.co.uk

National Association for People Abused in Childhood (NAPAC)
0808 801 0331

Bereavement

Cruse
Cruse Newry 028 3025 2322
Cruse Armagh & Dungannon 028 8778 4004
Cruse helpline 0808 808 1677
National charity that promotes the wellbeing of bereaved people – for adults, children and young people.
www.cruse.org.uk
Young people: www.hopeagain.org.uk

Barnardo's child bereavement service
Advice line 028 9066 8333
www.barnardos.org.uk

Niamh Louise Foundation
028 8775 3327
www.niamhlouisefoundation.com

PIPS Newry and Mourne
028 3026 6195
www.pipsnewryandmourne.org

Child death helpline
0800 282 986
0808 808 6019 (free for mobiles)
www.childdeathhelpline.org.uk

The Lullaby Trust
Freephone information line 0808 802 6868/6869
www.lullabytrust.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)
Helpline 077 4099 3450
www.sandsni.org

Miscarriage Association
Helpline 019 2420 0799
www.miscarriageassociation.org.uk

The Compassionate Friends
Helpline 028 8778 8016
Office 0345 120 3785
helpline@tcf.org.uk www.tcf.org.uk

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

The Rainbow Project
028 9031 9030
www.rainbowproject.org

Love for Life
028 3882 0555
www.loveforlife.org.uk

Brook
028 9032 8866
Free confidential sexual health advice and contraception for young people aged 24 years and under.

Family Planning Association
0345 122 8687
Confidential information, advice and support on aspects of sexual health and family planning.
www.fpa.org.uk

Health clinic
028 3741 2891 077 8743 2845
health.clinic@southerntrust.hscni.net

Genito Urinary Medicine (GUM) clinic
028 3083 4215

Community Sexual Health Advice Service
028 3741 2410
077 7139 0231

C.A.S.H. (Contraception & Sexual Health Service)
Dungannon 028 8771 3090
Newry 028 3083 4294
Banbridge & Portado 028 3833 3863

Sexual orientation and gender identity

LGBT Switchboard
0808 8000 390

LGBT Northern Ireland
www.lgbtni.org

Transgender support services
www.transgenderni.com

Cara-Friend
028 9089 0202
Provides information and support to the lesbian, gay, bisexual and transsexual community.
www.cara-friend.org.uk

Cara-Friend LGBTQ+ Youth
028 9089 0202

HERE NI
028 9024 9452
Support for lesbian and bisexual women in Northern Ireland.
www.hereni.org

The Rainbow Project
028 9031 9030
www.rainbow-project.org

SAIL
General enquiries/professionals 028 9532 0023
Family support 028 3057 0075
Support for trans people 028 9532 0321
A support group for families of gender variant or transgender individuals of any age.

Child/youth support

Barnardo's Young Person's Partnership
Armagh 028 3752 2380
Newry 028 3026 3135
Support for young people at risk of coming into contact with the criminal justice system or being expelled from school.

Barnardo's Family Resource Centres
Armagh 028 3752 2380
Newry 028 3026 0668
Assessment, therapeutic and preventative services to families who are deemed to be at risk.

Family Support Hubs
Armagh & Dungannon 028 3752 2380
Portadown, Craigavon & Banbridge 028 3833 1168
Newry & Mourne 028 3083 5764

Child and Adolescent Mental Health Services (CAMHS)
028 3083 5400

Childline
0800 1111
24/7 counselling support for children and young people.

National Society for the Prevention of Cruelty to Children (NSPCC)
0808 800 5000

Education Authority pupil personal development services
028 3751 2515

Start 360
028 3832 2714

Young Minds
0808 802 5544
www.youngminds.org.uk

Education Authority youth service
Craigavon/Banbridge 028 3833 8556
Armagh Headquarters 028 3751 2266
Armagh/Newry & Mourne 028 3025 1515
Dungannon 028 8772 2167
Cookstown 028 8675 7168

Young People's Partnership
Portadown 028 3839 1155
Armagh & Dungannon 028 3752 2380
Newry 028 3026 3135

Family Resource Centre
Armagh & Dungannon 028 3752 2380

Youth Action NI
Armagh 028 3751 1624
Newry 028 3025 6040

One Stop Shops
FutureProof (formerly REACT Ltd)
028 4062 4511

Magnet Newry
028 3025 2214

Student support

Ulster University student support
Belfast 028 9536 7300
Coleraine 028 7012 4105
Jordanstown 028 9036 6336
Magee 028 7167 5218
A professional counselling service is available
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/

Family and relationships

Family Support NI
0845 600 6483
familysupportni.gov.uk

Parenting NI
0808 801 0722
Offers services to support parents and carers
including a freephone helpline, counselling,
parenting programmes and the opportunity to
have a say on the issues affecting parents and
carers across Northern Ireland.
www.parentingni.org

Barnardo's
028 9067 2366
Parenting matters.

