

LOCAL SUPPORT CAUSEWAY COAST & GLENS

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



**Causeway
Coast & Glens
Borough Council**

Veterans' Champion:

028 7034 7034

Mental health support across Northern Ireland

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

For more info



Mental health referral & associated support across NI

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

Mental health and support online

Combat Stress
selfhelp.combatstress.org.uk

Icarus
www.icaruscharity.org

PTSD
Resolution
www.ptsdresolution.org

Samaritans
www.samaritans.org

Togetherall
www.togetherall.com

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.

Ashes to Gold
028 7044 0386

AFVBC Coleraine
Breakfast
Club/The Bee
Keepers Lodge
07740580123

Be Safe Be Well
Men's Sheds
028 777 69829

Links
Counselling
Service
028 3834
2825

WAVE
Trauma Centre
Ballymoney
028 2766
9900