

SOUTHERN AREA LOCALITY PLANNING GROUPS

Emotional Wellbeing and
Mental Health Resource for
Children and Young People



The aim of this resource is to provide information on local services for children and young people which will be of benefit to their emotional wellbeing and mental health.

This is a top priority for all 6 CYPSP Locality Planning Groups (LPG's) in the Southern area (further information on CYPSP and LPG's is on Page 165). LPG members agreed it would be useful to collect information on all services that were available to support children and young people. This will help us to understand local support, to explore further partnership working and to identify any gaps in service provision which may need to be addressed.

Between September 2019 and June 2020 organisations sent through information for inclusion in the resource, providing details of their service or programmes which had a very clear focus on emotional wellbeing and mental health of children and/or young people. We recognise that many services and programmes for children and young people are of immense value and benefit to improving outcomes for children and young people in the area, however we had to limit this to those with a specific remit to make it a manageable piece of research.

We have included parent support too as the age remit is from ante natal to 18, and 25 for young adults with a disability/additional needs.

We appreciate that services and programmes change on an ongoing basis, so would remind readers that this resource is subject to change in the future. Moreover, due to the impact of COVID-19 from March 2020, we strongly encourage any contact with services or programmes to obtain updated information directly from the service to reflect any change.

We aim to update this in Autumn 2021 and would invite any service or programme who are not included in this, to contact us on localityplanning@ci-ni.org.uk to obtain a template for completion for the next edition.

We also encourage all services to register with www.familysupportni.gov.uk as the key directory of all family support services across Northern Ireland.

*Southern Area Locality Planning Team,
October 2020*



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Armagh

Please click on the relevant icon in the address box to link to the service's website and/or facebook address:




-  example icon linking to website
-  example icon linking to facebook

Photography:
The Mall in Armagh, courtesy of Martin McCann, Armagh






ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>

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Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>
Armagh	<p>ArKe Sure Start</p> 	<p>A New Day</p> <p>A programme providing parents with the opportunity to experience various activities that can help with their emotional well-being; self-care and reduce stress.</p>	<p>Mia Murray</p> <p>☎ 028 3751 8569 Mia.murray@southerntrust.hscni.net Unit 17, Armagh Shopping Centre, Thomas Street, Armagh, Co. Armagh, BT61 7AE</p> <p>🌐 📘</p>	Parents with preschool children	ArKe Sure Start member (Identified via FSW Team)
Armagh	<p>ArKe Sure Start</p> 	<p>Baby Massage</p> <p>Promotes bonding and secure attachment. Decreases stress hormones in both baby and parent.</p>	<p>Mia Murray</p> <p>☎ 028 3751 8569 Mia.murray@southerntrust.hscni.net Unit 17, Armagh Shopping Centre, Thomas Street, Armagh, Co. Armagh, BT61 7AE</p> <p>🌐 📘</p>	Parents and babies up to 6 months	ArKe Sure Start member (Universal service)

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<p>Southern Area – Armagh- Dungannon, Craigavon- Banbridge, Newry- Mourne</p>	<p>Barnardos</p> <p>Believe in children</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> 	<p>Children (age 4+), Young People and Parents</p>	<p>Self referral</p>
<p>Armagh and Dungannon</p>	<p>Barnardo's Young People's Partnership</p> <p>Believe in children</p>  	<p>Family Support Hub (Armagh & Dungannon)</p> <p>Barnardo's YPP host the Family Support Hub in the Armagh / Dungannon locality and co-ordinate an inter-agency response to meet and match requests for family support from a range of referral sources.</p> <p>Family Support Hubs support parents and children at the earliest possible opportunity by ensuring that family support service providers work together, to improve access to family support services for all parents and children and to help planners know what families need in order to provide better services.</p>	<p>Pat McGeough</p> <p>☎ 028 3752 2380 familysupporthub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> 	<p>0-18</p>	<p>Families where there is a child aged 0-18</p>

