

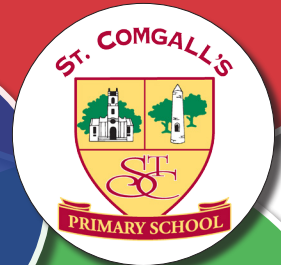
"FAITH"

ST. COMGALL'S PRIMARY SCHOOL

Directory of Services
to Support Health and Well Being

*"With faith, family and friends...
anything is possible!"*

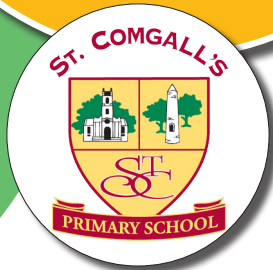
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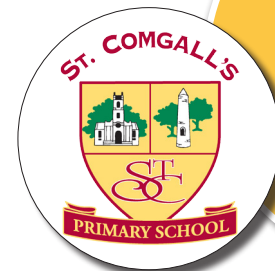
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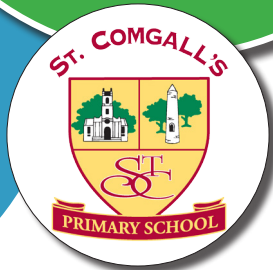
Helping you access the support and services you need

St. Comgall's Primary School Directory of Services



In St. Comgall's we understand that there may be times and situations in life when you may need additional and expert help. As part of our continuing work on pastoral care and Emotional Health and Well Being, we have designed a Directory of Services to help you or any members of your family locate services and resources which directly or indirectly promote and support mental health and wellbeing. We have included NHS and other statutory, voluntary and non-profit making organisations who offer services. The directory focuses primarily on services and resources in the Antrim area but also includes some national organisations.





2.

Urgent help and support

British Association for Counselling website

Provides local information on counselling organisations and individuals who are accredited.

www.bacp.co.uk/seeking_therapist

Emergency services

999 or 112

Police, ambulance service, fire brigade, coastguard.

077 1123 3802

Community Rescue Service, Coleraine.

GP out of hours services, Dalriada

Urgent care 028 2566 3500

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

Police (PSNI)

101

This will connect you to your local police station.

RNID

028 9023 9619

Support for deaf people.

Samaritans helpline

08457 90 90 90

Listening ear to those in distress.

Social services out of hours arrangements

028 9446 8833

3.

GP referral only services

Access to these services is through consultation with a GP who can make a referral if it is felt to be appropriate and with your permission (in some instances a social worker, mental health practitioner or other professional such as a teacher or health visitor can make a referral):

Start 360

Provides assessment and treatment for people aged 18 years or over who are experiencing problems with alcohol, drugs and other substances.

Community mental health teams (CMHTs)

Multi-professional teams that provide assessment, treatment and support services to people experiencing mental health problems. There are teams working in each council area within the Northern Health and Social Care Trust. In emergency situations, a crisis response service will link with out of hours GPs or the emergency department (ED).

Community outreach

Provides a service for people with severe and enduring mental health problems who require intensive support in the community.

The Child and Adolescent Mental Health Service (CAMHS)

Provides specialist multi-professional support in the community for children and young people aged up to 17 years experiencing mental health problems.

The dementia service

Provides assessment, support and treatment for people in a range of settings who have dementia.

The service also links with a number of voluntary and community organisations that provide support and respite in the community for the patient and their carers.

Hospital services

Inpatient and outpatient treatment is provided for those who have severe mental health problems requiring intensive treatment that cannot be provided in the community setting.

Rehabilitation programmes

Linked to a range of mental health services, supporting people who are coping with, and recovering from, mental health problems to develop personal, social and employment skills and opportunities.

Addiction services (Adult)

028 2565 8462 - For advice and support for alcohol and non-injecting drug use.

028 2563 1970 - For advice and support for injecting drug use.

Carrickfergus Community Drug and Alcohol Advisory Group

028 9335 1562

Advice, counselling, support service.

Dunlewey Addiction Services

028 9039 2547

Counselling, support and mentoring services (for 17 year olds and under).

The Hope Centre

028 2563 2726

Family support.

