

NORTHERN LOCALITY  
Directory of services to  
help improve mental  
health and emotional  
wellbeing



Supported by:



[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

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**Community Based Suicide Prevention Development Officers** based in the Community Networks in the Northern Trust area. The SPDO's provide guidance and support to communities to promote and increase involvement in suicide prevention. A local point of contact for information, guidance and support information:



Hannah Graham  
@ spdo@nacn.org  
028 2177 2100 / 07740 282 650

NACN & CRUN - covering  
Ballymena, Ballymoney, Coleraine,  
Moyle & Larne



Laura McCaughey  
@ laura@impactnetwork.org  
028 9447 8645

Impact Network NI, covering Antrim,  
Newtownabbey and Carrickfergus



Denise Doherty  
@ denise@cwsan.org  
07540969623

CWSAN - covering  
Magherafelt and Cookstown

## TRAINING

Mental Health Awareness ▶



◀ Suicide Prevention Training

**Fresh Minds™**  
EDUCATION



Mental & Emotional Health &  
Wellbeing Awareness programme ▶



◀ For info on other training  
opportunities



# READY TO HELP

# 2023

## NORTHERN LOCALITY Support Services POCKET GUIDE

Improving the  
lives of people  
who self-harm.  
Aimed at people who self-harm and  
their families/carers/friends. It will  
help people understand more about  
self-harm and how to get support.



Caring for  
someone who has  
self-harmed or had  
suicidal thoughts



Help is at Hand  
Bereaved by Suicide  
Support



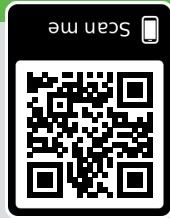
Northern Health  
and Social Care Trust  
**BEREAVED BY SUICIDE  
SUPPORT SERVICE:**  
028 9441 3544 or  
@BBSservice@northerntrust.hscni.net



Looking after  
your mental  
health and  
wellbeing

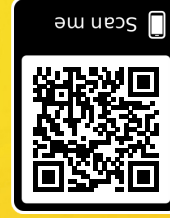


community wellbeing  
info



Believe in  
children  
Barnardos  
@cbsreferrals@barnardos.org.uk  
028 9066 8333  
Advice line Number:

**CHILDREN & YOUNG  
PEOPLE BEREAVEMENT  
BY SUICIDE SUPPORT**  
SERVICE OFFERED BY BARNARDOS



**Lifeline**  
0808 808 8000  
Free 24 hour crisis response  
helpline service for people  
who are experiencing distress  
or despair.



Scan the QR codes with your  
phone camera to take you to  
the support service website....

## Helplines NI

Helplines NI brings together over 35 helplines operating across Northern Ireland. The Helplines provide a variety of support services, including information, advice, counselling, listening ear and befriending.

Helplines provide information, support and advice on a vast range of issues, to include: debt; mental health; parenting, unemployment; bereavement; substance abuse; and housing.



## YOUTH ENGAGEMENT SERVICE

For young people aged 11-25 years – the service is currently provided by Start 360 and Carrickfergus YMCA and is based in Ballymena and Carrickfergus.

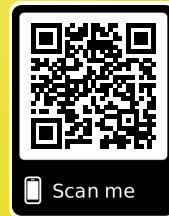
The service provides information about Personal Health and Wellbeing issues (including drugs and alcohol), choices, where to find help / advice and support to access services when they are needed.



**START360**  
028 2568 9356



028 9335 5890



## HIDDEN HARM THERAPEUTIC SERVICES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES AFFECTED BY PARENTAL SUBSTANCE MISUSE

For young people aged 8-18 years - this service provides therapeutic interventions and support to children affected by parental substance misuse. The service also provides support for families, engages with other services who work with these children and families and provides specialist advice and support to front line workers working with families affected by Hidden Harm.

The service in the Northern area is currently provided by Start360.

**START360**  
028 2568 9356



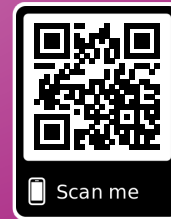
## YOUTH TREATMENT COMMUNITY BASED SERVICES FOR YOUNG PEOPLE WHO ARE IDENTIFIED AS HAVING SUBSTANCE MISUSE DIFFICULTIES

This service provides step 2 treatment services including psychotherapeutic interventions (talking therapies) for children and young people, aged 11-25, across Northern Ireland including structured family support. This includes ensuring referral pathways are in place to allow children and young people to seamlessly move between services.

0800 254 5123 ASCERT



The service is jointly provided in the Northern area by  
◀ ASCERT & Start360 ▶



## TARGETED PREVENTION SERVICES FOR YOUNG PEOPLE

This service develops and delivers age appropriate drug & alcohol life skills / harm reduction programmes for young people in the age ranges of 11-13, 14-15 and 16+ years across Northern Ireland.

The service in the Northern area is currently provided by ASCERT & Start360.

0800 254 5123 ASCERT



**START360**



## DRUG AND ALCOHOL MENTAL HEALTH SERVICE (DAMHS)

The service provides a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

The service is based within NHSCT Child and Adolescent Mental Health Services (CAMHS).

Within the Northern Trust this service is accessed via professional referral to the Children's Referral Service (CRS).



028 9442 4693



## EXTERN

DRUG AND ALCOHOL HARM REDUCTION SERVICE

ADULT SUBSTANCE MISUSE (STEP 2) SERVICE

Individuals will be supported by extern's highly trained and dedicated team to achieve agreed goals in relation to substance misuse, with the aim of reducing or abstaining from substances.

This service will also provide support to family members impacted by an individual's substance use.



028 2565 4012



## SELF HARM SUPPORT NI

The SHIP (Self Harm Intervention) - The service is open to young people aged over 11 years old and adults, and offers short-term counselling in relation to self-harm. SHIP can also direct individuals to services to support them with other problems they may be experiencing. Self-harm can have a huge impact on other family members whose own mental health may begin to suffer without support.

Self-harming may occur in any family situation and there should be no fear or stigma around seeking help with this issue. SHIP can also provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation.

The following phone lines are for families and carers only. People who self-harm must be referred by a health professional:

Northern Trust area:

028 7126 6999

