


## Mental Health Support and Services

If you or someone you know needs advice on mental health, there are a number of ways to get help.

The Southern Trust has published three versions of 'Useful Contacts for Mental Health and Emotional Well Being' for the [Armagh and Dungannon](#), [Craigavon and Banbridge](#) and [Newry and Mourne](#) populations. The Trust has also published 13 self help guides which can be downloaded from this website – click [here](#).

The Southern Trust offers a range of services to those who are suffering from mental health problems. These can **only** be accessed through referral by a GP. If you need to access mental health services please contact your GP between 9am-6pm Monday to Friday or the Southern Area Urgent Care Service on **0870 600 6009** at all other times.

<p>The Public Health Agency website <a href="http://www.mindingyourhead.info">www.mindingyourhead.info</a> provides advice and information for those who are worried about poor mental health, either their own or that of someone else, as well as those interested in maintaining good mental health.</p>	
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## Other Contacts

<p><b>Lifeline</b> 24 hour telephone support for those in distress or despair</p>	<p>Tel: 0808 808 8000</p>
<p><b>Papyrus</b> Helps prevent suicide for anyone who is concerned about themselves or others Website: <a href="#">Papyrus</a></p>	<p>Tel: 080 0068 4141 Mobile Users: 01978 36 73 33</p>
<p><b>Protect Life Resource Centres</b> Information and signposting to support suicide and self-harm prevention:</p>	
<p>ARMAGH BANBRIDGE DUNGANNON <a href="#">Niamh Louise Foundation</a> KILKEEL <a href="#">REACT Ltd</a> LURGAN <a href="#">PIPS Upper Bann</a> NEWRY <a href="#">PIPS Newry &amp; Mourne</a> PORTADOWN <a href="#">Action Mental Health (AMH) MensSana</a></p>	<p>Tel: 028 3751 5459 Tel: 028 4062 5167 Tel: 028 8772 6217 Tel: 028 4176 9344 Tel: 028 3831 0151 Tel: 028 3026 6195 Tel: 028 3839 2314</p>
<p><b>Protect Life Community Development Workers</b></p>	<p>Tel: 07717 876037 Tel: 07707 039799</p>
<p><b>Samaritans</b> Listening ear to those in distress across Northern Ireland Website: <a href="#">Samaritans</a></p>	<p>Tel: 0845 790 9090 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
<p><b>Samaritans Craigavon</b></p>	<p>Tel: 028 3833 3555</p>
<p><b>Samaritans Newry</b></p>	<p>Tel: 028 3026 6366</p>
<p><b>ZEST</b> Self harm and suicide counselling and support services Website: <a href="#">ZEST</a></p>	<p>Tel: 028 7126 6999</p>