

Support Services for Mental Health Difficulties

If you are experiencing mental health difficulties that negatively impact on your life and on your mood, there are people you can contact for help and guidance. There has never before been as much support available as there is now in the community. They are there to help and want to help!

Talk

Talk to someone close to you in your life – family member, friend, colleague at work. Taking this first step can help relieve you of a great burden and help with your perspective on the issues/problem you may have. For others without this there are a number of charities that you can contact and some excellent advice online such as, Employers for Disability NI (for members only), AWARE NI, MIND. Talking can be face-to-face, by telephone or email – whatever suits you. Take that first step!

GP

Should you experience difficulties with your mental health or have suicidal thoughts, you can contact your GP to discuss your problems and get the ball rolling on being directed to the appropriate support services that are available to help further.

An out-of-hours GP service is available, as well as your local A&E and emergency services (call 999).

Other organisations to contact should you experience concerns, distress and/or suicidal thoughts:

Samaritans: Confidential service providing a listening ear to those in distress. 116 123

Lifeline: Telephone helpline and counselling service for people in distress or despair. 0808 808 8000

If you are under 19 years: Childline: A counselling and support service to help people with worries and concerns up to their 19 th birthday. 0800 1111