



This information resource has been developed by the Southern Health and Social Care Trust Promoting Wellbeing Team in partnership with the Protect Life Implementation Group. For further information please contact the Protect Life Coordinator in the Southern area: **Tel: 028 3741 2882**

**ADDICTION**

Community Addiction Team [CAT] Southern Trust	028 3741 2418
Breakthru (Drug Information & Support Service)	028 8775 3228
CHILL (Opportunity Youth Drug & Alcohol Project)	028 9043 5810
Support available in Southern area	028 3752 5481
AI Anon   AI Teen	028 9024 3489
Alcoholics Anonymous	028 9043 4848
Southern Trust 'Stop Smoking' Service	028 3752 0544
NI Community Addiction Team	028 9073 1602
Gamblers Anonymous	028 9024 9185
FRANK (24/7 Drugs Helpline)	0800 776 600
Battle Against Tranquillizers	01179 663 629
Drinkline (24/7 Helpline)	0800 917 8282
Narcotics Anonymous	07810 172 991
REACT Ltd.	028 4062 8829 028 4176 9344
Newry and Mourne Drug and Alcohol Partnership	028 3083 4325
PHAROS (support for families and children where there is parental substance misuse)	028 4062 3872

**ABUSE | TRAUMA**

Women's Aid (24/7 Helpline)	0800 917 1414
Local Support -	Newry 028 3025 0765 Craigavon 028 3834 5256 Dungannon 028 8676 9300
Rape Crisis & Sexual Abuse Helpline	028 9032 9002
Nexus Institute (Sexual Abuse)	028 9032 6803
Nova Trauma Support	028 4062 8758
Trauma Advisory Panel	028 3083 3074
Wave Trauma Centre	028 3751 1599
Victim Support	028 9024 4039
Out of Hours	0845 3030 900
Men to Men (Support for Men's Health & Emotional Wellbeing, Domestic Violence & Relationship Issues)	028 9085 1622
NAPAC (National Association for People Abused in Childhood)	0800 085 3330
PSNI Domestic Violence Officer	0845 600 8000

**BEREAVEMENT**

CRUSE Bereavement Care -	Newry 028 3025 2322 Moy 028 8778 4004
CRUSE Young Persons' Helpline	0808 808 1677
Barnardo's Child Bereavement Service	028 9064 5899
Barnardo's Child Bereavement Helpline	028 9069 4000
Niamh Louise Foundation (Bereaved by Suicide Support Group)	028 8774 0354
PIPS Newry & Mourne (Bereaved by Suicide Support Group)	028 3026 6195
PIPS Upper Bann (Bereaved by Suicide Support)	028 3831 0151
Child Death Helpline	0800 282 986
Foundation for the Study of Infant Death	020 7233 2090
NI Miscarriage Association Helpline	028 9336 3384
NI Still Birth & Neo Natal Death Society (SANDS)	0774 099 3450
NAPAC (National Association for People Abused in Childhood)	0800 085 3330
The Compassionate Friends NI	028 9265 2550

**BENEFITS | ADVICE**

Citizens Advice Bureau -	Armagh 028 3752 4041 Dungannon 028 8772 5299 Craigavon 028 3835 3260 Banbridge 028 4062 2201 Newry 028 3026 9224
Law Centre NI - (Legal Support for Disadvantaged Individuals)	Belfast 028 9024 4401
Debt Line NI	0800 027 4990
Advice NI	028 9064 5919
Craigavon Independent Advice Centre	028 3832 4945
Lurgan Independent Advice & Information Centre	028 3832 5764
Debt Action NI -	Newry 028 3082 5250 Crossmaglen and Kilkeel 07578497922 Armagh 028 3752 8462

**CARERS**

Carers NI	028 9043 9843
CAUSE (Carer & User Support Enterprise)	028 9023 8284
CAUSE Helpline	0845 6030 291
Young Carers Project -	Armagh/Dungannon 028 3741 2752 Craigavon/Banbridge 028 4062 6516 Newry/Mourne 028 3026 7015
Carers Coordinator (Southern Trust)	028 3083 4252

**CHILDREN & YOUTH SUPPORT**

Barnardo's Adolescent Project -	Armagh 028 3751 5910 Newry 028 3025 1115
(Support for Young People who are at risk of coming into contact with the Criminal Justice System or Expulsion from School)	
Barnardo's Family Centres -	Moy 028 8778 9681 Newry 028 3026 0668
(Assessment, therapeutic & preventative services to families where children are deemed to be at risk)	
CAMHS (Child & Adolescent Mental Health Service)	accessed via GP
Just Ask Adolescent Service	028 3083 5400
Childline	0800 1111
NSPCC	0808 800 5000
SELB (Pupil Personal Development Services)	028 3751 2333
Opportunity Youth Mentoring	028 9043 5810
Young Minds (www.youngminds.org.uk)	0800 018 2138
SELB Youth Service -	Craigavon/Banbridge 028 3833 8556 Armagh 028 3752 3632 Newry 028 3025 3162 Dungannon 028 8772 2167

