



Western Health
and Social Care Trust

CRISPs

Crisis Resources Information
and Support Providers

Do you feel you can't keep safe right now? If you are in Altnagelvin A&E please stay and wait to be treated. If you have left A&E you can call any of the numbers on this flyer for help.

Lifeline
0808 808 8000

24 hour support if
you are in distress
or despair.

CCIS: If you feel in crisis and need support or if you have observed someone who is in distress and may come to significant harm through self-harm and suicidal behaviour please call:

028 7126 2300

Thurs 8pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 4pm-10pm

GP  out
of Hours

028 7186 5195



999 or 112

SAMARITANS

116 123

For a listening ear 365 days a year.



**Support providers that can be contacted
during office hours.**

ZEST • 028 7126 6999
www.zestni.org

The Koram Centre • 028 7188 6181
www.koramcentre.com

WHSCT Recovery College
02882833291 / 02882252079

VOYPIC (Voice of Young People in Care)
028 7137 8980 • www.voypic.org

Derry Well Women • 028 7136 0777
www.derrywellwoman.org

Online Recovery College • 028 7129 6183
<https://mymentalhealthrecovery.com>

AWARE • 028 7126 0602
www.aware-ni.org

Further details of services which you may find helpful
can be found by scanning the QR code to the right.

