

Mental Health Emergency Support Contacts



If you feel like harming or hurting yourself or other people

Call 999

Go to your nearest Accident and Emergency (A&E)

- Poole
- Bournemouth
- Portadown
- Newry
- Dunleer
- Southampton
- Burnley
- Dudley



If you need medical help fast but it is not a 999 emergency

NHS 111 or 112, Ireland are both free to call

Mental Health Help & Support



ACAS (Advisory, Conciliation and Arbitration Service)

ACAS provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law, including those concerning mental health.
Call 03001231100



Mind Infoline

Mind Infoline gives confidential support and information on lots of mental health related issues including where to get help, drug treatments, alternative therapies and advocacy.

Call 03001233393 (9am-6pm Mon-Fri except bank holidays)



Samaritans

Provides emotional support 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgmental support.

Call 116123 (Freephone 24 hours a day)



Aware NI

Delivers mental health and well-being programmes across NI with an established network of 23 support groups across the country.

Call 028 9035 7820 or find your nearest [support group](#)



Labour Relations Agency

Provides an impartial and confidential employment relations service on all aspects of a workplace, promoting good employment practices and resolving workplace disputes.
Call 03300 555 300



SANE Mental Health Helpline

SANE runs an out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

Call 03003047000 (4:30pm-10:30pm)



Rethink Mental Illness Advice Line

Provides expert mental health information & advice on practical issues. They also give help to carers, health professionals, employers and staff.

Call 03005000927 (9:30am-4pm Mon-Fri except bank holidays)



MindWise

Leading mental health charity that provides over 30 services across NI.
Call 0808 808 8000

Mental Health Help & Support, Ireland



Pieta House (suicidality)

Provides Crisis intervention support to anyone experiencing suicidal thoughts or engaging in self-harm and also supports those bereaved through suicide

The service is available 24 hours a day, 365 days a year and is accessible from anywhere in the Republic of Ireland. This ensures anyone in crisis, including those in isolated areas or difficult circumstances, can access free therapeutic support any time of the day or night.

The logo for Samaritans, consisting of the word "SAMARITANS" in white, uppercase, sans-serif font centered within a solid green rectangular box.

SAMARITANS

Samaritans

Whatever you're going through, call us free any time, from any phone, on 116 123. Samaritans allow people to use the service to talk about feelings of distress and despair. This is a confidential helpline and offer non-judgemental support.



Aware (depression)

Aware offer a range of services to help people impacted by depression, bipolar disorder and related mood conditions feel understood, supported and empowered to live a fulfilled life.

Freephone: 1800 80 48 48

Helpful Resources



British Association for Counselling and Psychotherapy Register

The British Association for Counselling and Psychotherapy maintains a searchable website of accredited counsellors and psychotherapists, which also includes information on different types of therapy available.

Call [01455883300](tel:01455883300)



With You

With you supports adults, children, young adult and older people to make positive behavioral changes around alcohol, drugs, mental health and wellbeing.

Call [02072515860](tel:02072515860)



National Debtline

The National Debtline is an independent charity which provides free, confidential specialist advice on managing financial debt via a helpline, online information and free web chats.

Call [08088084000](tel:08088084000) (Freephone, 9:30am-8pm Mon-Fri, 9:30am-1pm Sat)



Family Lives

Family Lives is a national family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline and provide a range of information on issues relating to parenting.

Call [08088002222](tel:08088002222) (Freephone)



Food for the Brain

Food for the Brain are a charitable foundation raising awareness of the importance of optimum nutrition in mental health. They work to inform organizations and empower individuals to change their diet and lifestyle and take greater control of their own mental health.

Call [03003650130](tel:03003650130)



24/7 Advice and Information Line

Call **0800 092 0987** or if you are ringing from ROI, please dial free phone **1800 936 071** and quote the scheme number **71718**

Confidential guidance on a range of issues

- Anything from stress, bereavement or relationship advice, to health and money worries.

Experienced team of professionals

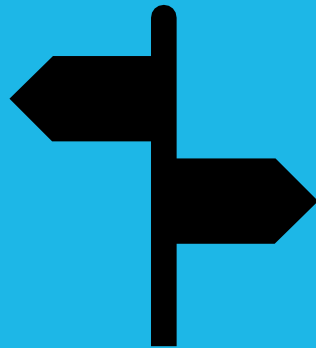
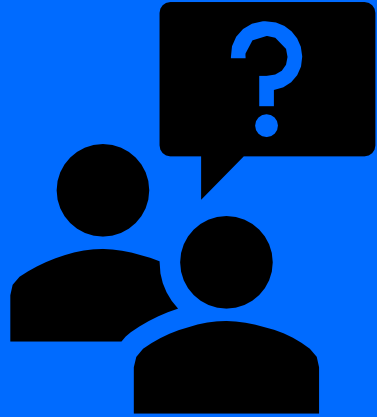
- Our expert team of qualified counsellors, legal advisors and nurses are ready to help.

Access to online wellbeing resources

- Download the 'Wisdom' app. To create your account, enter an email address and password and our unique organisation code: **WHCORP**.



Your Mental Health First Aiders



There are plenty of different types of support out there, and a Mental Health First Aider (MHFA) can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.

Your Mental Health First Aiders

Aliona Nicholl, Portadown

- aliona.nicholl@glendimplex.com
- 07827159000

Dale Hartley, Burnley

- dale.hartley@glendimplex.com

Jack Richards, Southampton

- jack.richards@glendimplex.com
- 07443960188

Andie Morris, Southampton

- andie.morris@glendimplex.com
- 07977982223

Debbie Cochrane, Portadown

- debbie.cochrane@glendimplex.com
- 07770385706

Francesco Sarti, Southampton

- francesco.sarti@glendimplex.com
- 07866537055

Steven Hyland, Newry

Toni Baker, Ability

- toni.baker@abilityprojects.com

Mark Checketts, Dudley

Laurance McManus, Newry

Chris Verrinder, Southampton

- chris.verrinder@glendimplex.com
- 07977982211

Marek Kolodzie, Ability

Patrick Durand, Portadown

- patrick.durand@glendimplex.com

Mark Lord, Ability

- mlord@abilityprojects.com
- 07423742949

Paul Dodgeon, Burnley

- paul.dodgeon@glendimplex.com

Michael Doyle, Newry

- michael.doyle@glendimplex.com

Vadim Deli, Ability

Mark Briggs, Dudley

Emma Berrill, Dunleer