**CHILDREN & YOUTH SUPPORT cont'd**

Young Persons' Project	028 3839 1155
Youth Action NI	028 9024 0551
Info - Station, Banbridge/Dromore	028 4062 4511
Child Protection Team -SELB	028 3834 1975
SELB Education and Welfare Service	028 3832 6980
Craigavon & Banbridge	028 3026 4211
Newry and Mourne	028 8772 7843
Armagh/Dungannon	

**CULTURAL | ETHNIC**

NI Council for Ethnic Minorities	028 9023 8645
Equality Commission NI	028 9050 0600
STEP (South Tyrone Empowerment Programme)	028 8772 9002
WAH HEP Chinese Community Association	028 3834 7162
Craigavon Intercultural Programme (www.craigavonintercultural.org)	028 3839 3372
Armagh Traveller Support Group	028 3752 0553
Craigavon Traveller Support Committee	028 3834 2089
Newry Traveller Family Support and Development Worker	028 3083 4200
BME/Migrant worker service	028 3083 4325

**EMERGENCY HELP & SUPPORT**

Emergency Police, Ambulance, Fire Brigade	999/112
Samaritans Helpline (a listening ear to those in distress)	0845 790 9090
Southern Area Out of Hours GP (On Call Service)	028 3839 9201
Police (will connect you to a local PSNI Station)	0845 600 8000
RNID (for Deaf People)	028 9023 9619
Social Services Duty Social Worker -	028 8772 2821
Armagh/Dungannon	028 3834 3011
Craigavon/Banbridge	028 3082 5000
Newry/Mourne	

**FAMILY**

Parents Advice Centre	0808 8010 722
Support available in Southern area	
Barnardo's (Parenting Matters)	028 9049 1081
Barnardo's Family Mediation Service	028 3026 0668
Barnardo's Newry Child Contact Service	028 3026 0668
Gingerbread NI (Support for Single Parent Families)	0808 808 8090
Family Trauma Centre	028 9020 4700
Springwell Centre (Support for Children & Families)	028 3834 7222
St Vincent de Paul (Regional Office)	028 9035 1561
Surestart -	Armagh/Keady 028 3751 8569 Clogher Valley 028 8554 9625 Dungannon 028 8772 9695 Craigavon 028 3831 3360 Portadown 028 3833 7455 Newry 028 3083 3780 South Armagh 028 3083 0022
Women and Family Health Initiative	028 3088 9073
Family Mediation NI	028 9024 3265
Home-Start -	Armagh/Dungannon 028 8778 9489 Craigavon 028 3834 5357 Banbridge 028 4062 6234 Newry 028 3026 6139
South Down Family Health Initiative	0781 3166 258
Care in Crisis	028 3832 9900

**HOUSING | HOMELESSNESS**

NI Housing Executive (will connect you to your Local Office)	0844 892 0900
After Hours Homeless Service	028 3833 4444
Emergency Accommodation (24/7 Helpline)	028 9049 3488
Simon Community	028 9023 2882
Edward Street Hostel - Portadown	028 3839 3574
Linen Court Hostel - Armagh	028 3751 1545
De Paul Ireland (Castlehill, Dungannon)	029 8772 5860

**MEN'S SUPPORT**

Men's Advisory Project (www.mapni.co.uk)	028 9024 1926
Men to Men (24/7 Helpline)	028 9023 7779
(General Counselling Service and Support for Men's Health & Emotional Wellbeing)	

**MENTAL HEALTH | EATING DISTRESS | ANXIETY**

Community Mental Health Teams (Adults) -	028 3752 7776
Armagh	028 8772 2821
Dungannon	028 3834 7537
Craigavon/Banbridge	028 3083 5026
Newry/Mourne	028 3083 5026
Eating Disorder Service (Southern Trust)	028 3831 1741
Mental Health and Learning Disability Team (Formerly Mental Health Commission)	028 9051 7500
Mental Health Foundation	020 7803 1100
(incorporating the Foundation for People with Learning Disability)	
NI Association of Mental Health	029 9032 8474
Action Mental Health	028 3839 2314
(incorporating MensSana - Positive Mental Health & Young People New Horizons - Training & Employment Support)	
Mental Health Forum -	Craigavon/Banbridge 028 3834 4973 Armagh/Dungannon 028 3752 8771 Newry/Mourne 028 3025 2423
MindWise (Supporting People with Mental Illness)	028 9040 2323
Aware Defeat Depression	0845 120 2961
NI Agoraphobia & Anxiety Society	028 9023 5170
Aware Defeat Depression	028 9032 1734
Adapt Eating Distress Association	028 3834 7535