Living Rivers Beach House

028 2565 4700

Supported accommodation for those who are homeless and recovering from addiction.

Threshold

028 9087 1313

Drug outreach services.

Public Health Agency

Information on alcohol. www.knowyourlimits.info

AI-Anon

028 9068 2368

To help and support families and friends of problem drinkers.

Alcoholics Anonymous

028 9043 4848

Carlisle House

028 9032 8308

Substance misuse treatment centre.

Drinkline

0800 917 8282

Gamblers Anonymous

028 9024 9185

National Drugs Helpline (FRANK)

0800 77 66 00

24/7 drugs helpline.

NHSCCT drugs and alcohol community support services

028 2563 6600

Northern Ireland Community Addiction

Service, Belfast

028 9066 4434

Northlands Centre, Derry

028 7131 3232

Stop smoking website

www.want2stop.info

Abuse

24/7 domestic violence helpline

0800 917 1414

Open to anyone who is affected by domestic abuse – men and women.

National Association for People Abused in Childhood (NAPAC)

0800 085 3330

www.napac.org.uk

Nexus

028 7126 0566

Advice and confidential support and counselling for those who have been sexually abused.

028 9032 6803

Support available in Northern areas.

Preventing violence in relationships

028 9032 3454

For men who wish to change controlling/violent behaviours.

PSNI domestic violence officer

101

Victim Support

028 9024 4039

Out of hours support 0845 30 30 900

Emotional support for victims of crime.

www.victimsupportni.co.uk

Women's Aid

- Causeway 028 7035 6573
- Antrim, Ballymena, Carrickfergus 028 2563 2136
- Cookstown 028 8676 9300

Support and advice for women who have suffered or are suffering from domestic abuse.

Bereavement

Cruse

- National Cruse day-by-day helpline - 0844 477 9400
- Cruse Northern Area - 028 2766 6686
- Cruse young person's helpline - 0808 808 1677

National charity that exists to promote the wellbeing of bereaved people – for adults, children and young people.

www.cruse.org.uk

Young people: www.rd4u.org.uk

Barnardo's child bereavement service

028 9066 8333

Advice line 028 9064 5899

Barnardo's Northern Area children and young people bereaved by suicide support project

077 9614 8549

Child Death helpline

0800 282 986

NI Miscarriage Association helpline

028 9336 3384

(9am–10pm)

NI Stillbirth and Neonatal Death Society

(SANDS)

077 4099 3450

www.sandsni.org

NHCT bereaved by suicide support project

028 2563 6607

www.thehivsupportcentre.org.uk

Contact NI

028 9074 4499

Provides counselling to all age groups.

www.contactni.org

Mental Health and Emotional Wellbeing

Northern area

Suicide prevention/ self-harm/self help Barnardo's children and young people bereaved by suicide support project

077 9614 8549

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

NHCT bereaved by suicide support project

028 2563 6607

Zest

028 7126 6999

Northern area family outreach support for self-harm.

www.zestni.org

Samaritans helpline

08457 90 90 90

- Samaritans Coleraine 028 7032 0000
- Samaritans Ballymena 028 2565 0000

Listening ear to those in distress.

www.samaritans.org.uk

Email: jo@samaritans.org

Eating Distress & Anxiety Support

Action Mental Health New Horizons

028 9442 8081

Support, training and employment opportunities for people coping with mental illness.

Aware Defeat Depression helpline

0845 120 2961

For those affected by depression.

www.aware-ni.org

(Monday – Friday, 9am – 1pm)

Email: help@aware-ni.org

Beat eating disorders

- Adult line 0845 6341 414
- Youth line 0845 6347 650

www.b-eat.co.uk/

Mindwise

028 9446 0873

Currently offers a wide range of support services from locations throughout Northern Ireland.

www.mindwisenv.org

NI Agoraphobia and Anxiety Society

028 9023 5170

NHCT eating disorder service

028 9441 3307

This service also has a voluntary support group called Stamp ED. Both services are available 9am – 5pm Monday to Friday.

Northern Ireland Association for Mental Health (NIAMH)

028 9032 8474

Local support, including housing schemes, home support, advocacy services, information services and education.

www.niamh.co.uk

10.

