

This leaflet has been produced by Belfast Protect Life Implementation Group, a strategic partnership established to address the objectives of the Protect Life 2 Strategy. It contains information on suicide prevention and support services available across the city of Belfast which are funded by the Public Health Agency. *

This leaflet is produced alongside promotional video clips of each organisation which provide additional information on the types of supports that are on offer. To access any of these video clips just scan the QR Code that is beside each organisation and that will take you directly through to the relevant website. Alternatively, just follow the website links provided.

* There are also a range of other organisations that can support you on your wellbeing journey. You can access further information and resources at:

www.mindingyourhead.info



**Suicide Awareness
Support Group**
209 Falls Road
Belfast
BT12 6FB

Tel: 028 9023 9967
[www.facebook.com/
suicideawarenessandsupportgroup](http://www.facebook.com/suicideawarenessandsupportgroup)



Survivors of Suicide
Connswater community centre
Severn Street
Belfast
BT4 1SX

Tel: 028 9046 0201
www.facebook.com/eastbelfastsos



The Conservation Volunteers
Beech House
159 Ravenhill Road
Belfast

BT6 0BP
www.tcv.org.uk



Windsor Womens Centre
136- 144 Broadway
Belfast
BT12 6HY

Tel: 028 9023 5451
www.windsorwomenscentre.com



Public Health Agency
12-22 Linenhall Street
Belfast
BT2 8BS

Tel: 0300 555 0114
www.publichealth.hscni.net

Protect Life 2
suicide prevention
and bereavement
services available
across Belfast.

POCKET GUIDE



Action Mental Health
Bloomfield House
395-405 Newtownards Road
Belfast
BT4 1RH

Tel: 028 9039 1630
www.amh.org.uk



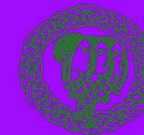
Albert Street Community Centre Ltd (Heart Project)
The Maureen Sheehan Centre
106 Albert Street
Belfast
BT12 4HL

Tel: 028 9031 0346
www.facebook.com/HEARTproject1



Extern NI
3 McKinney Rd
Newtownabbey
BT36 4PE

Tel: 028 9084 0555
www.xtern.org



Falls Women's Centre
256/258 Falls Road
Belfast
BT12 6AL

Tel: 028 9032 7672
www.fallswomenscentre.org



Ashton Community Trust
McSweeney Centre
Henry Place
Belfast
BT15 2AY

Tel: 028 9022 1022
www.bridgeofhope.support



Aware Defeat Depression
40 - 44 Duncairn Gardens
Belfast
BT15 2GG
Tel: 028 9035 7820
www.aware-ni.org



Holy Trinity Centre
46 Norgren Gardens
Belfast
BT11 8EL

Tel: 028 9020 0557
www.facebook.com/Trinity-Community-Counselling-Service-Belfast-125113960881899/



Lenadoon Community Counselling Service
124 Stewartstown Road
Belfast
BT11 9JQ

Tel: 028 9060 0641
www.facebook.com/Lenadooncounsellingservices



Barnardos
542-544 Upper Newtownards Rd
Belfast
BT4 3HE

Tel: 028 9067 2366
www.barnardos.org.uk



Charter for Northern Ireland
275a first floor Newtownards Road
Belfast
BT4 1AF

Tel: 028 9045 9458
www.charterni.org



Lighthouse
187 Duncairn Gardens
Belfast
BT15 2GF

Tel: 028 9075 5070
www.lighthousecharity.com



MACS Supporting Young People
303 Ormeau Rd
Belfast
BT7 3GG

Tel: 028 9031 3163
www.macsni.org



East Belfast Community Development Agency
55 Templemore Avenue
Belfast
BT5 4FP

Tel: 028 9045 1512
www.ebcd.org



East Belfast Independent Advice Centre
55 Templemore Avenue
Belfast
BT5 4FP

Tel: 028 9073 5690
www.ebiac.org



Rainbow Project
1st Floor, Belfast LGBT Centre
23-31 Waring Street
Belfast
BT1 2DX

Tel: 028 9031 9030
www.rainbow-proejct.org



Start 360
6-10 William St
Belfast
BT1 1PR

Tel: 028 9043 5810
www.start360.org