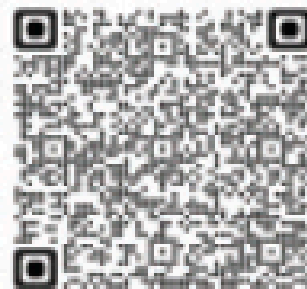




Western Health
and Social Care Trust

CRIS



This card provides contact details for services you can call if you are worried about your own or someone else's mental health.

Crisis Resources
Information and
Support

If you are having thoughts of suicide or of hurting yourself, or are concerned about someone else, it is important to get help immediately.

Please phone:

999 or go to your local emergency department (A&E).

Lifeline **0808 808 8000**
24 Hour Support if you are in Distress or Despair.

PAPYRUS Dedicated to preventing young suicide (under 35 years old) 24 hours, 7 days a week.

Call Free: **0300 102 2470**

Text HOPE to: **88247**

Email: pat@papyrus-uk.org

Web: www.papyrus-uk.org

SAMARITANS For a Listening ear
365 Days a Year. **116 123**

Childline for young people
under 19 years old **08001111**

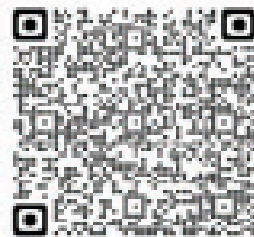
24hr Domestic and
Sexual Abuse Helpline
for Men and Women



08088021414
help@dsahelpline.org

GP Out of Hours **028 7186 5195**

Monday to Friday from 6pm-8.30am and 24hrs on weekends and public holidays.



These services are available Mon-Fri 9am-5pm.

ASCERT

Addressing Alcohol and Drug-related Issues.

0800 254 5123 • www.ascert.biz

Aware NI

Support for People With Depression, Bipolar Disorder, and Anxiety

028 9035 7820 • 028 7126 0602 • www.aware-ni.org

Derry Well Women (Derry/Londonderry)

Health and Social Care Services to Women of All Ages.

028 7136 0777 • info@derrywellwoman.org • www.derrywellwoman.org

Koram Centre (Strabane)

12 Railway Street, Strabane, Counselling and Psychosocial Support.

028 7188 6181 • info@koramcentre.com • www.koramcentre.com

NEXUS NI

Support for People Affected by Sexual Trauma

028 9032 6803 • www.nexusni.org

VOYPIC

Voice of Young People in Care

028 9024 4888 • info@voypic.org • www.voypic.org

The Aisling Centre (Enniskillen)

37 Darling Street, Counselling and Psychotherapy.

028 6632 5811 • info@theaislingcentre.com • www.theaislingcentre.com

The Tara Centre (Omagh)

11 Holmview Terrace, Counselling and Psychotherapy.

028 8225 0024 • info@taraomagh.com • www.taraomagh.com