

# RESOURCE FINDER

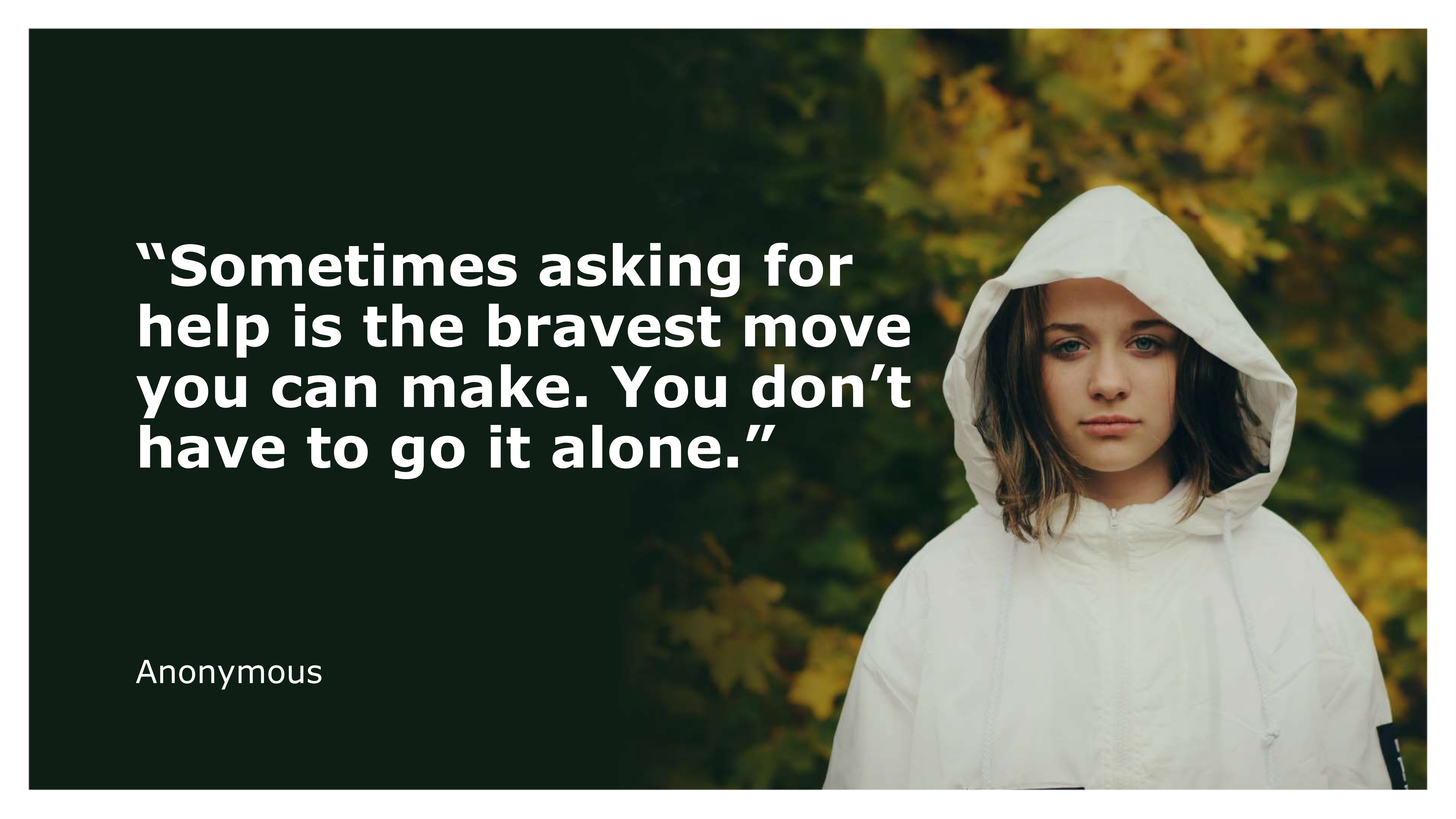
Throughout **Youth Upfront** we had some great discussions covering a wide range of topics with our guest facilitators. We've also completed surveys at each workshop including themes about mental & physical health, self-worth, confidence, overcoming adversity and life challenges.

Our participants felt that sometimes you need some additional support in your life and maybe aren't sure where to turn and a **Resource Finder** may be of use for guidance.

