

A project supported by the European Union's INTERREG VA Programme, Managed by the Special EU Programmes Body

## Helpful Contacts and Websites

**Lifeline** is a crisis response helpline service operating 24 hours a day, seven days a week. If you're in distress or despair, you can call Lifeline on **0808 808 8000** and talk to an experienced counsellor in confidence. For more information visit [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Samaritans** - Longstanding and trusted, Samaritans volunteers provide confidential support, befriending and listening to those in personal crisis, 24 hours a day, 365 days a year.

- Helpline: Freephone 116 123 (callers from Rep of Ireland & N Ireland)
  - Email: [jo@smaritans.ie](mailto:jo@smaritans.ie) (Rep. of Ire) [jo@samaritans.org](mailto:jo@samaritans.org) (N Ire) email response issues within 24 hours)
  - Web: <https://www.samaritans.org>
  
  - <https://www.beyondblue.org.au/>
  - <https://www.aware-ni.org/>
  - <https://www.lifelinehelpline.info/>
  - <https://www.cause.org.uk>
  - <https://grow.ie/>
  - <https://www.mentalhealthireland.ie>
  - <https://www.mindingyourhead.info>
  
  - HSE (Health Service Executive) - <https://www.hse.ie/eng/services/list/4/mental-health-services>
  - Western Health & Social Care Trust - <https://westerntrust.hscni.net>
- Directory of Services to improve mental health and emotional wellbeing - [https://westerntrust.hscni.net/download/439/adult-mental-health/5442/western\\_area\\_card\\_2020.pdf](https://westerntrust.hscni.net/download/439/adult-mental-health/5442/western_area_card_2020.pdf)
- Southern Health & Social Care Trust - <https://southerntrust.hscni.net>  
<https://southerntrust.hscni.net/services/mental-health-services>
  - Belfast Health & Social Care Trust - <https://belfasttrust.hscni.net>
  - Northern Health & Social Care Trust - <https://www.northerntrust.hscni.net>
  - South-Eastern Health & Social Care Trust - <https://setrust.hscni.net>
  - **Minding Your Head Info** is a Public Health Agency (PHA) website. Press click on the link to access the website <https://www.mindingyourhead.info>
    - Take 5 steps to wellbeing - <http://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations>
    - A Guide to Looking after your Mental Health and Wellbeing - [https://www.mindingyourhead.info/sites/default/files/publications/living\\_well\\_-\\_a\\_guide\\_to\\_looking\\_after\\_your\\_mental\\_health\\_and\\_wellbeing.pdf](https://www.mindingyourhead.info/sites/default/files/publications/living_well_-_a_guide_to_looking_after_your_mental_health_and_wellbeing.pdf)
    - Take 5 – COVID-19 - [https://www.mindingyourhead.info/sites/default/files/publications/coronavirus\\_take\\_5\\_a5\\_4pp\\_final\\_07\\_20.pdf](https://www.mindingyourhead.info/sites/default/files/publications/coronavirus_take_5_a5_4pp_final_07_20.pdf)
    - A Useful Guide to mental and emotional wellbeing resources - [https://www.mindingyourhead.info/sites/default/files/publications/useful\\_guide\\_to\\_mental\\_and\\_emotional\\_wellbeing\\_resources\\_pdf.pdf](https://www.mindingyourhead.info/sites/default/files/publications/useful_guide_to_mental_and_emotional_wellbeing_resources_pdf.pdf)

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- Mental Health Ireland - <https://www.mentalhealthireland.ie>
  - Resources - <https://www.mentalhealthireland.ie/get-support/walks-to-wellbeing/#resources>
  - <https://www.mentalhealthireland.ie/get-support/walks-to-wellbeing/#minding-your-mood>
  - 5 Ways to Wellbeing - <https://www.mentalhealthireland.ie/five-ways-to-wellbeing>

NHS UK

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides>

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<b>Where can I go to find information about apps?</b>	<a href="https://apps4healthcareni.hscni.net/">https://apps4healthcareni.hscni.net/</a> <a href="https://www.nhs.uk/apps-library/category/mental-health">https://www.nhs.uk/apps-library/category/mental-health</a>
<b>Where can I go to download these apps?</b>	Google Play Store app App Store app
<b>Self- Care and Wellness</b> These are just a few that we use in the team and are validated by ORCHA.	Mindshift CBT Canada Self Help for Anxiety Management -SAM HEADSPACE CALM Smiling Mind Mylife WRAP My Fitness Pal
<b>Chatbots.</b>	Wysa Woebot
<b>Mental Health Online Courses and Resources</b>	<a href="https://mymentalhealthrecovery.com/">https://mymentalhealthrecovery.com/</a> <a href="https://www.nhsinmind.co.uk/">https://www.nhsinmind.co.uk/</a> <a href="http://learn.4mentalhealth.com/">http://learn.4mentalhealth.com/</a> <a href="https://www.aware.ie/mental-health-resources/online-mental-health-programmes/">https://www.aware.ie/mental-health-resources/online-mental-health-programmes/</a> <a href="https://www.shine.ie/services/self-guided-tutorials/">https://www.shine.ie/services/self-guided-tutorials/</a> <a href="https://suicideorsurvive.ie/sos-webinars/">https://suicideorsurvive.ie/sos-webinars/</a>
<b>Tools for building collections Gratitude/Hope/ Wellness Toolbox</b>	Pearltrees Padlet
<b>Connections.</b>	<i>Spotify-Daily Wellness; Wake up/Wind Down</i> ZOOM-Online Forums <a href="https://grow.ie/weekly-grow-topic-on-zoom/">https://grow.ie/weekly-grow-topic-on-zoom/</a> Whatsapp
<b>Free online learning:</b>	Free online learning: <a href="https://mymentalhealthrecovery.com/">https://mymentalhealthrecovery.com/</a> <a href="https://www.futurelearn.com/">https://www.futurelearn.com/</a> <a href="https://www.open.edu/openlearn/">https://www.open.edu/openlearn/</a> <a href="https://www.ecollege.ie/">https://www.ecollege.ie/</a>
<b>Meditation/ Mindfulness</b>	<a href="https://www.nhs.uk/apps-library/category/mental-health">https://www.nhs.uk/apps-library/category/mental-health</a>
<b>Contact Innovation Recovery College</b>	Facebook- Innovationrecovery Twitter @innovationrecov recoverycollegewest.hscni.net



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