

# LOCAL SUPPORT MID ULSTER

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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](http://www.nivso.org.uk)

028 9521 6784



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council

**Veterans' Champion:**

03000 132 132

# Mental health support across Northern Ireland



# Mental health referral & associated support across NI



# Mental health and support online



# 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.



For more info

