

LOCAL SUPPORT

NEWRY, MOURNE AND 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



Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin

Newry, Mourne
and Down
District Council

Veterans' Champion:

0330 137 4000

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

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	WAVE Trauma Centre Armagh 028 3751 1599

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
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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.

Links Counselling Service 028 3834 2825	MAST 028 4176 3280	Schomberg Society 07753222553
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For more info