SANELINE

0845 767 8000

For anyone coping with mental illness. Helpline from 6pm – 11pm.

Threshold

028 9087 1313

Offers residential therapeutic communities and other services to people in Northern Ireland.

For information on more services

and support:

www.mindingyourhead.info

www.familysupportni.gov.uk

www.help4kids.co.uk

www.livinglifetothefull.com

www.praxiscare.org.uk

11.



Children/Youth Support

Barnardo's

028 9067 2366

main Northern Ireland contact number.

www.barnardos.org.uk

Barnardo's Northern Area children and young people bereaved by suicide support project

077 9614 8549

Childline

0800 1111

www.childline.org.uk

CLIC

028 9072 5780 / 0800 197 0068

Support for children suffering from cancer and leukaemia, and signposting for parents or anyone else affected.

www.clicsargent.org.uk

Contact NI

028 9074 4499

Provides counselling to young people.

www.contactni.org

Gateway

0300 123 4333

The NHSCCT children's social work service is a first point of contact for anyone concerned about the welfare of a child or young person.

Lifeline

0808 808 8000

Deaf and hard of hearing – Textphone users can call Lifeline on 18001 0808 808 8000

24 hour support for those in distress or despair.

NSPCC

0808 800 5000

Child protection 24/7 helpline – emotional, physical or sexual abuse or neglect.

12.

Youthcomm/Youthline

0800 096 1425

Confidential free information, support and resource service for 11–20 year-olds.

www.youthcomm.org.uk

Voice of Young People in Care (VOYPIC)

- Advocacy line 0845 074 2942
- Ballymena branch 028 2563 2641

Enabling children and young people with experience of care to make life changes.

www.voypic.org

Family and relationships

ACCORD

028 9023 3002

Marriage counselling.

www.accordni.com

Autism NI helpline

028 9040 1729

Causeway Family Resource Centre

028 7032 5456

Information and advice.

www.familytiesproject.org.uk

Gingerbread NI

0808 808 8090

Support for single parent families. Freephone advice helpline.

www.gingerbreadni.org

Parenting NI helpline and appointment service

0808 801 0722

Free confidential support and guidance for dealing with family issues. Freephone helpline or appointment services based throughout Northern Ireland, including Ballymena, Coleraine and Magherafelt.

www.parentingni.org

13.

Relate

- Out of hours receptionist 0870 242 6091
- Relate Teen (youth support) 028 9026 0871

Divorce/separation/marriage counselling.

St Vincent de Paul

028 9035 1561

www.svp-ni.org

Sure Start

- Coleraine 028 7032 1032
- Dalriada (including Bushmills and Ballycastle)

028 2073 0444

- Abbey 028 9086 0938
- Ballymena 028 2564 3555
- Gold (including Cookstown, Ardboe, Dunamore and Pomeroy) 028 8676 6126
- Horizon (including Carrickfergus and Larne) 028 9086 7100

Range of services for young children aged 0–4 years and their families, aimed at improving health, children's social and emotional development, and their ability to learn.

Benefits/ Financial Advice

Citizens Advice Bureau

- Causeway 028 7034 4817
- Antrim 028 9442 8176
- Ballymena 028 2564 4398
- Carrickfergus 028 9335 1808
- Cookstown 028 8676 6126
- Larne 028 9226 2251
- Newtownabbey 028 9086 7100

Free confidential, impartial advice; representation at tribunals; debt counselling services:

www.citizensadvice.co.uk

Christians Against Poverty

0800 328 0006

Provides in-depth counselling and support for people struggling to cope with debt.

Step Change Debt Charity

0800 138 1111

Provides confidential, free counselling, and debt and money management assistance to financially distressed families and individuals.

www.debtlineni.org

Magherafelt District Advice Service

028 7930 0444

Free, confidential, impartial advice; representation at tribunals; debt counselling services.

Trauma

The Family Trauma Centre

028 9020 4700

Victim Support

028 9024 4039

Out of hours support 0845 30 30 900

Emotional support for victims of crime.

