

If you are worried about your mental health this card provides details of supports you can call in the Omagh and Fermanagh areas. On this side of the card there are numbers you can call 7 days per week. On the reverse side there are details of supports that are available Monday to Friday.



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.

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 ▶ **08088021414**
for Men and Women **help@dsahelpline.org**

PAPYRUS Dedicated to preventing young suicide (under 35) 24 hours, 7days a week
Call Free: 08000684141 **Email: pat@papyrus-uk.org**
Free Text: 88247 **Web: www.papyrus-uk.org**

These services can be contacted during the day Mon-Fri.

VOYPIC

Voice of Young People in Care

028 9024 4888 • 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 • 028 7126 0602 • 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

Mon-Wed 9am-9pm • Thurs 9am-5pm • Friday 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 the QR code and click on Western Area.

