

NORTHERN AREA Directory
of services to help
improve mental health
and emotional wellbeing



Scan me

Supported by:



www.publichealth.hscni.net

design + print by www.devinedesignni.com

Community Based Suicide Prevention Development Officers based in the Community Networks in the Northern Trust area. The SPDO's provide guidance and support to communities to promote and increase involvement in suicide prevention. A local point of contact for information, guidance and support information:



Hannah Graham
@ spdo@nacn.org
028 2177 2100 / 07740 282 650

NACN & CRUN - covering
Ballymena, Ballymoney, Coleraine,
Moyle & Larne

Janine Gaston
@ janine@impactnetworkni.org
028 9447 8645

Impact Network NI, covering Antrim,
Newtownabbey and Carrickfergus

Denise Doherty
@ denise@cwsan.org
07540969623

CWSAN - covering
Magherafelt and Cookstown

TRAINING

Mental Health
Awareness Training ▶



Scan me

For info on
other training
opportunities ▶



Scan me

◀ Suicide Prevention
Training

Fresh Minds
EDUCATION



Scan me

READY TO HELP

NORTHERN AREA
Support Services
POCKET GUIDE

Improving the
lives of people
who self-harm.
Aimed at people who self-harm and
their families/carers/friends. It will
help people understand more about
self-harm and how to get support.



Scan me

Caring for
someone who has
self-harmed or had
suicidal thoughts



Scan me

Help is at Hand
Bereaved by Suicide
Support.



Scan me

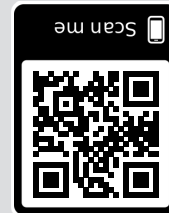
Northern Health
and Social Care Trust
**BEREAVED BY SUICIDE
SUPPORT SERVICE:**
028 9441 3544 or
@BSSservice@northerntrust.hscni.net



Looking after
your mental
health and
wellbeing



Scan me



COVID Wellbeing
info



"Addressing drugs and alcohol together"

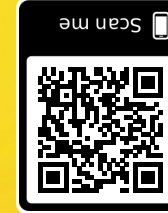


Scan me



Advice line Number:
07867 372711
@ cbsreferrals@barnardos.org.uk
Believe in
children
Barnardos

CHILDREN & YOUNG
PEOPLE BEREAVEMENT
BY SUICIDE SUPPORT
SERVICE OFFERED BY BARNARDOS



Lifeline
0808 808 8000
Free 24 hour crisis response
helpline service for people
who are experiencing distress
or despair.

Scan the QR codes with your
phone camera to take you to
the support service website...



Scan me

FLARE / EANI

Education Authority NI
- Youth service



The **YOUTH SERVICE** has a targeted programme to support young people who experience mental health difficulties (age 11-25 years old).

This service is called **FLARE** (Facilitating Life and Resilience Education).



Sandra Lawler
07739 979 443

@sandra.lawler@eani.org.uk

Shaun McCormick
07720 717 275

@shaun.mccormick@eani.org.uk

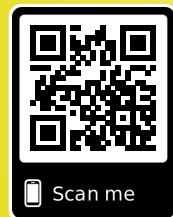
Online referral form for support & well-being purposes



YOUTH ENGAGEMENT SERVICE

For young people aged 11-15 years – the service is currently provided by **Start 360** and **Carrickfergus YMCA** and is based in Ballymena and Carrickfergus.

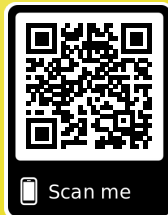
The service provides information about Personal Health and Wellbeing issues (including drugs and alcohol), choices, where to find help / advice and support to access services when they are needed.



START360
028 2568 9356



028 9335 5890



HIDDEN HARM THERAPEUTIC SERVICES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES AFFECTED BY PARENTAL SUBSTANCE MISUSE

This service provides therapeutic interventions and support to children affected by parental substance misuse. The service also provides support for families, engages with other services who work with these children and families and provides specialist advice and support to front line workers working with families affected by Hidden Harm.

The service in the Northern area is currently provided by **Start360**.

START360
028 2568 9356



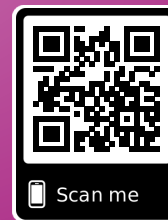
YOUTH TREATMENT COMMUNITY BASED SERVICES FOR YOUNG PEOPLE WHO ARE IDENTIFIED AS HAVING SUBSTANCE MISUSE DIFFICULTIES

This service provides step 2 treatment services including psychotherapeutic interventions (talking therapies) for children and young people, aged 11-25, across Northern Ireland including structured family support. This includes ensuring referral pathways are in place to allow children and young people to seamlessly move between services.

0800 254 5123



The service is jointly provided in the Northern area by
◀ ASCERT & Start360 ▶



TARGETED PREVENTION SERVICES FOR YOUNG PEOPLE

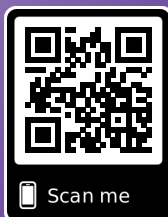
This service develops and delivers age appropriate drug & alcohol life skills / harm reduction programmes for young people in the age ranges of 11-13, 14-15 and 16+ years across Northern Ireland.

The service in the Northern area is currently provided by **ASCERT** & **Start360**.

0800 254 5123



START360



DRUG AND ALCOHOL MENTAL HEALTH SERVICE (DAMHS)

The service provides a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

The service is based within **NHSCT Child and Adolescent Mental Health Services (CAMHS)**.

Within the Northern Trust this service is accessed via professional referral to the Children's Single Point of Contact (SPOC).

028 9442 4600



EXTERN

DRUG AND ALCOHOL HARM REDUCTION SERVICE

ADULT SUBSTANCE MISUSE (STEP 2) SERVICE

028 2565 4012



FEEL BETTER PROJECT

In partnership with Turning Point NI

Online confidential counselling sessions – group & one-to-one

- Advice and information on managing your emotional wellbeing
- Signposting to other services which may help

The service is open to everyone aged 18 or over living in the Northern Health & Social Care Trust area.

07401 278 169



SELF HARM SUPPORT NI

The **SHIP** (Self Harm Intervention) - The service is open to young people aged over 11 years old and adults, and offers short-term counselling in relation to self-harm. SHIP can also direct individuals to services to support them with other problems they may be experiencing. Self-harm can have a huge impact on other family members whose own mental health may begin to suffer without support.

Self-harming may occur in any family situation and there should be no fear or stigma around seeking help with this issue. SHIP can also provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation.

The following phone lines are for families and carers only. People who self-harm must be referred by a health professional:

Northern Trust area:

028 7126 6999

