

FLARE / EANI

Education Authority NI
- Youth service



The **YOUTH SERVICE** has a targeted programme to support young people who experience mental health difficulties (age 11-25 years old).

This service is called **FLARE** (Facilitating Life and Resilience Education).

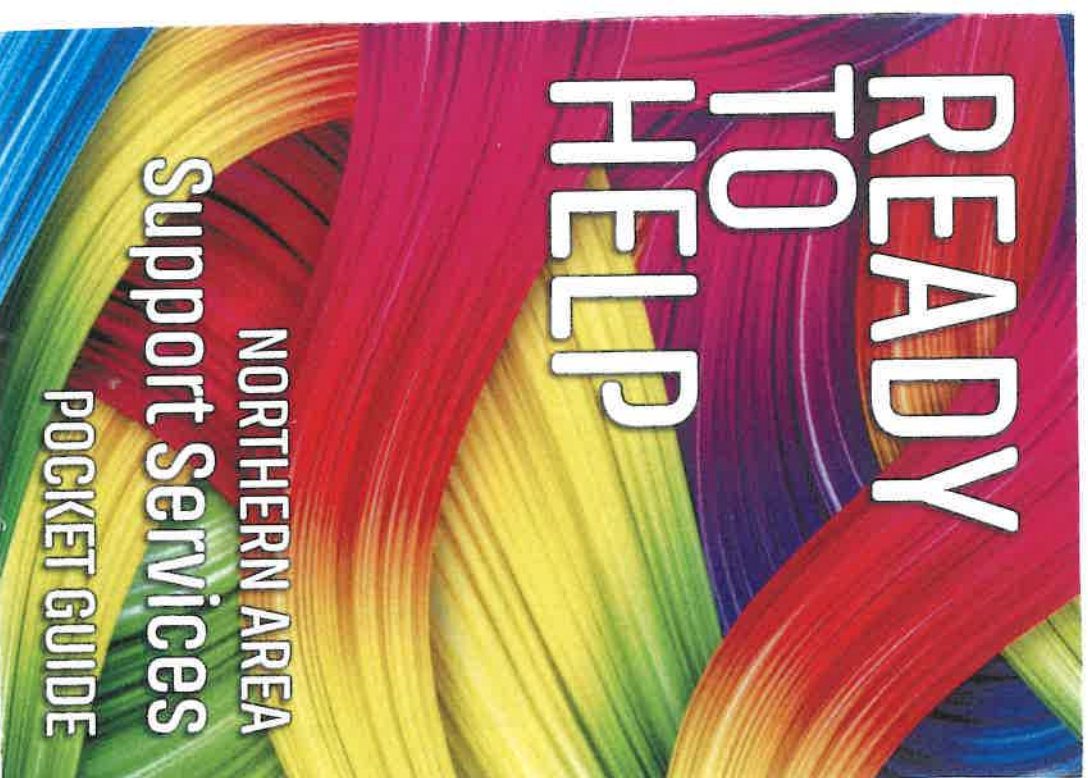


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▶ Online referral form for
support & well-being purposes





"Addressing drugs and alcohol together"



covid wellbeing
niinfo



▶ Caring for
someone who has
self-harmed or had
suicidal thoughts



TURNING POINT NI

Turning Point NI is a mental health hub for those experiencing any form mental health crisis.

62 Mill Street, Ballymena, BT43 5AF

☎ 028 2564 8229

Feel Better Project

Online confidential counselling sessions - group & one-to-one

- Advice and information on managing your emotional wellbeing

- Signposting to other services which may help

The service is open to everyone aged 18 or over living in the Northern Health & Social Care Trust area.

☎ 028 9592 4664



CHILDREN & YOUNG PEOPLE BEREAVEMENT BY SUICIDE SUPPORT SERVICE OFFERED BY BARNARDOS

Advice line Number:

07867 372711

@ cbsreferrals@barnardos.org.uk



Believe in
children
Barnardo's



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Help is at Hand
Bereaved by Suicide
Support:



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DRUG AND ALCOHOL MENTAL HEALTH SERVICE (DAMHS)

This service provides step 3 treatment services for children and young people with drug and /or alcohol issues which are beyond the scope of community based services as a result of complex co-morbid mental health issues. This includes the delivery of formal psychological therapies (motivational enhancement therapy, cognitive behavioural therapy, relapse management therapy, family therapy) and drug therapies where appropriate. The service is based / integrated within each of the HSC Child and Adolescent Mental Health Services (CAMHS).