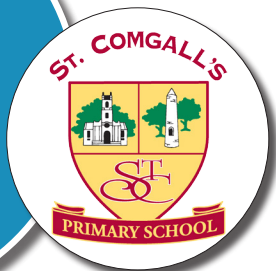
www.victimsupportni.co.uk/

WAVE Trauma Centre

028 2766 9900

Befriending and counselling for people who are victims of violence or bereaved due to the Troubles.

www.wavetraumacentre.org.uk/



16.

Carers

Carers NI

028 9043 9843

Benefits and carers' rights

Cause

028 9065 0650

Helpline 0845 603 0291

A local charity providing peer-led emotional and practical support to carers and families of people with mental illness.

www.cause.org.uk

www.cause.org.uk/current/PDFs/Helplineleaflet.pdf

www.cause.org.uk/current/PDFs/CarersInformationGuide.pdf

[CarersInformationGuide.pdf](http://www.cause.org.uk/current/PDFs/CarersInformationGuide.pdf)

Headway – The brain injury association

028 2565 1521

Dedicated to supporting people with a brain injury, as well as their families and carers.

www.headwayni.org

Rural support

Rural Support Helpline

0845 606 7607

www.ruralsupport.org.uk

Other health-related support

MS Helpline

0808 800 8000

www.msociety.org.uk

Macmillan Cancer Helpline

0808 808 2020

www.macmillan.org.uk

Cancer Focus NI Helpline

0800 783 3339

17.

Housing/homelessness/supported living

Living Rivers Trust (Beach House)

028 2565 4700

Supported and direct access accommodation services within the NHSCT area for those who are homeless and recovering from addiction.

www.livingrivers.com

MUST Hostel (Cookstown)

028 8676 2065

Hostel primarily for single homeless people with support needs (direct access service).

www.musthostel.co.uk

Northern Ireland Housing Executive (NIHE)

03448 920 900

028 9504 9999 (after hours)

www.nihe.gov.uk

Simon Community

0800 171 2222 (Central access point)

Provides accommodation and support to people who are currently homeless or at risk of homelessness.

Emergency accommodation 24/7 helpline

028 9049 3488

Triangle Housing Association Limited

028 2766 6880

Vineyard Compassion

028 7032 6161

Coleraine-based practical and emotional support at points of need (including foodbank support and supported living).

info@vineyardcompassion.co.uk

18.

Cultural/Ethnic

Multi-Cultural Resource Centre

028 9024 4639

Support for black and minority ethnic (BME) communities and individuals throughout Northern Ireland.

www.mcrc-ni.org

NI Council for Ethnic Minorities (NICEM)

028 9023 8645

NICEM puts people in touch with groups who offer support to minority ethnic groups and can also help with racial discrimination and limited migrant advice.

Older people

Age NI

0808 808 7575

Charity combining Age Concern NI and Help the Aged in Northern Ireland.

www.ageuk.org.uk/northern-ireland

Good Morning Projects

- Antrim 028 9446 4619
- Ballycastle 028 2076 8309
- Ballymena 028 2563 1144
- Carrickfergus 028 9332 9427
- Coleraine 028 7055 8005
- Larne 028 2827 3362
- Magherafelt 028 7963 2170
- Newtownabbey 028 9086 7686

The primary aim is to support members of the community by means of regular, friendly, telephone conversations – making time for people, listening effectively and becoming a 'friend on the phone'.

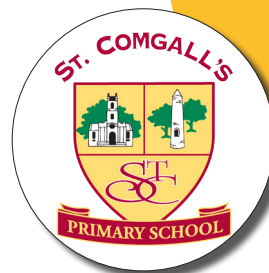
Help on Pensioners Entitlement (HOPE)

028 9442 8595

19.

This information resource was developed through the Public Health Agency's Northern Area Suicide Prevention Action Plan. The resource will be updated as required. For further information, contact the Public Health Agency

Northern Area Health and Social Wellbeing Improvement Team on: 028 9536 2913.



ST. COMGALL'S PRIMARY SCHOOL

Directory of Services
*to Support Health and
Well Being*

1 Ballymena Road, Antrim,
County Antrim. BT41 4JG

Tel: 02894 428 837 Email: info@stcomgallsps.antrim.ni.sch.uk

Principal: Mr J Matthews

stcomgalls.co.uk