St Vincent de Paul regional office
028 9035 1561

Family Resource Centre
Armagh & Dungannon 028 3752 2380

Sure Start
Armagh & Keady 028 3751 8569
Banbridge 028 4062 2474
Clogher Valley 028 8554 9898
Dungannon 028 8772 9695
Craigavon 028 3831 3360
Portadown 028 3833 7455
Kilkeel 028 4176 4718
Newry 028 3083 3780

South Armagh 028 3083 0022
Range of services from pregnancy through to
a child's 4th birthday, aimed at improving
health, children's social and emotional
development, and their ability to learn.

Family Mediation NI
028 9024 3265

Home-Start
Armagh & Dungannon 028 8778 9489
Clogher Valley 028 8554 9898
Craigavon 028 3834 5357
Banbridge 028 4062 6234
Newry, Mourne & Kilkeel 028 3026 6139

Supporting people and communities every
day (SPACE)
028 3083 5764

Vineyard Church Dungannon
028 8775 2133

ACCORD
028 9023 3002
Marriage and relationships counselling.
www.accord-ni.co.uk

Care in Crisis
028 3832 0555

Love for Life
028 3882 0555

Relate
028 9032 3454
Services include relationship counselling for
individuals and couples, and counselling for
children and young people.

Benefits/financial advice

Citizens Advice Bureau
Armagh 028 3752 4041
Dungannon 028 8772 5299
Craigavon 028 3836 1181
Banbridge 028 4062 2201
Newry 028 3026 2934
www.citizensadvice.org.uk

Christians Against Poverty
www.capuk.org

Law Centre NI
028 9024 4401
Legal support for disadvantaged individuals.
www.lawcentreni.org

Step Change
0800 138 1111
Free confidential debt advice.
www.stepchange.org

Trauma

Family Trauma Centre
028 9504 2828

Nova Trauma Support
028 4062 8758

Victim Support
028 9024 3133
Emotional support for victims of crime.
www.victimsupportni.co.uk

WAVE Trauma Centre
028 3751 1599
Offers care and support to anyone bereaved or
traumatised through violence.
www.wavetraumacentre.org.uk

Carers

Carers NI
028 9043 9843
Benefit and carers' rights
Helpline 0845 603 0291
A local charity providing peer-led emotional
and practical support to carers and families
of people with mental illness.
www.cause.org.uk

Memory/dementia service in the Southern
area

Craigavon & Banbridge	028 3833 3332
Armagh & Dungannon	028 3756 4957
Newry & Mourne	028 3083 6970

Action for Children Young Carers Project
Armagh, Dungannon, Craigavon, Banbridge,
Newry, & Mourne 028 4062 6516
Belfast (Head Office) 028 9046 0500
www.actionforchildren.org.uk

Rural support

Rural Support
Helpline 0845 606 7607
www.ruralsupport.org.uk

COSTA Rural Support Network
028 8555 6880

Dungannon and South Tyrone
TADA Rural Support Network
028 3839 8888

Armagh, Down and Antrim
ABC Community Network
028 3839 2777

Mid Ulster District Council
0300 0132 132

Armagh City, Banbridge and Craigavon
Borough Council
0300 0300 900
Newry, Mourne and Down District Council
0300 013 2233

Promoting Wellbeing Teams
Armagh 028 3741 2521
Craigavon 028 3834 4973
Newry 028 3083 4325

Other health-related support

Men's Advisory Project
028 9024 1929
www.mapni.co.uk

SHSCT Volunteer Coordinator
Armagh & Dungannon 0028 3756 4498
Craigavon & Banbridge 028 3831 1483
Newry & Mourne 028 3083 4270
Centralised phone number 028 3834 4973

Praxis
028 9023 4555

Volunteer Now
028 9023 2020

Volunteer Bureau Craigavon and Banbridge
028 3834 2741

Housing / homelessness / supported living

Northern Ireland Housing Executive (NIHE)
034 4892 0900
Out of hours 0344 892 0901
www.nihe.gov.uk

Regional emergency social work services
Out of Hours 028 9504 9999

Emergency accommodation 24/7 helpline
0800 171 2222

Depaul Ireland
028 8772 5860

Simon Community CAP (Central Access
Point)
0800 171 2222

Housing Rights
Advice Line 028 9024 5640
www.housingadviceni.org
www.housingrights.org.uk

Choice Housing
www.choice-housing.org

Cultural/ethnic

Equality Commission NI
028 9050 0600

South Tyrone Empowerment Programme
(STEP)
028 8775 0211

WAH HEP
028 3834 7162

Chinese community association
Community Intercultural Programme
028 3839 3372

An Tearmann Project
028 8774 1961

Armagh Traveller Support Group
028 3741 2755

Craigavon Traveller Support Group
028 3834 2089

Newry Traveller Support Group
028 3083 4200 / 4272

Older people

Age NI
028 9024 5729
Advice line 0808 808 7575
Charity combining Age Concern NI and Help
the Aged in Northern Ireland.
www.ageuk.org.uk/northern-ireland

Good Morning Neighbour Project
Armagh & Dungannon 028 8774 7377
24 hour helpline 078 4347 8433
Newry, Mourne and Down 028 3026 1022
Referral service. The primary aim is to support

members of the community by means of
regular, friendly, telephone conversations –
making time for people, listening effectively
and becoming a 'friend on the phone'.