

LOCAL SUPPORT ARDS AND NORTH DOWN

Veterans and their families often experience life events which impact on their mental health. Services are available in your area that can help.

Asking for help can seem daunting, but there are so many people who will support you if you choose to take that first step. To learn more about mental health support in Northern Ireland, please go to our website and download [A Guide to Veterans' Mental Health Provision in Northern Ireland](#) and our series of Local Support Mental Health Leaflets, which are designed to help you access those services.

There are 6 Key Mental Health Referral Partners, highlighted in red, and several other organisations who provide Mental Health outreach and associated support across Northern Ireland, and in your local area.

The Northern Ireland Veterans' Support Office is here to help connect you to these vital organisations. Visit our website, or use the QR code, for further details on accessing these services.



Northern Ireland Veterans' Support Office

www.nivso.org.uk

028 9521 6784



Ards and
North Down
Borough Council

Veterans' Champion:

0300 013 3333

Mental health support across Northern Ireland

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| Andy Allen Veterans Support 028 9074 7071 | Brooke House 028 8953 1223 | Combat Stress 0800 138 1619 |
| The Ely Centre 028 6632 0977 | Inspire Wellbeing 03308 089 294 | UDR & R Irish (HS) Aftercare Service 028 9042 0145 |

Mental health referral & associated support across NI

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| Action Mental Health 028 9182 8494 | Blesma: The Limbless Veterans 020 8590 1124 | Blind Veterans UK 0771622 7622 | Defence Gardens Scheme 028 9521 6784 | Family Works NI 028 9182 0341 |
| Help for Heroes 0300 303 9888 | Mindwise 028 9040 2323 | Parent Line 0808 802 0400 | PIPS 028 9080 5850 | Royal British Legion 080 8802 8080 |
| SSAFA 0800 2321 271 | Start 360 07923129559 | VSS - Victims & Survivors Service 028 9027 9100 | The War Widows Association 0845 2412 189 | WAVE Trauma Centre 028 9077 9922 |

Mental health and support online

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| Combat Stress selfhelp.combat stress.org.uk | Icarus www.icaruscharity .org | PTSD Resolution www. ptsdresolution .org | Samaritans www.samaritans .org | Togetherall www.togetherall .com |
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What specific support is available in your area?

For information about other organisations running Peer Support activities and services in your local area, please contact your local Veterans' Champion or scan the QR code to visit the NIVSO website for more information and to access individual organisation websites and links to social media.

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| Decorum NI 028 9145 7565 | Horses for People 07711881577 |
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For more info on these services, scan the QR code to visit the NIVSO website