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Armagh and Dungannon	<p>Barnardo's Young People's Partnership</p> <p>Believe in children Barnardo's Northern Ireland</p>	<p>Young People's Partnership</p> <p>YPP is a service which is part of a comprehensive adolescent service (Southern-Trust based) which works with vulnerable young people aged 13-18 in this area, including those engaged in 'at risk' activities and those at risk of homelessness.</p>	<p>Pat McGeough</p> <p>☎ 028 3752 2380 (Armagh Office) familysuppothub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> <p>🌐</p> <p>Carrie Ann Rafferty</p> <p>☎ 028 30263135 (Newry Office) familysuppothub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> <p>🌐</p>	13-18	Need to be assessed as 'in need' or 'at risk' via Gateway Service where capacity allows limited number of referrals received via Family Support Hub.
Armagh and Dungannon	<p>BCM (Belfast Central Mission)</p> <p> Parent Support Improving people's lives in Northern Ireland</p>	<p>Parent Support Service</p> <p>Early intervention family support service.</p> <p>Parent Support aims to support those who need it most by offering practical and emotional support that will improve emotional and physical health, reduce isolation and equip parents with the necessary skills and resilience to give their children the best start in life.</p> <p>Funded by SHSCT. Home-based support.</p>	<p>Joanne McCourt</p> <p>☎ 028 8775 0175 ☎ 077 8951 8785 jmccourt@belfastcentralmission.org Western House, 1-3 Dungannon Road, Coalisland, Co. Tyrone, BT71 4HR</p> <p>🌐</p>	Parents & children 0-17	<p>Through the Family Support Hub only.</p> <p>The service works with 20 families at any one time for up to 14 weeks.</p>







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Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSCT psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	0-12	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>








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Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment Programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include:</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: Providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	13-18	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

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Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>CAMHS Team</p> <p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Massage</p> <p>Parent/carer & child 5 week block of classes. Learn how to massage baby. Aids bonding for those experiencing challenges with this, e.g. PND. Aids symptoms of reflux, colic, social isolation for parents.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	Birth - 1.5 Years	Individual can book online. Contact organisation direct to discuss financial support for programmes.
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Yoga</p> <p>Baby Yoga - Parent/carer accompanies child. Child encourages to move in yogic poses, to replicate those within the womb, aid bonding, movement, colic symptoms, mobility, sensory stimulation.</p> <p>Programmes can be accessed by all. No catchment criteria. Some individuals pay for the classes, some make a part contribution. As and when funding is acquired, we also offer fully funded classes.</p> <p>Runs out of The Studio, at Centred Soul.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	8 Weeks - 1.5 Years	<p>Maximum of 11 in each class.</p> <p>Currently a small waiting list in place.</p>

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Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Rhythm 2 Recovery Drum Facilitation</p> <p>Evidenced based Music Therapy, using African djembe drums and percussion instruments. Can be offered in individual sessions as well as 6-8 week long courses.</p> <p>Can be used for particular themes (e.g. grief, domestic abuse) or can be more general team building style.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	School Age	<p>Community/Stat agency to make contact to arrange dates/times for sessions.</p> <p>Sessions also held throughout the year in Centred Soul that can be attended by anyone.</p>
Southern Trust Area	<p>Children in Northern Ireland (CiNI)</p>  <p>ParentLine NI</p> 	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	All parents and carers. Anyone in a parenting role	Self-Referral, via telephone, or professional referral, via referral form.
Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group. All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> 	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com






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Newry, Mourne & Down and Armagh, Banbridge & Craigavon	<p>Davina's Ark</p> 	<p>Becoming my Best Self - Knowing Me</p> <p>All Age Groups:</p> <ul style="list-style-type: none"> Provide one-to-one counselling Provide workshops on Becoming my Best Self – Knowing Me <p>11-18 Age Group:</p> <ul style="list-style-type: none"> Provide workshops in schools and in-house on foetal alcohol syndrome <p>18-25 Age Group:</p> <ul style="list-style-type: none"> Provide recovery education programmes 	<p>Rosemary Rooney</p> <p>☎ 028 3027 9407 info@davinasark.co.uk 22 Kilmorey Street, Newry, Co. Down, BT34 2DE</p> <p>🌐</p>	8-25	Self-referral, schools, GPs, other related services
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Alison Curran</p> <p>Armagh, Banbridge, Dungannon, Craigavon</p> <p>☎ 028 3831 446 alison.curran@eani.org.uk PBS&P, Silverwood Centre, Lough Road, Lurgan, BT66 6LX.</p> <p>🌐</p>	Nursery, Primary and Special Schools	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.





