

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, covering Antrim, Newtownabbey and Carrickfergus



Denise Doherty @ denise@cwsan.org 07540969623

CWSAN - covering Magherafelt and Cookstown

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



READY TO HELP

Support Services POCKET GUIDE

Supported by:



www.publichealth.hscni.net

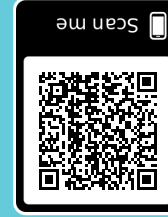
Improving the lives of people who self-harm. Aimed at people who self-harm and their families/carers/friends. It will help people understand more about self-harm and how to get support



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



Help is at hand Bereaved by Suicide Support



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

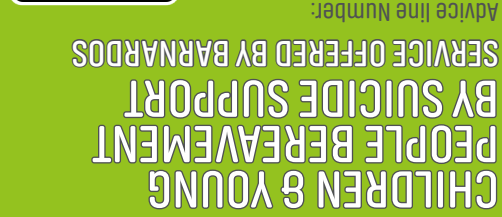
Looking after your mental health and wellbeing MINDING your HEAD



Addressing drugs and alcohol together? drugsand alcoholni covidwellbeing info



CHILDREN & YOUNG PEOPLE BEREAVEMENT BY SUICIDE SUPPORT SERVICE OFFERED BY BARNARDOS Advice line Number: 07867 372711 @ cbsreferrals@barnardos.org.uk Believe in children Barnardos



Scan the QR codes with your phone camera to take you to the support service website... Lifeline 0808 808 8000 Free 24 hour crisis response helpline service for people who are experiencing distress or despair.



Helpines NI listen. support. inform





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

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@ sandra.lawler@eani.org.uk

Shaun McCormick

📞 07720 717 275

@ shaun.mccormick@eani.org.uk



📱 Scan me

👉 Online referral form for support & well-being purposes

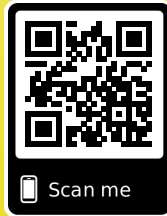
YOUTH ENGAGEMENT SERVICE

For young people aged 11 – 25 years - the service is currently provided by **Start360** and is based in Wellington Street, Ballymena.

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



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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

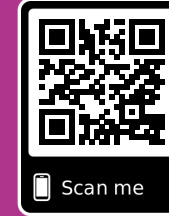


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YOUTH TREATMENT COMMUNITY BASED SERVICES FOR YOUNG PEOPLE WHO ARE IDENTIFIED AS HAVING SUBSTANCE MISUSE DIFFICULTIES

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



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The service is jointly provided in the Northern area by

◀ ASCERT & Start360 ▶



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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



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DRUG AND ALCOHOL MENTAL HEALTH SERVICE (DAMHS)

This service provides step 3 treatment services for children and young people with drug and /or alcohol issues which are beyond the scope of community based services as a result of complex co-morbid mental health issues. This includes the delivery of formal psychological therapies (motivational enhancement therapy, cognitive behavioural therapy, relapse management therapy, family therapy) and drug therapies where appropriate. The service is based / integrated within each of the HSCT Child and Adolescent Mental Health Services (CAMHS).

The NHSCT provides this service in the Northern area which is based in Alder House, Antrim Area Hospital.

📞 028 9442 4600



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TURNING POINT NI

Turning Point NI is a mental health hub for those experiencing any form mental health crisis.

62 Mill Street, Ballymena, BT43 5AF

📞 028 2564 8229

Feel Better Project

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.

📞 028 9592 4664



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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

