

POCKET GUIDE

Protect Life 2 suicide prevention and bereavement services available across the South Eastern Health and Social Care Trust.

Public Health Agency
12-22 Linenhall Street, Belfast, BT2 8BS

Tel: 0300 555 0114
www.publichealth.hscni.net



This leaflet has been produced by South Eastern Area Protect Life Implementation Group, a strategic partnership established to address the objectives of the Protect Life 2 Strategy. It contains information on suicide prevention and support services available across the South Eastern area which are funded by the Public Health Agency. *

This leaflet is produced alongside an animated video which provides information on SEPLIG and can be accessed at:



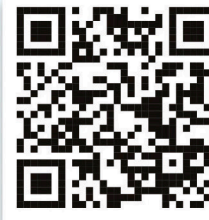
Each of the organisations have a QR code that will take you directly through to the

relevant website and Facebook page when scanned. Alternatively, just follow the website links provided.

* There are also a range of other organisations that can support you on your wellbeing journey. You can access further information and resources at: www.mindingyourhead.info

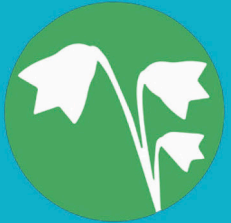


Project supported by the PHA



Ballynahinch Counselling Service
50 Windmill Street
Ballynahinch
BT24 8HB

Tel: 028 9756 1100
centremanager@ballynahinchcounselling.com
admin@ballynahinchcounselling.com
www.facebook.com/thehubbhinch1
<https://ballynahinchcounselling.com/>



Families Voices Forum
Building 83
Ledwidge Avenue
Derry
BT47 6GZ

Tel: 028 7141 3308
info@dhcni.com
www.twitter.com/Families_Voices
www.dhcni.com/families-voices



New Colin Counselling Service
25 Ardoyne Rd
Belfast
BT14 7HX

Tel: 028 9039 1630
counselling@amh.org.uk
www.newlifecounselling.net/new-colin-counselling



Wellness Recovery Network
Floor 2 Lough house
Ards Community Hospital
Newtownards Hospital
BT23 4AS

Tel: 028 9147 6161
wellnessrecoverynetwork@setrust.hscni.net
<https://www.facebook.com/WellnessRecoveryNetwork/>



Action Mental Health
25 Ardoyne Road
Belfast
BT14 7HX

Tel: 028 9039 1630
info@amh.org.uk
www.amh.org.uk



YMCA Belfast
56 58 Knightsbridge Park
Stranmillis
Belfast
BT9 5EH

Tel: 028 9068 4660
hello@belfast-ymca.org
www.belfastymca.org



Lifeline

Tel: 0808 808 8000
www.lifelinehelpline.info



Samaritans
5 Wellesley Ave
Belfast
BT9 6DG

Tel: 116 123
belfast@samaritans.org
www.samaritans.org/branches/belfast



MACS Supporting Young People
303 Ormeau Rd
Belfast
BT7 3GG

Tel: 028 9031 3163
info@macsni.org
www.macsni.org



Belfast Central Mission
5 Glengall St
Belfast
BT12 5AD

Tel: 028 9621 1544
info@belfastcentralmission.org
www.belfastcentralmission.org



CAUSE
393 Holywood Rd
Belfast
BT4 2LS

Tel: 0800 103 2833
info@cause.org.uk
www.cause.org.uk



Mindwise
46 Newforge Ln
Belfast
BT9 5NW

Tel: 028 9040 2323
info@mindwisenv.org
www.mindwisenv.org



Aware Defeat Depression
40 - 44 Duncairn Gardens
Belfast
BT15 2GG

Tel: 028 9035 7820
info@aware-ni.org
www.aware-ni.org



**Holywood Family Trust Community
Counselling**
108-112 High Street
Holywood
BT18 9HW

Tel: 028 9042 7214
counselling@hollywoodft.co.uk
www.hollywoodft.co.uk/counselling



**PAPYRUS
Prevention of Young Suicide**
Unit 23
40 Montgomery Road
Belfast
BT6 9HL

Tel: 028 2044 1807
pat@papyrus-uk.org
www.papyrus-uk.org



Recovery College
Floor 2 Lough House
Ards Community Hospital
Newtownards
BT23 4AS

Tel: 028 9041 3871
recovery.college@setrust.hscni.net
www.setrust.hscni.net/service/recovery-college



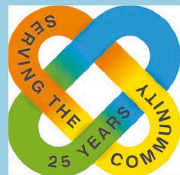
**Cruse
Bereavement
Support**
10 College Grn
Belfast
BT7 1LN

Tel: 0808 808 1677
northern.ireland@cruse.org.uk
www.cruse.org.uk



The Link
Lamont Building
10 West Street
Newtownards
BT23 4EN

Tel: 028 9182 1124
mark@thelinkcentre.org
www.thelinkcentre.org



Kairos
Community Garden and associated
activities

Tel: 028 4321 8118
info@arkcommunitygardens.org
Arkcommunitygardens.org



Towards Zero Suicide

Website:
www.nspa.org.uk