

## **Emergency Mental Health Support**

### **Lifeline**

24/7 telephone support for individuals in Northern Ireland experiencing distress and despair

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

Telephone 0808 808 8000 for free

### **Samaritans**

24/7 telephone support for individuals across the UK experiencing distress and despair

[www.samaritans.org](http://www.samaritans.org)

Telephone 116 123 for free

### **PIPS Hope and Support**

Suicide prevention services

Support for individuals and families bereaved by suicide

Mental health and suicide prevention training

[www.pipshopeandsupport.org](http://www.pipshopeandsupport.org)

Telephone [028 3026 6195](tel:02830266195)

### **Southern Area GP Out of Hours Service**

Telephone 028 3839 9201

## **Condition Specific Mental Health Support**

### **Aware**

Northern Ireland based charity providing information and support for those affected by depression

[www.aware-ni.org](http://www.aware-ni.org)

### **WAVE Trauma Centre**

Care and support for those traumatised or bereaved through violence

[www.wavetraumacentre.org.uk](http://www.wavetraumacentre.org.uk)