



Belfast Men's Health Group Connection Leaflet

19th November 2021
International Men's Health Day



“Old Ways Don’t Open New Doors”

Get going | Get connected

This leaflet contains a list of just a small number of organisations that you can use to take the first steps towards getting connected

**Be strong enough
to stand alone,
smart enough to
know when you
need help, and
brave enough to
ask for it.**

Belfast Men’s Health Group is a network of people from community, voluntary and statutory organisations across Belfast with an interest in supporting the health and wellbeing of men and boys.

These organisations meet regularly on a voluntary basis to look at practical ways to improve the health of local males.

Each year, we make a special effort to celebrate [Men’s Health Week](#) (in June) and [International Men’s Day](#) (in November), and work in partnership with other organisations throughout the year to further raise awareness of the key issues.

If you would like join the group or find out more about it, visit our website at www.belfastmenshealthgroup.org



BELFAST MEN'S GROUPS

North:	North Belfast Men's Shed	07568 091199
	Cliftonville Men's Shed	07590 384792
	Newtownabbey Men's Shed	07751 686728
South:	Spring social prescribing	028 9031 2377
	Belvoir Area Residents' Group	07572 497594
	Ballynafeigh Men's Shed	028 9049 1161
East:	"Wise Men's" Shed	07800 725136
	"W" Club Willowfield	07742 675017
	Hollywood Men's Shed	07922 948838
West:	Colin Men's Shed	028 9062 3813
	Half Moon Lake Men's Shed	028 9058 5544
	Plough Men's Shed	028 9031 0701

Male Specific Services

Men's Advisory Project: www.mapni.co.uk 028 9024 1929
Domestic abuse | Relationships | Anger & Frustration | Sign-posting

Men's Action Network: www.man-ni.org 028 7122 6530
Counselling | Isolation | Benefits advice | Anger concerns

Men to Men: www.mentomen.org 07469 809520
Relationships | Domestic abuse | Bullying | Anger & Stress

Men's Advice Line: 0808 801 0327

Mankind Help-Line: 01823 334 244

Belfast Men's Health Group: www.belfastmenshealthgroup.org

Addiction Services

Addiction NI:	028 9066 4434
Ascert:	0800 2545 123
Daisy (11-25 Year Olds):	0800 2545 123
Gamblers Anonymous:	028 9024 9185

Mental Health Support

AWARE NI:	028 9035 7820
Mind-Wise:	028 9040 2323
Extern:	028 9084 0555
Oasis:	028 9087 2277
AMH New-Life:	028 9039 1630

Benefits, Debt & Employment Advice

Citizens Advice:	0300 123 3233
AGE NI advice line:	0808 328 0006
Housing Rights:	028 9024 5640
Make the Call:	0800 232 1271
Christians Against Poverty:	0800 328 0006

Bereavement Support

CRUSE:	028 9023 2695
AMH New-Life:	028 9039 1630
Survivors of Suicide:	028 9046 0201
PIPS:	028 9080 5850

(Prevention of suicide and self-harm)

Cancer Support

MACMILLAN Support Line: 0808 808 0000

MACMILLAN Support & Info Centre: 028 9063 8980

Connected Comm' Care 4 Cancer: 028 9590 1407

NI Cancer Fund for Children: 028 9080 5599

Action Cancer: 028 9080 3344

Prostate Cancer UK support line: 0800 0748383

Disability Support

Disability Action: 0808 802 0020

Autism NI: 028 9040 1729

RNIB: 028 9032 9373

RNID: 0808 808 0123

Deaf Blind UK: 0800 132 320

MENCAP: 0808 808 1111

NI Chest Heart and Stroke: 028 9032 0184

Ethnic Minority Support

NI Council for Ethnic Minorities: 028 9023 8645

**NI Community for Refugees &
Asylum Seekers:** 07878 525870

Bryson Intercultural: 028 9024 2025

Family and Childcare

Barnardos: 028 9067 2366

NSPCC: 0808 800 5000

Family Mediation: 028 9024 3265

Parenting NI: 0808 8010 722

Praxis Care: 028 9023 4555

Homelessness

Extern Homeless Support Team: 028 9033 0433

NI Housing Executive: 03448 920900

Simon Community Help-Line: 0800 171 2222

Older Person's Support

AGE NI: 0808 808 7575

Alzheimer's Society: 0300 222 1122

Engage with Age: 028 9073 5696

Relationships, Sexuality & Sexual Health

Family Planning Association: 0345 122 8687

Terence Higgins Trust: 0808 802 1221

Nexus: 028 9032 6803

Relate NI: 028 9032 3454

The Rainbow Project: 028 9031 9030

Positive Life (HIV Help-line): 0800 137437

Distress and Crisis Help-Lines

Life-Line: 0808 808 8000

Samaritans: 116 123

PIPs: 0800 088 6042

Violence and Trauma Support

Victim Support: 028 9024 3133

Wave Trauma Centre: 028 9077 9922

Belfast domestic sexual violence and abuse partnership:
0808 802 1414

Carers Support

Belfast Trust Carer Support Service: 028 9504 2126

Action for Children (Young Carers): 028 9046 0500

Alzheimers: 028 9038 7487

Autism NI: 028 9040 1729

Carers NI: www.carersuk.org/northernireland

CAUSE for Mental Health: 028 9065 0650

Health Improvement

Belfast Health and Social Care Trust: 028 9504 6714

Get Going | Get Connected

We hope that this information is useful to you in your first steps to getting connected. This is only a short guide but be reassured that if there is anything you need assistance with that isn't covered within this guide there will be support for you. If there is, please use this link and we'll source it for you. Get Going!

Contact Us (belfastmenshealthgroup.org)  [@bfastmenshealth](https://twitter.com/bfastmenshealth)

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