

24/7 Crisis Support

- **LIFELINE** - 0808 808 8000
- **Out of hours GP Service** – 028 71 865195
- <https://www.nidirect.gov.uk/articles/gp-out-hours-service>
- **Samaritans** – 08457 90 90 90

Aisling Centre

- **Catchment** - Co Fermanagh and its surrounds (including ROI border counties)

Counselling, psychotherapy service

- Working with a wide range of issues and presentations – for information on our counselling service – click [here](#)
- Currently offering telephone and e-counselling with some face 2 face work in line with current C-19 guidance
- Counselling Self-Referral – download click [here](#) – or contact the Centre
- Further information or to talk to someone contact 028 66 325811

Current Well-Being Programmes

- ***There is always Hope*** – Free Well-Being Programme, for further information click [here](#)
- ***Mindfulness Based Stress Reduction***- 8-week programme, for further information click [here](#)

Self-Harm & Suicide

ZEST

Counselling and support service - 028 71 266 999 / <http://www.zestni.org/>

LIFELINE - 0808 808 8000

WH&CT - Family Liaison Officer and Bereaved by Suicide Support Group – 078 4156 9000

Addiction

AA (Alcoholics Anonymous) – for details of meetings locally contact Aisling Centre 028 66 325811/ info@theaislingcentre.com

Addiction NI

Support for individuals and families - <https://www.addictionni.com/ways-we-support-you>

ASCERT

Information and support for issues related to alcohol and drug use - 0800 2545 123 / <https://www.ascert.biz/>

Dunlewey Centre

Supports for those experiencing difficulties with their own, or other people's addiction (substance misuse and gambling addiction) - 028 9039 2547 / www.Dunlewey.net

Problem Gambling Helpline (9am – 11pm daily)

NI 08000 886 2547

RoI 1800 936 725

GA (Gamblers Anonymous)

Currently running some on-line meetings - 028 90 249185 /

<https://www.gamblersanonymous.org.uk/>

Solace

Living with addiction – support for individuals and families - 028 68 628741 /

Aidan.Ormsby@archlc.com / <http://www.archlc.com/activity/solace/>

Autism

Autism NI

Currently offering virtual support groups

028 9040 1729 (choose option 1) / <https://www.autismni.org/>

Cedar Foundation

Supports individuals and families living with disability, autism and brain injury

028 6632 7361 / info@cedar-foundation.org / <http://www.cedar-foundation.org/>

Inspire

<https://www.inspirewellbeing.org/our-services/autism-services>

Bereavement

Sands

Support for people affected by the death of a baby, at or shortly after the time of birth

- 077 4099 3450 / <https://northernireland.sands.org.uk/>

CRUSE

Tel: 028 8224 4414 / e: omagh@cruse.org.uk / <https://www.cruse.org.uk/get-help/local-services/northern-ireland/omagh-and-fermanagh>

Financial Advice

Community Advice Fermanagh

Supports people resolve their legal, money and other problems by providing free, independent and confidential advice. Currently providing support by telephone/e-mail - 07394921753 / speoples@communityadvicefermanagh.com /

<https://www.fermanaghhouse.org/community-advice-fermanagh/>

Advice NI

Free Independent Advice Network, supporting people with issues related finance, debt benefits etc - 0800 915 4604 / <https://www.adviceni.net/>

Sexual Orientation and Gender Identity

The Rainbow Project

Works to improve the well-being of lesbian, gay, bisexual and/or transgender people
028 90 319030 / <https://www.rainbow-project.org/>

Cara Friend Helpline – 0808 8000 390 / <https://cara-friend.org.uk/>

NI Helplines and Directory of Services

- <https://helplinesni.com/>
- <https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>

COVID-19 – Updates, Information and Support

- <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
- <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public>
- Connect Fermanagh - Friendly phone call, local information and signposting – 028 6632 0230 / www.connectfermanagh.org

Republic of Ireland and UK Helplines

ROI Helplines

<https://www.mentalhealthireland.ie/get-support/>

UK Helplines

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Useful Websites and On-Line Resources

- <https://www.mindingyourhead.info/>
- <https://www.mindwisenv.org/>
- <https://westerntrust.hscni.net/healthy-living/looking-after-your-mental-health/>
- <https://www.recoverycollegeonline.co.uk/>
- <https://www.familysupportni.gov.uk/>

Disclaimer – This page aims to bring together a snapshot of some services which work with the issues discussed in our 2021 Hope, Healing and Growth Virtual Day. Information included has been taken from the organisation’s website and is, to the best of our knowledge, accurate at date of posting – 9th January 2021