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Southern Trust Area	<p>Education Authority (EANI) Youth Service</p>  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p>☎ 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> <p>🌐</p>	11-25	Referral formal form must be submitted and can be obtained via the contact info.
Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> Raising awareness of Take 5 messages and how these support good mental health and wellbeing. Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.







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Armagh & Newry	<p>The Genesis Programme</p>  	<p>The Changing Lives Initiative</p> <p>App for parents.</p> <p>The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>+353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> 	3-7	Self-referral, online, through www.changinglivesinitiative.com
Armagh, Banbridge & Craigavon	<p>Links Counselling Service</p> 	<p>Counselling for children and young people, mental health programmes and support groups</p> <p>Within the community, we offer 1-2-1 counselling, including play therapy, art therapy and CYP specialised counselling using integrative therapies.</p> <p>Programmes and workshops for primary school aged children and post-primary aged, psycho-educational including: managing anxiety, relationships, self-esteem, group support and mediation amongst peers.</p> <p>We also offer 1-2-1 counselling in all the post primary schools within the ABC Council area.</p> <p>Children referred should not be receiving therapeutic treatment by another service, including CAMHS.</p> <p>Referrals are for mild to moderate trauma and mental health difficulties. There should be no clinical diagnosis of a mental health disorder or addiction where the child is receiving statutory treatment.</p> <p>This service is fully funded by EA.</p>	<p>Laura Wylie</p> <p>078 350 0620 laura@linkscounselling.com 23A Castle Lane, Lurgan, Co. Armagh. BT67 9DB</p> 	5+ (No age limit)	<p>Referrals can be self, or made by the school, parents, GP or other organisation.</p> <p>Referrals can be made via our website, by phone (028 38342825), or by email info@linkscounselling.com</p>



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Armagh, Banbridge, Craigavon, Dungannon & Newry	<p>NIACRO</p>  	<p>CAPS (Child And Parent Support)</p> <p>Individual support tailored to the needs of the young person. Individual and group work opportunities. Can work with the young person if open to other agencies. Young person should be open to multi-agency support. Young person in need – evidence of significant difficulties at home school and community.</p>	<p>Ronan Garvey</p> <p>☎ 028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP</p> <p>🌐</p>	8-13	<p>Contact Ronan with an enquiry, in first instance, before completing detailed referral form.</p> <p>Self-referrals NOT accepted.</p>
Southern Trust Area	<p>PIPS Hope & Support</p> 	<p>Various Programmes / Support</p> <p>Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.</p>	<p>Biggi Hofmann</p> <p>☎ 028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG</p> <p>🌐</p>	6+	<p>Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)</p>
Southern Trust Area (Also NI-Wide)	<p>Relate NI</p> 	<p>Children & Young People Counselling</p> <p>Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena). Relate NI also provides:</p> <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy <p>Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.</p>	<p>Emma Irwin</p> <p>☎ 028 9032 3454 Emmalrwin@relateni.org 3rd & 4th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> <p>🌐 🐦</p>	4-18	<p>Through GP or Social Worker</p> <p>Self-referrals can also be accepted - Rates available on request.</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> 	0-19	Child with visual impairment. Can be referred by family, organisation or statutory body.
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p> CAMHS  Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> <p>🌐</p>	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	5.5-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>


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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>






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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooney</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooney@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	Pre birth - 18yrs	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>






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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	<p>Open referral.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	<p>Families with a child of 0-4</p>	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.