The NHSC provides this service in the Northern area which is based in Alder House, Antrim Area Hospital.



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028 9442 4600

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Supported by:




www.publichealth.hscni.net

YOUTH TREATMENT COMMUNITY BASED SERVICES FOR YOUNG PEOPLE WHO ARE IDENTIFIED AS HAVING SUBSTANCE MISUSE DIFFICULTIES

This service provides step 2 treatment services including psychotherapeutic interventions (talking therapies) for children and young people, aged 11-25, across Northern Ireland including structured family support. This includes ensuring referral pathways are in place to allow children and young people to seamlessly move between services.

 **0800 254 5123**



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The service is
jointly provided
in the Northern
area by
▶ ASCERT &

Start360 ▶



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Scan the QR Codes with your phone camera to take you to the support service website...



Lifeline

0808 808 8000

Free 24 hour crisis response
helpline service for people
who are experiencing distress
or despair.



HSC Northern Health
and Social Care Trust

**BEREAVED BY SUICIDE
SUPPORT SERVICE:**

 **028 9441 3544** or

 BBSService@northerntrust.hscni.net

TARGETED PREVENTION SERVICES FOR YOUNG PEOPLE

This service develops and delivers age appropriate
drug & alcohol life skills/harm reduction
programmes for young people in the age ranges of
11-13, 14-15 and 16+ years across Northern Ireland.

The service in the Northern area is currently provided
by ASCERT & Start360.

 **0800 254 5123**



START360



Helplines NI
listen support reform.



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Looking after
your mental
health and
wellbeing



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Improving the lives of people who self-harm.

Aimed at people who self-harm and their families/carers/friends. It will help people understand more about self-harm and how to get support

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Northern Trust area:

028 7126 6999



SELF HARM SUPPORT NI

The SHIP (Self Harm Intervention) - The service is open to young people aged over 11 years old and adults, and offers short-term counselling in relation to self-harm. SHIP can also direct individuals to services to support them with other problems they may be experiencing. Self-harm can have a huge impact on other family members whose own mental health may begin to suffer without support.

Self-harming may occur in any family situation and there should be no fear or stigma around seeking help with this issue. SHIP can also provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation.

The following phone lines are for families and carers only. People who self-harm must be referred by a health professional:

YOUTH ENGAGEMENT SERVICE

For young people aged 11 – 25 years - the service is currently provided by **Start360** and is based in Wellington Street, Ballymena.

The service provides information about **PERSONAL HEALTH AND WELLBEING** issues (including drugs and alcohol), choices, where to find help / advice and support to access services when they are needed.

START360

028 2568 9356



HIDDEN HARM THERAPEUTIC SERVICES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES AFFECTED BY PARENTAL SUBSTANCE MISUSE

This service provides therapeutic interventions and support to children affected by parental substance misuse. The service also provides support for families, engages with other services who work with these children and families and provides specialist advice and support to front line workers working with families affected by Hidden Harm.

The service in the Northern area is currently provided by **Start360**.

START360

028 2568 9356



Community Based Suicide Prevention Development Officers based in the Community Networks in the Northern Trust area. The SPD's provide guidance and support to communities to promote and increase involvement in suicide prevention.

A local point of contact for information, guidance and support information:



Northern Area
Community Network

Hannah Graham  spdo@nacn.org
 028 2177 2100 / 07740 282 650

NACN & CRUN - covering Ballymena,
Ballymoney, Coleraine, Moyle & Larne



Janine Gaston
 janine@impactnetworkni.org  028 9447 8645

Impact Network NI, covering Atrim,
Newtownabbey and Carrickfergus



Denise Doherty

 denise@cwsan.org  075440969623

CWSAN - covering Magherafelt and Cookstown



NORTHERN AREA
Directory of services
to help improve
mental health and
emotional wellbeing ▼



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