Maybe you would like to get further information on the topics discussed, or you were intrigued but didn't want to necessarily engage at the time of the workshop. Maybe you're struggling and don't know where to turn.

Included overleaf is a program of agencies, groups and support services that are there to help, guide and advise you should you need it.



A young woman with long brown hair and blue eyes is wearing a white hooded jacket. She is looking directly at the camera with a neutral expression. The background is a soft-focus scene of autumn trees with yellow and green leaves. The overall mood is contemplative and serene.

**“Sometimes asking for help is the bravest move you can make. You don’t have to go it alone.”**

Anonymous

familysupport NI.gov.uk

Helping You Find the Services You Need

**Information on a wide range of family support services and registered childcare provision in Northern Ireland. Find local services and information to support you and your family. Find registered childcare in N Ireland and useful information including financial support.**

**Phone**                    **0845 600 6483**  
**Facebook**                **www.samaritans.org**

- ✓ Depression
- ✓ Mental Health
- ✓ Suicide
- ✓ General Advice
- ✓ Self Harm





**Talk to Samaritans any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal. Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year**

**Phone**                    **116 123**  
**(24 Hrs – Freephone)**

**Facebook**            **[www.samaritans.org](http://www.samaritans.org)**

- ✓ Depression
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**Crisis Café is a safe and welcoming place for young people who find themselves in crisis or need of mental health support. We empower young people to seek help with a range of early intervention services.**

**Contact**

**Grainne Graham**

**Phone**

**077 0346 6075**

**Facebook**

**[www.facebook.com/CrisisCafeNI/](http://www.facebook.com/CrisisCafeNI/)**





**Mental health charity working exclusively for those with depression and bipolar disorder.**

**Phone**            **08451 20 29 61**  
**Webpage**        **[www.aware-ni.org](http://www.aware-ni.org)**

✓            Depression  
✓            Mental Health





**Help with everything from money worries, to coping with stress and isolation, school anxiety, those with health vulnerabilities or disabilities, relationships with parents or family, keeping safe and well during COVID and much more. This service is designed for both children, young people and their families, as well as professionals who would like to discuss concerns for someone.**

**Phone            0800 157 7015 (Free Helpline)**  
**Webpage        [www.barnardos.org.uk](http://www.barnardos.org.uk)**

- ✓ Abuse
- ✓ Depression
- ✓ Disability
- ✓ General Advice
- ✓ Mental Health
- ✓ Money / Debt
- ✓ Parenting
- ✓ Sex / Relationships







**Need to talk? Whether you're feeling stressed, anxious, lonely or down — ChildLine counsellors help lots of young people with all sorts of things, like bullying, problems at home and self-harm. Whatever it is, they can help.**

**Phone**                    **0800 1111 (24 hours / freephone)**  
**Webpage**                **[www.barnardos.org.uk](http://www.barnardos.org.uk)**

- ✓ Abuse
- ✓ Self harm
- ✓ General Advice
- ✓ Sex / Relationships
- ✓ Mental Health
- ✓ Suicide





## **children's law centre**

**Child-focused and child-friendly legal advice/information for children/young people and their parents/carers and representation service for children/young people at educational tribunals, mental health review tribunals, SENDIST appeals etc.**

**Phone  
Webpage**

**0808 808 5678 (freephone)  
[www.childrenslawcentre.org.uk/young-people](http://www.childrenslawcentre.org.uk/young-people)**

- ✓ **General Advice**
- ✓ **Your Rights**
- ✓ **Mental Health**



**YOU  
THU  
PFR  
ONT**

**FRANK**

twinkl.com

**Honest information about drugs. Friendly, confidential drugs advice. Live chat is available every day from 2-6pm.**

Phone  
Webpage

0300 123 6600 (24 Hours)  
[www.talktofrank.com](http://www.talktofrank.com)



Drink & Drugs



the  
rainbow



project

**The Rainbow Project works to improve the physical, mental & emotional health of gay, lesbian, bisexual and/or transgender people and their families in Northern Ireland.**

**Phone**                    **028 9031 9030–**  
**(Mon to Fri 10am – 5.30pm)**

**Webpage**                **[www.rainbow-project.org](http://www.rainbow-project.org)**

- ✓ **Mental Health**
- ✓ **LGBT**
- ✓ **Sex/Relationships**





**Northern Ireland Commissioner for Children & Young People.**  
**The Commissioner's role is to safeguard and promote the rights and best interests of children and young people. All of the Commissioner's work is focused on making sure children and young people have access to these rights in their day-to-day lives, so they have the best opportunity to reach their full potential**

