



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 if you 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.

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

Rural Support: Support Line

Free confidential service for farmers and their families (9am – 9pm, Monday to Friday)
0800 1381678 • info@ruralsupport.org.uk • www.ruralsupport.org.uk

**GP Out
of Hours**

028 7186 5195

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



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Crisis Resources
Information and
Support



Public Health
Agency

Project supported by the PHA

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

Aisling Centre (Enniskillen)

37 Darling Street, Counselling and Psychotherapy.

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

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 Woman (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**

Tara Centre (Omagh)

11 Holmview Terrace, Counselling and Psychotherapy.

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

Minding Your Head (PHA)

Online information and advice to help you look after your mental health.

www.mindingyourhead.info

