

If you are worried about your mental health, this card provides details of supports you can access in the L/Derry, Strabane and Limavady areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and CCIS). The numbers on the opposite side can be accessed during the day Mon-Fri.



HSC Northern Ireland Ambulance Service
Health and Social Care Trust



999 or 112

GP Out of Hours 028 7186 5195

Monday to Friday from 6pm, 24hrs during Saturday, Sunday and public holidays

Lifeline 0808 808 8000

24 Hour Support if you are in Distress or Despair.

Community Crisis Intervention Service (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

SAMARITANS For a Listening ear 116 123

365 Days a Year.

Childline for young people under 19 years old 08001111

24hr Domestic and Sexual Abuse Helpline for Men and Women

▶ **08088021414**
help@dsahelpline.org

PAPYRUS Dedicated to preventing young suicide (under 35) 9am-midnight every day
Call Free 08000684141 pat@papyrus.co.uk
Free Text 07860039967 **Chat <http://www.papyrus-uk.org>**

These services can be contacted during the day Mon-Fri

VOYPIC

Voice of Young People in Care
028 7137 8980 • info@voypic.org • www.voypic.org
Mon-Fri 9.30am-5.30pm

Aware NI

Support for people with depression, bipolar disorder, and anxiety
028 9035 7820 • www.aware-ni.org
Mon-Thurs 9am-5pm, Fri 9am-2pm

NEXUS NI

Support for people affected by sexual trauma
028 9032 6803 • www.nexusni.org
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

ASCERT

Addressing alcohol and drug-related issues
0800 254 5123 • www.ascert.biz
Mon-Thurs 9am-5pm, Fri 9am-4pm

Koram Centre

Strabane, Counselling and Psychosocial Support
028 7188 6181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm
Phone lines closed for lunch 1pm-2pm every day.

Derry Well Women

Health and Social Care Services to Women of All Ages
028 7136 0777 • www.derrywellwoman.org
Mon-Thurs 9am-9pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan the QR code on the right and click on Western Area.

