






## Support and Signposting – Northern Ireland

Organisation	Aimed at	Details of organisation	Type of support	Website details
	Young people and adults	Vision is a future where people can talk about their mental health openly; access services appropriate to their needs and have the skills and knowledge to maintain positive mental health.	Support groups Help line services Information leaflets Help for young people Training and workshops for young people and adults	<a href="http://www.aware-ni.org">www.aware-ni.org</a>
	Adults	Provides cognitive behavioural therapy (CBT) on line and back up support via telephone.	Computerised cognitive behavioural therapy (CBT) Bespoke training sessions	<a href="http://www.beatingtheblues.co.uk">www.beatingtheblues.co.uk</a>
	Children	ChildLine counsellors are trained staff and volunteers who all have experience of listening and talking to children and young people. ChildLine is the UK's free, confidential helpline dedicated to children and young people. ChildLine is available 24 hours a day, 7 days a week, 365 days per year.	Help line Online help Texting Provides advice, information and help	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
	Young people and adults	Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Lifeline also provides support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Lifeline is available 24 hours a day, seven days a week.	Crisis response help line service	<a href="http://www.lifeline.ie">www.lifeline.ie</a>
	Not specified	Information on mental health for the public, service users, family members/carers, mental health professionals and mental health advocates	Infoline Legal advice on mental health law Community support	<a href="http://www.mind.org.uk">www.mind.org.uk</a>



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	General – more adult focused	This is a Public Health Agency (PHA) information website for people concerned about their own or someone else's mental health, as well as those interested in maintaining good mental health.	Public information website	<a href="http://www.mindingyourhead.info">www.mindingyourhead.info</a>
	Young people and adults	Offers and supports training in personal management, communicating, job seeking and specific work skills; provides high quality carer services; supports and facilitates people in taking active steps towards their own recovery	Training programmes in the areas of support provided	<a href="http://www.mindwisenv.org">www.mindwisenv.org</a>
	Young people and adults	A community-based initiative committed to building relationships and working in partnership to reduce the impact of suicide.	Drop-in resource centre Presentations and support Signposting Partnership with local services Training in suicide intervention, awareness, mental health and self-harm	<a href="http://www.pipsnewryandmourne.org">www.pipsnewryandmourne.org</a>
	Young people	A safe online space available to inform and support young people who self-harm, as well as cater for the needs of their siblings, parents and friends; provide information and training for professionals like youth workers, teachers and social workers.	Website Training and workshops	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
	Young people	Online guide to life for 16-25 year-olds in the UK; emotional support is available 24 hours a day.	On line information Chat	<a href="http://www.thesite.org/">www.thesite.org/</a>
	Young people	Committed to improving the emotional wellbeing and mental health of children and young people; campaign, research and influence policy and practice.	Parents' Helpline Online resources Training and development, Outreach work, publications	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

