 **Telephone and Web Support for Children**

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| **Who can** **Help?** | **What Do** **They Do?** | **What Topics Can They** **Help With?** | **How Can They be Contacted?** |
| **Anna Freud** | Supporting children’s mental health during periods of disruption | AnxietyMental Health | [www.annafreud.org](http://www.annafreud.org) |
| **Lifeline** | Crisis response line for people in distress  | DepressionMental healthTextphone users (for deaf and hard of hearing): | 0808 800 800018001 0808 808 8000 |
| **Childline** | Childline provides support and guidance on multiple topics including: | BullyingYou and your bodyHome and FamilyRelationshipsSchool | 0800 1111[www.childline.org.uk](http://www.childline.org.uk)1-2-1 counsellor chat |
| **NSPCC** | Advice on safeguarding and child protection issues and somewhere to report concernsWeb support  | SafeguardingChild abuseChild protection | 0808 800 5000[www.there4me.com](http://www.there4me.com)  |
| **The HideOut** | Web space to help children and young people understand domestic abuse and how to take positive action of it’s happening to you | Domestic Violence  | [www.thehideout.org.uk](http://www.thehideout.org.uk) |
| **Family Support NI** | Website to access support in your area – for a wide range of issues – giving local contact details |  | [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) |

**Directory of Services to help improve Emotional Wellbeing**

**and Mental Health for Adults**

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| **Who can** **Help?** | **What Do** **They Do?** | **What Topics Can They** **Help With?** | **How Can They be Contacted?** |
| **Emergency Services** | Providing emergency support | Police, ambulance service, fire & coastguard | 999 or 112 |
| **Lifeline** | 24 hr support for those in distress or despair | DepressionMental healthTextphone users (for deaf and hard of hearing): | 0808 800 800018001 0808 808 8000 |
| **Samaritans Helpline** | Listening to those in distress | DepressionMental health | Freephone 116123jo@samaritans.orgwww.samaritans.org |
| **GP out of hours services** | Provide health care for urgent medical problems outside normal surgery hours | Urgent medical Problems | North & West Belfast02890 744447South & East Belfast02890 796220  |
| **Covid-19 Helpline** | Provide information about Covid 19 PHA | Advice about the Coronavirus |  NHS 111https://www.publichealth.hscni.net |
| **Extern Crisis Helpline** | Family support, suicide prevention and crisis response | Crisis intervention | Crisis Helpline 0800 085 480802890 330433 |
| **New Life Counselling** | Counselling for individuals & families | Wide range of issues | 02890 391630 |
| **Lighthouse** | Offers support and advice for anyone affected by suicide, self-harm and bereaved families | Suicide, self-harm, bereavement | 02890 755070 |
| **PIPS Belfast** | Support to anyone considering suicide or anyone affected by it. | Suicide | 0800 088 604202890 805850www.pipscharity.com |

**Directory of Services to help improve Emotional Wellbeing and Mental Health for Adults**

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| **Who can** **Help?** | **What Do** **They Do?** | **What Topics Can They** **Help With?** | **How Can They be Contacted?** |
| **Bridge of Hope** | Providing mental health and wellbeing services | Depression. anxiety, mental health | 02890 221022www.thebridgeofhope.org |
| **Suicide Awareness & Support Group** | Provides support for those bereaved as a result of suicide | Suicide & bereavement | 02890 239967 |
| **Jigsaw Counselling** | Counselling | DepressionMental health | 02895 438166info@jigsawccc.co.uk07539250941 |
| **Mindwise** | Support for people recovering from mental illness | Mental illness | 02890 402323  |
| **Addiction N.I.** | Drug & Alcohol Addiction intervention & support for addicts(specific advice for offenders /aged 55 & over) & family members | Addiction | 02890 664434 |
| **ASCERT** | Belfast Alcohol Service | Support for adults & families affected by their own or another person’s drinking | 0800 254 5123 |
| **Barnardos PHAROS** | Therapeutic support for children & families affected by parental substance misuse | Addiction | 02890 663470 |
| **Dunlewey Addicition Service** | Support for adults with drug/alcohol/gambling addictions | Addiction | 02890 392547Problem Gambling Helpline:0800 0866725 |

**Directory of Services to help improve Emotional Wellbeing and Mental Health for Adults**

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| **Who can** **Help?** | **What Do** **They Do?** | **What Topics Can They** **Help With?** | **How Can They be Contacted?** |
| **Alcoholics Anonymous** | Providing support for alcoholic addiction | Alcohol Addiction | 02890 351222www.alcholicsanonymous.ie |
| **Nexus** | Advice, support & counselling for people who have been sexually abused | Sexual Abuse | 02890 326803www.nexusinstitute.org |
| **PSNI non-emergency reporting number** | Police dealing with matters that are not urgent | Non-emergency calls | 101  |
| **Victim Support N.I.** | Emotional support for victims of crime | After effects of crime |  02890 243133www.victimsupportni.com |
| **24 Hr Domestic & Sexual Abuse Helpline** | Advice for anyone affected by domestic or sexual abuse | Domestic/Sexual Abuse | 0808 802 1414help@dsahelpline.orgwww.dsahelpline.org |
| **Parenting N.I.** | Support for parents and carers/Freephone helpline/counselling & parent programmes | Parenting | 0808 801 0722[www.parentingni.org](http://www.parentingni.org) |
| **Family support N.I.** | Provide local services and information to support families | Practical & Emotional Support for Families | 0845 600 6483Info@familiysupportni.gov.uk[www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) |
| **Citizens Advice Bureau** | Free confidential impartial advice | Debt counselling services/representation at tribunals | 0300 123 3233www.citizensadvice.org.uk |
| **Children & Young People’s Strategic Partnership** | Belfast Family Support Hub | Help for families in need or for children with behavioural issues at home | Upper North Belfast Support HubThe Vine Centre02890 351020Lower North Belfast Support HubThe Ashton Centre02890 749986 |