

If you are worried about your mental health, this card provides details of supports you can access in the Omagh and Fermanagh areas.



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.

SAMARITANS

For a listening ear 365 days a year.

116 123

Childline: 08001111 for young people under 19

24hr Domestic and Sexual Abuse Helpline
for men and women: 08088021414 /email help@dsahelpline.org

PAPYRUS: Dedicated to preventing young suicide (under 35yo) 9am-midnight every day

Call free: 08000684141 / Free text 07860039967
email pat@papyrus-uk.org / 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

Aisling Centre

Enniskillen, Counselling, Psychotherapy and Wellbeing Service

028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

The Tara Centre

Omagh, Counselling and Therapeutic Services

028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

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

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

