



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 South West Acute Hospital 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.

GP  out of Hours

028 7186 5195



Police Service of
Northern Ireland



Northern Ireland Ambulance Service
Health and Social Care Trust



999 or 112

SAMARITANS

For a listening ear 365 days a year.

116 123



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

WHSCT Recovery College
028 8283 3291 / 028 8225 2079

ARC Healthy Living Centre, Irvinestown
028 6862 8741 • www.archlc.com

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

Aisling Centre, Enniskillen • 028 6632 5811
www.theaislingcentre.com

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

Oak Healthy Living Centre • 028 6772 3843
www.oakhealthylivingcentre.com

AWARE, L/Derry • 028 7126 0602
www.aware-ni.org

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

