

Suicide Prevention and Crisis Support – welcoming referrals from across Belfast

December 2016

| Organisation | Services Offered | Contact Details |
|--|---|---|
| Lifeline | 24/7 phone support for those in crisis | 0808 808 8000 www.lifelinehelpline.info |
| Belfast Branch Samaritans | Phone, text and email support available 24/7 plus drop in service from 9am to 10pm every day National Helpline is now free to call on 116 123 Belfast branch number is 028 9066 4422 (local call charges apply) | 5 Wellesley Avenue, BT9 6DG 116 123 (free) or 028 9066 4422 (local call charges apply) Text Service 07725 90 90 90 www.samaritansbelfast.org Email jo@samaritans.org |
| Lighthouse | Crisis support services available Monday to Friday from 8.30am to 5.30pm | 187 Duncairn Gardens, BT15 2GF 028 9075 5070 www.lighthouseireland.org |
| PIPS | Crisis support services available Monday, Wednesday and Friday 9.00am to 9.00pm, Tuesday and Thursday 9.00am to 5pm and Saturday and Sunday from 2pm to 6pm | 279 – 281 Antrim Road, BT15 2HE 0800 088 6042 www.pipscharity.com |
| Suicide Awareness and Support Group | Crisis support services available Monday to Friday 9am to 5pm | 209 Falls Road, BT12 6FB 028 9023 9967 |
| Extern Crisis Team | Crisis support services available Monday and Tuesday 9am to 5pm, Wednesday, Thursday and Friday 9am to 9pm | Francis House, 9 – 12 Brunswick Street, Belfast, BT2 7GE 0800 085 4808 www.extern.org |
| Lenadoon Counselling Weekend Suicide Intervention Service | Crisis support and face to face appointments can be arranged by telephone on Saturday and Sundays only from 10am to 4pm | 124 Stewartstown Road , BT11 9JQ 07516 187 447 (not a drop in service, please telephone in advance) |
| GP Out of Hours Service for South and East Belfast | GP support available when your local surgery is closed | 028 9079 6220 |



**East Belfast
Community
Development
Agency**

**East Belfast Community Development Agency
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