**SEXUAL HEALTH | HEALTH PROMOTION**

AIDS Helpline	0800 137 437
BROOK Helpline	0800 018 5023
(Free Confidential Advice on Sex and Contraception for under 25s)	
Family Planning Association	0808 808 8090
Public Health Agency	028 9031 1611
Promoting Wellbeing Team -	Armagh 028 3741 2880 Armagh/Dungannon 028 3752 0544 Craigavon 028 3834 4973 Newry 028 3083 4325
Youth Health Advice Service	028 3741 2891 028 3741 2890
GUM Clinic	028 3083 5050

**OLDER PEOPLE**

Age NI (www.ageni.org)	028 9024 5729
Advice Line	028 9032 5055
Help the Aged in NI Senior Line (Free Advice for Senior Citizens)	0808 808 7575
Good Morning/Good Neighbour Project -	028 8772 9690
Armagh/Dungannon	028 3026 1022
Newry/Mourne	028 7963 2170
Dungannon	
(The Project Aims to Provide Support to Members of our Community through Telephone Contact and Befriending 365 days a year)	
Newry & Mourne Senior Citizens Consortium	028 3026 6024

**RELATIONSHIPS**

ACCORD (Marriage & Relationship Counselling and Care Services)	028 9023 3002
Care in Crisis	028 3832 9900
Love for Life	028 3882 0555
Relate	0870 242 6091
Relate Teen	028 9032 3454

**SEXUAL ORIENTATION**

Cara-friend (incorporates GLYNI - Gay, Lesbian Youth NI)	028 9089 0202
The Rainbow Project (Aims to address the Physical, Mental & Emotional Needs of Gay & Bisexual Men in NI)	028 9031 9030
Belfast Butterfly Club (Social Support for Transgender, Transvestite and Cross Dressers regardless of Sexual Orientation)	028 9267 3720
Traveller & Gay (T&G) (Support Service for the Gay Traveller Community in NI)	07815 099583
Newry Rainbow Community	028 3025 0528
Lesbian Advocacy Services Initiative (LASI)	028 9024 9452

**SUICIDE PREVENTION & SELF HARM**

Protect Life Community Development Worker (Niamh Louise Foundation)	07846666492
Protect Life Community Development Worker (PIPS Newry and Mourne)	07707039799
Protect Life Resource Centres	
Dungannon - Niamh Louise Foundation	028 8774 0354
Newry - PIPS Newry & Mourne	028 3026 6195
Portadown - Action Mental Health (MensSana)	028 3839 2314
Lurgan - PIPS Upper Bann	028 3831 0151
Kilkeel - REACT Ltd	028 4176 9344
Banbridge - REACT Ltd	028 4062 8829
Protect Life Counselling	
Breakthru	028 8775 3228
REACT Ltd	028 4176 2337
Protect Life Coordinator (Information on Suicide/Self-Harm Prevention, Support and Initiatives within Southern Trust)	028 3741 2882
Protect Life Training	028 3741 2884
Samaritans Helpline	0845 7909 090
ZEST Passion for Life (Healing the Hurt of Self-Harm & Suicide)	028 7126 6999
Papyrus (Resources for those Dealing with Suicide, Depression or Emotional Distress)	0800 068 4141
Hopeline UK	0800 068 4141
The British Association of Counselling and Psychotherapy (List Accredited Counsellors & Therapists)	08704 435 252

**RURAL & URBAN COMMUNITY SUPPORT**

Rural Support (24/7 Helpline)	0845 606 7607
ABC Community Network	028 3839 2777
Dungannon & South Tyrone Borough Council	028 8772 0300
Armagh City & District Council	028 3752 9600
Banbridge District Council	028 4066 0600
Craigavon District Council	028 3831 2400
Newry & Mourne District Council	028 3031 3233
(Can provide details of Community Organisations in your area)	
Southern Health & Social Care Trust Promoting Wellbeing Teams -	
Armagh	028 3741 2880
Armagh/Dungannon	028 3752 0544
Craigavon	028 3834 4973
Newry	028 3083 4325
TADA Rural Support	028 3839 8888
Supporting Communities NI	028 3834 2792
COSTA (rural support network for South Tyrone)	028 8555 6880

**VOLUNTEERING & BEFRIENDING**

SHSCT Volunteer Coordinator	028 3831 1484
Praxis (Regional Volunteering & Befriending Service)	028 9023 4555
Volunteer Bureau Armagh/Dungannon	028 8772 9690
Craigavon/Banbridge Volunteer Bureau	028 3834 2741
info@youcanhelp2.org	
Volunteer Now Newry/Mourne	028 3026 1022
www.volunteernow.org	