

Suicide Prevention and Crisis Support – welcoming referrals from across Belfast

Organisation	Services Offered	Contact Details
Lifeline	24/7 phone support plus referral to community based services including counselling and creative therapies	0808 808 8000 www.lifelinehelpline.info
FASA	One to one support to those in crisis from suicide, self-harm and substance abuse. Drop in service, no appointment necessary. New Saturday drop-in service from 9am to 5pm.	178-180 Shankill Road, Belfast, BT13 2BH 028 9080 3040 www.fasaonline.org
Opportunity Youth Protect Life Project	Crisis Mentoring Support for young people at risk of suicide aged 8-21 in South and East Belfast and Castlereagh Locality	Hildon House,30-34 Hill Street, Belfast, BT1 2LB 07545929291 (Protect Life Mentor) 028 9043 5810 (Head Office) www.opportunity-youth.org
Belfast Branch Samaritans	Phone, text and email support available 24 hours a day plus drop in service from 9am to 10pm every day	5 Wellesley Avenue, Belfast, BT9 6DG 028 9066 4422Text Service 07725 90 90 90 www.samaritansbelfast.org Email service jo@samaritans.org
East Belfast Community Development Agency	Information and signposting on local support services and training opportunities related to suicide prevention	East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP 028 9045 1512 www.ebcda.org
Suicide Awareness and Support Group	Crisis support, counselling, complementary therapies and support groups	209 Falls Road, Belfast, BT12 6FB 028 9023 9967
Lighthouse	Crisis support, counselling, youth interventions, family support and support groups	187 Duncairn Gardens, Belfast, BT15 2GF 028 9075 5070 www.lighthouseireland.org
PIPS	Drop in crisis support, bereavement support and counseling	279 – 281 Antrim Road, Belfast, BT15 2HE 028 9080 5850 www.pipscharity.com

Counselling Services

Organisation	Services Offered	Contact Details
East Belfast Community Counselling	Counselling for adults and youth Bereavement counselling for older people Bereaved by suicide support group Anxiety support group	East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP 028 9046 0489 www.eastbelfastcounselling.org
New life Counselling	Counselling and therapeutic services for children, young people, adults and families. Referrals welcome from East Belfast and counseling service is available at Skainos, 239 Newtownards Road	Unit 20, North City Business Centre, 2 Duncairn Gardens, Belfast 028 9074 6184 www.newlifecounselling.net
Pathways to Health and Peace Counselling	Counselling focused on loyalist ex -prisoners, ex combatants and families	Charter NI, 352 Newtownards Road, Belfast, BT4 1HG 028 90459458
Anchor Counselling	Counselling sessions delivered at 179 Hollywood Road both daytimes and evenings	Christian Fellowship Church, 10 Belmont Road, Belfast BT4 2AN 028 90650690 www.thisiscfc.com/involved/anchor_counselling
East Belfast Mission	Counselling including one-to-one, families and couples	Skainos Building, 240 Newtownards Rd, Belfast, BT4 1HB 028 9045 8560 www.ebm.org.uk

For more organisations across the region visit www.mindingyourhead.info and www.stampoutsuicide.org.uk

Bereavement Support

Organisation	Services Offered	Contact Details
SOS (Survivors of Suicide)	Bereaved by suicide support group meetings 1 st Thursday of every month at 7pm, Connswater Community Centre	Connswater Community Centre, Tamar St, Belfast, BT4 1HS 07886 036 831
Griefshare	Grief recovery support group meetings including men's meetings	Orangefield Presbyterian Church, 464 Castlereagh Road, BT5 6BH 07752 858 736 or 07759 933 558 www.griefshare.org
East Belfast Community Counselling	Bereaved by suicide therapy group	East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP 028 9046 0489 www.eastbelfastcounselling.org

Mental and Emotional Wellbeing Services

Organisation	Services Offered	Contact Details
Oasis IMAGO	Professional befriending and one to one support for those with mild to moderate mental health issues such as depression, anxiety, stress and agoraphobia	Oasis Caring In Action, 102-108 Castlereagh Street, Belfast, BT5 4NJ 028 9087 2277 extn 203 www.oasis-ni.org/befriending/
Aware Defeat Depression	Helpline available 9am – 1pm Support group in Holywood Arches Centre every other Tuesday at 7pm	40-44 Duncairn Gardens, Belfast, BT15 2GG Helpline 08451 202961 Office 028 90321734 www.aware-ni.org.uk

CAUSE	Provides support, and training programmes for carers of individuals with mental health issues	Lesley Office Park, 393 Holywood Road, Belfast, BT4 2LS 028 9065 0650 www.cause.org.uk
Rainbow Project	Counselling and support for gay and bisexual men including one-to-one counseling, counseling for young men, couples and families	Belfast LGBT Centre, 1st Floor, 9-13 Waring Street, Belfast, BT1 2DX 028 9031 9030 www.rainbow-project.org
PPR Project	Support and advocacy for families bereaved by suicide, mental health service users and their carers	2 nd Floor, 133 Royal Avenue, Belfast, BT1 1FG 028 9031 3315 www.pprproject.org

Money, Debt and Benefits Advice

Organisation	Services Offered	Contact Details
East Belfast Independent Advice Centre	Advice on benefits such as housing, employment and debt. Tribunal representation, outreach and home visits	East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP 028 9073 5690
Christians Against Poverty (CAP)	Debt counselling charity with local representatives across East Belfast	0800 3280006 www.capuk.org



**East Belfast
Community
Development
Agency**

**East Belfast Community Development Agency
East Belfast Network Centre
55 Templemore Avenue
Belfast
BT5 4FP**

**Tel: 028 9045 1512
www.ebcda.org**