

# Your Mental Health Matters

Look after yourself and **seek support** if you are concerned about you or someone else.

## Lifeline

 Freephone **0808 808 8000**

 Textphone for hard of hearing:  
**18001 0808 808 8000**

Trained counsellors are available 24 hours a day and can offer immediate help and support. Counsellors are experienced in dealing with suicide, self-harm, depression and many other issues.

## SAMARITANS

 Freephone **116 123**

24/7 listening ear to those in distress. Supporting anyone who needs help.

## Your GP Practice

 Tel: **028 3839 9201**

The **GP Out of Hours Service** should be used for serious urgent problems that cannot wait until your own GP surgery reopens.

## amh menssana

 Tel: **028 3839 2314**  
**13 Church Street, Portadown**

Provides a range of activities to support positive mental health and emotional wellbeing.



**PROTECTLIFE**

*suicide & self harm prevention*

**PIPS**  
upper bann



Tel: 028 3831 0151  
Mount Zion House, Lurgan

Provides free crisis counselling  
and support.

**PI.P.S.**  
Hope and Support



Tel: 028 3026 6195  
50 Mill Street, Newry

Provides free crisis  
counselling and support.

## LINKS COUNSELLING SERVICE



Tel: 028 3834 2825



Mobile: 0770 2208 559

Castle Lane, Lurgan

Provides Counselling service  
(charged sliding scale)



CARE in CRISIS

**CARE *in* CRISIS**



Tel: 028 3832 9900



Text: 075 9433 1387

Union Street, Lurgan

Provides counselling  
(suggested minimum donation  
of £10 per session)

More information on looking after your mental health and the support which is available in Northern Ireland can be found at <https://www.mindingyourhead.info/service>

More information on support which is available in the Southern Health and Social Care Trust can be found at [www.southerntrust.hscni.net/livewell/MentalHealth.htm](http://www.southerntrust.hscni.net/livewell/MentalHealth.htm)

Produced on behalf of  
the Southern Area

**PROTECTLIFE**  
suicide & self harm prevention