

**Poor mental health can impact everyone, it is important to know that you are not alone. There are various support services available.**

**Normally your GP should be the first point of contact if you have concerns about your mental health that won't go away – or if you have thoughts about suicide.**

**You can call the NHS on 111 and speak to their mental health team, this is available 24 hours.**

**You may prefer to seek other support.**

**Inspire Wellbeing:** [inspirewellbeing.org](https://inspirewellbeing.org)

Inspire Wellbeing is a charity that works alongside those with mental health issues, intellectual disabilities, autism, and addiction. It offers a wide array of services, from supported housing to advocacy.

**Mental Health Foundation in Northern Ireland:** [mentalhealth.org.uk](https://mentalhealth.org.uk)

The Mental Health Foundation works to promote mental wellness for all. Their website hosts information about a variety of conditions, stress factors, therapies, and information for/about specific communities.

**Minding your head:** [mindingyourhead.info](https://mindingyourhead.info)

Minding your head hosts information and resources about improving mental wellbeing.

**Minding Creative Minds:** [www.mindingcreativeminds.ie](https://www.mindingcreativeminds.ie)

Offers support for individuals in the creative sector, including short-term counseling, art therapy, specialist trauma care, workshops, legal assistance, and a career hub.

**Performing Anxiety:** <https://www.mhfestival.com/explore/performing-anxiety/>

Performing Anxiety is a resource created for those making art about mental health. It includes interviews, essays, and a best practice guide. It is also available as a podcast and a 60-page printable PDF.

**The Rainbow Project:** [rainbow-project.org](https://rainbow-project.org)

Offers support to LGBTQ+ people in Northern Ireland, including short-term LGBTQ+ affirming therapy, training, information and advocacy on a wide range of issues.

**Pink Therapy:** [pinktherapy.com](https://pinktherapy.com)

A directory of LGBTQ+ affirming therapists in the UK.

**YoungMinds** [youngminds.org.uk](https://youngminds.org.uk)

YoungMinds hosts information and guides for young people and their families about mental health issues, including the perspectives of young people from a wide variety of backgrounds—including disabled, LGBTQ+, muslim, and black stories.

**The Mix** [themix.org.uk](https://themix.org.uk)

The Mix is a community for people under the age of 25. On their website you can chat with trained peers and support groups and participate in message boards. They also host information about mental illness and self-paced learning courses about mental wellness.

**Helplines Network NI:** <https://helplinesni.com/>

Easy-to-use website with a network of 30-different helplines.

**Lifeline:** 0808 808 800 [lifelinehelpline.info](http://lifelinehelpline.info)

Northern Ireland's 24/7 crisis response helpline. Translators available, and options for BSL/ISL users.

**Childline:** 0800 1111 [childline.org.uk](http://childline.org.uk)

A free, confidential, 24/7 helpline for anyone under the age of 19. Also available by email and webchat.

**Samaritans:** 116 123 [samaritans.org](http://samaritans.org)

Samaritans offer a variety of free ways to talk to someone about your concerns. This includes phone number, email, mail, and in-person.