**Phone** 028 9031 1616  
**E-Mail** [info@niccy.org](mailto:info@niccy.org)  
**Webpage** [www.niccy.org](http://www.niccy.org)

✓ **General Advice**





**Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.**

**Phone**                    **0808 808 8000**  
                                  **(24 hours / freephone)**

**Webpage**                **www.lifelinehelpline.info**

- ✓ Depression
- ✓ Mental Health
- ✓ General Advice
- ✓ Suicide



# NSPCC

**The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.**

**Phone**                    **0808 800 5000**  
**Mon-Fri – 8am – 10pm**  
**Weekends – 9am – 6pm**

**Webpage**                **[www.nspcc.org.uk](http://www.nspcc.org.uk)**

- ✓ Depression
- ✓ Mental Health
- ✓ Sex & Relationships
- ✓ Drugs & Alcohol
- ✓ General Advice
- ✓ Suicide





**Dunlewey Substance Advice provides counselling, mentoring, education and support to individuals directly or indirectly affected by substance misuse or gambling problems. We offer a free and confidential counselling and mentoring programme for those experiencing difficulties with their own, or other people's substance misuse or gambling issues.**

**Phone                    028 9039 2547**

**Webpage                [www.dunlewey.net](http://www.dunlewey.net)**

- ✓     **Drugs Misuse**
- ✓     **Gambling Addiction**
- ✓     **General Advice**







**75th Anniversary**

**YouthAction Northern Ireland works with young people to support them as active and equal citizens whose voices are heard, respected and valued. YouthAction NI makes a significant difference to the lives of young people and their communities by providing unique, life changing opportunities. And inspiring young people to find their true potential and excel in areas such as political activism, performing arts, youth work, education, business, technology and international affairs.**

**Phone**

**028 9024 0551**

**Webpage**

**[www.youthaction.org](http://www.youthaction.org)**

- ✓ **Mental Health**
- ✓ **Equality & Diversity**
- ✓ **Employment & Training**
- ✓ **General Advice**





**MACS provide a range of support services for children and young people aged 6-25 years who haven't had a fair deal. Many of the young people they support have become stuck and are engaged in negative patterns of thinking and behaviour that prevent them from fulfilling their potential and leading the lives that they want to lead. MACS main role is to help them through this period so that they can move on and achieve their goals.**

**Phone**                    **028 9031 3163**

**Webpage**                **[www.macsni.org](http://www.macsni.org)**

- ✓ Homlessness
- ✓ Substance Abuse
- ✓ General Advice
- ✓ Mental Health Advice
- ✓ Suicide Advice
- ✓ Marginalised & At Risk



# START360

**Start360 is a leading provider of support services to young people, adult offenders, and families across Northern Ireland. offer a range of innovative programmes and services which can be easily adapted to meet specific issues faced by young people, including drug/alcohol misuse, mental and emotional health, barriers to employment or achievement, and lack of confidence and self-esteem.**

**Phone**                    **079 2312 9559 (Throughout Covid)**

**Webpage**                **[www.start360.org](http://www.start360.org)**

- ✓ Substance Abuse
- ✓ General Advice
- ✓ Mental Health Advice
- ✓ Suicide Advice
- ✓ Employment Advice





**IncredABLE (formally Enable) is a voluntary organisation creating meaningful social, recreational, and educational opportunities for people with a learning/intellectual disability and/or autism.**

**IncredABLE individuals are empowered to make choices, discover talents, realise passions, and participate in community on their own terms. incredABLE deliver projects and services in the Southern Health and Social Care Trust Area.**

**Phone 028 3887 2111**

**Webpage [www.incredible.org.uk](http://www.incredible.org.uk)**

- ✓ General Advice
- ✓ Disability Advice
- ✓ Equality & Diversity
- ✓ Mental Health Advice
- ✓ Employment Advice



“Be **Strong** enough  
to stand alone,  
**Smart** enough to  
know when you need  
help, and **Brave**  
enough to ask for it”

Ziad K. Abdelnour



# Thank you

[tom@bolstercommunity.org](mailto:tom@bolstercommunity.org)

