

# POCKET GUIDE

Protect Life 2 suicide prevention and bereavement services available across the South Eastern Health and Social Care Trust.

**Public Health Agency**  
12-22 Linenhall Street, Belfast, BT2 8BS

Tel: 0300 555 0114  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)



This leaflet has been produced by South Eastern Area Protect Life Implementation Group, a strategic partnership established to address the objectives of the Protect Life 2 Strategy. It contains information on suicide prevention and support services available across the South Eastern area which are funded by the Public Health Agency. \*

This leaflet is produced alongside an animated video which provides information on SEPLIG and can be accessed at:



Each of the organisations have a QR code that will take you directly through to the

relevant website and Facebook page when scanned. Alternatively, just follow the website links provided.

\* There are also a range of other organisations that can support you on your wellbeing journey. You can access further information and resources at:  
[www.mindingyourhead.info](http://www.mindingyourhead.info)



Project supported by the PHA



## **Ballynahinch Counselling Service**

50 Windmill Street  
Ballynahinch  
BT24 8HB

Tel: 028 9756 1100  
[centremanager@ballynahinchcounselling.com](mailto:centremanager@ballynahinchcounselling.com)  
[admin@ballynahinchcounselling.com](mailto:admin@ballynahinchcounselling.com)  
[www.facebook.com/thehubbhinch1](https://www.facebook.com/thehubbhinch1)  
<https://ballynahinchcounselling.com/>



## **New Colin Counselling Service**

25 Ardoyne Rd  
Belfast  
BT14 7HX

Tel: 028 9039 1630  
[counselling@amh.org.uk](mailto:counselling@amh.org.uk)  
[www.newlifecounselling.net/new-colin-counselling](http://www.newlifecounselling.net/new-colin-counselling)



## **Families Voices Forum**

Building 83  
Ledwidge Avenue  
Derry  
BT47 6GZ

Tel: 028 7141 3308  
[info@dhcni.com](mailto:info@dhcni.com)  
[www.twitter.com/Families\\_Voices](https://www.twitter.com/Families_Voices)  
[www.dhcni.com/families-voices](http://www.dhcni.com/families-voices)



## **Wellness Recovery Network**

Floor 2 Lough house  
Ards Community Hospital  
Newtownards Hospital  
BT23 4AS

Tel: 028 9147 6161  
[wellnessrecoverynetwork@setrust.hscni.net](mailto:wellnessrecoverynetwork@setrust.hscni.net)  
<https://www.facebook.com/WellnessRecoveryNetwork/>



**Action Mental Health**  
25 Ardoyne Road  
Belfast  
BT14 7HX

Tel: 028 9039 1630  
info@amh.org.uk  
www.amh.org.uk



**YMCA Belfast**  
56 58 Knightsbridge Park  
Stranmillis  
Belfast  
BT9 5EH

Tel: 028 9068 4660  
hello@belfast-ymca.org  
www.belfastymca.org



**Lifeline**

Tel: 0808 808 8000  
www.lifelinehelpline.info

**SAMARITANS**



**Samaritans**  
5 Wellesley Ave  
Belfast  
BT9 6DG

Tel: 116 123  
belfast@samaritans.org  
www.samaritans.org/branches/belfast



**MACS Supporting Young People**  
303 Ormeau Rd  
Belfast  
BT7 3GG

Tel: 028 9031 3163  
info@macsni.org  
www.macsni.org



**Belfast Central Mission**  
5 Glengall St  
Belfast  
BT12 5AD

Tel: 028 9621 1544  
info@belfastcentralmission.org  
www.belfastcentralmission.org



**CAUSE**  
393 Hollywood Rd  
Belfast  
BT4 2LS

Tel: 0800 103 2833  
info@cause.org.uk  
www.cause.org.uk



**Mindwise**  
46 Newforge Ln  
Belfast  
BT9 5NW

Tel: 028 9040 2323  
info@mindwisenv.org  
www.mindwisenv.org



**Aware Defeat Depression**  
40 - 44 Duncairn Gardens  
Belfast  
BT15 2GG

Tel: 028 9035 7820  
info@aware-ni.org  
www.aware-ni.org



**Holywood Family Trust Community Counselling**  
108-112 High Street  
Holywood  
BT18 9HW

Tel: 028 9042 7214  
counselling@hollywoodft.co.uk  
www.hollywoodft.co.uk/counselling



**PAPYRUS**  
Prevention of Young Suicide  
Unit 23  
40 Montgomery Road  
Belfast  
BT6 9HL

Tel: 028 2044 1807  
pat@papyrus-uk.org  
www.papyrus-uk.org



**Recovery College**  
Floor 2 Lough House  
Ards Community Hospital  
Newtownards  
BT23 4AS

Tel: 028 9041 3871  
recovery.college@setrust.hscni.net  
www.setrust.hscni.net/service/recovery-college



**Cruse**  
10 College Grn  
Belfast  
BT7 1LN

Tel: 0808 808 1677  
northern.ireland@cruse.org.uk  
www.cruse.org.uk



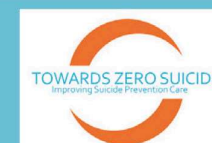
**The Link**  
Lamont Building  
10 West Street  
Newtownards  
BT23 4EN

Tel: 028 9182 1124  
mark@thelinkcentre.org  
www.thelinkcentre.org



**Kairos**  
Community Garden and associated activities

Tel: 028 4321 8118  
info@arkcommunitygardens.org  
Arkcommunitygardens.org



**Towards Zero Suicide**

Website:  
www.nspa.org.uk