

## Sources of help:

**Out of hours** – In a crisis ring 028 3839 9201-(This number is on our answer phone when the surgery is closed.) Your details will be taken and a doctor will phone you back. In the evening time you may be put in touch with a community mental health worker if appropriate.

**Lifeline** - <http://www.lifelinehelpline.info/> **0808 808 8000** No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is available to help. People in Northern Ireland can call Lifeline on **0808 808 8000**. Deaf and hard of hearing Textphone users can call Lifeline on 18001 0808 808 8000. Calls to Lifeline are free to people living in Northern Ireland who are calling from UK landlines and mobiles.

**Niamh Louise foundation** The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/ or self-harm. The Niamh Louise Foundation will provide love, understanding and respect with a non-judgemental listening 028 8775 3327 <https://www.mind.org.uk/need-urgent-help/using-this-tool/>

**Mind** have useful resources that can help you work through what you are experiencing <https://www.mind.org.uk/need-urgent-help/using-this-tool/>

### For self referrals for particular problems:

**Care in Crisis** <http://www.careincrisis.org.uk/> **028 3832 9900** Care *in* Crisis offers counselling to teenagers and adults, either as individuals, couples or in family relationships.

**Parenting NI** <http://www.parentingni.org/helpline/> **0808 8010 722** supporting parents in Northern Ireland since 1979.

**Cruse** <http://www.cruse.org.uk/northern-ireland-about> Cruse Bereavement Care exists to enable anyone bereaved by death to understand their grief, cope with their loss and to promote their well-being. Moy branch **028 8778 4004**

**Samaritans** Craigavon Branch of Samaritans If something's troubling you, get in touch: Telephone our branch: 028 3833 3555 (local call charges apply) National telephone: 116 123 (this number is free to call) Email if wish [jo@samaritans.org](mailto:jo@samaritans.org) (UK and ROI) Visit our branch: Samaritans Portadown 162 Thomas Street Portadown Northern Ireland BT62 3BD Usual hours open to receive callers at the door: Phone for details

### Other resources

[http://www.southerntrust.hscni.net/images/Mental\\_Health\\_Services\\_in\\_the\\_Southern\\_Trust.pdf](http://www.southerntrust.hscni.net/images/Mental_Health_Services_in_the_Southern_Trust.pdf)

**Some other sources (on line) which you may find helpful:** (This list is not exhaustive and no-one is likely to find all of these useful, but it may be worth looking at several to see what would suit you. If you do not have internet at home the library may be able to help you look at these sites.)

### For self help:

**Living life to the full** – Useful for some people- developed by a Scottish psychiatrist [http://www.lltff.com/index.php?section=page&page\\_seq=8](http://www.lltff.com/index.php?section=page&page_seq=8)

**Mood juice** is also very helpful <http://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp>

**Mood gym** <https://moodgym.anu.edu.au/welcome> - A self help program to teach cognitive behavior therapy skills to people vulnerable to depression and anxiety. Developed by the National University of Australia

### For leaflets:

**Patient uk** <http://www.patient.co.uk/> has excellent self help leaflets on panic, sleep, depression, anxiety etc - type in whatever you want a self help leaflet on – eg stress, and follow the links – or go to <http://www.ntw.nhs.uk/pic/selfhelp/> Patientuk also has good leaflets on antidepressants etc.

**Mood juice** also has a lot of helpful information and useful leaflets <http://www.moodjuice.scot.nhs.uk/mildmoderate/home4.asp>