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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	<p>Each school will be supported to identify an Instructor to train and deliver the programme.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler</p> <p>Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison</p> <p>lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> <p>🌐</p>	16+	<p>No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form</p>
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Children and Young Person Services - Women's Aid</p> <p>Providing emotional support for children who have experienced Domestic abuse.</p> <p>Completing work on self-esteem and keeping safe.</p>	<p>Clare McCullough</p> <p>☎ 028 38397979 Portadown Resource Centre, 53 William St, Portadown, Co. Armagh BT62 3NX</p> <p>🌐</p>	5-17	<p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Core business, if someone has been impacted by domestic and/or sexual abuse.</p> <p>Emotional and practical support to anyone who has been impacted by domestic & sexual abuse.</p> <p>To educate and empower women and children to move forward from their experiences and live free from abuse.</p> <p>Children's programmes:</p> <ul style="list-style-type: none"> • Helping Hands • Transformers • Heading for Healthy Relationships <p>Women's programmes:</p> <ul style="list-style-type: none"> • Journey to Freedom • Insight • You and Me, Mum • Snack & Chat 	<p>Portadown Resource Centre</p> <p>☎ 02838 397979 53 William St., Portadown, Co. Armagh BT62 3NX</p> <p>Armagh Resource Centre</p> <p>(Not continually staffed) 39 Abbey St., Armagh, Co. Armagh BT61 7BY</p> <p>🌐</p>	<p>Children up to age of 17</p> <p>Women 17+</p>	<p>Impacted by domestic/sexual abuse.</p> <p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>
Southern Trust Area	<p>YouthAction NI</p> 	<p>Everyday Life Young Men & Violence Project</p> <p>This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.</p>	<p>Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624</p> <p>Caelan Donnelly Young Men's Development Worker caelan@youthaction.org ☎ 028 3751 1624</p> <p>Armagh Regional Office, St. Patrick's Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA</p> <p>🌐</p>	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership



ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	<p>LifeMaps (Funded by the Co-op)</p> <p>Building positive mental health & wellbeing in young people is a crucial area of YouthAction's work.</p> <p>Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment.</p> <p>LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.</p>	<p>Michael McKenna</p> <p>michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick's Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA</p> <p>🌐</p>	<p>14 - 25yrs</p> <p>Also volunteers, workers, etc.</p>	<p>YouthAction membership</p>
Southern Trust Area	YouthAction NI 	<p>Our Generation</p> <p>This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.</p>	<p>Michael McKenna</p> <p>Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick's Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA</p> <p>Dean Farquhar</p> <p>Young Men's Development Worker dean@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick's Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA</p> <p>🌐</p>	<p>14 – 25yrs</p>	<p>Living in the ABC Council; NMD Council area YouthAction membership</p>



Banbridge



Please click on the relevant icon in the address box to link to the service's website and/or facebook address:

-  example icon linking to website
-  example icon linking to facebook

Photography:
Old Town Hall, Banbridge, Courtesy of Armagh City, Banbridge and Craigavon Borough Council

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>
Southern Area – Armagh-Dungannon, Craigavon-Banbridge, Newry-Mourne	<p>Barnardos</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> <p>🌐</p>	Children (age 4+), Young People and Parents	Self referral








LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSC psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	<p>0-12</p>	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	<p>13-18</p>	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>CAMHS Team</p> <p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Massage</p> <p>Parent/carer & child 5 week block of classes. Learn how to massage baby. Aids bonding for those experiencing challenges with this, e.g. PND. Aids symptoms of reflux, colic, social isolation for parents.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	Birth- 1.5 Years	Individual can book online. Contact organisation direct to discuss financial support for programmes.
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Yoga</p> <p>Baby Yoga - Parent/carer accompanies child. Child encourages to move in yogic poses, to replicate those within the womb, aid bonding, movement, colic symptoms, mobility, sensory stimulation.</p> <p>Programmes can be accessed by all. No catchment criteria. Some individuals pay for the classes, some make a part contribution. As and when funding is acquired, we also offer fully funded classes.</p> <p>Runs out of The Studio, at Centred Soul.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	8- Weeks to 1.5 Years	Maximum of 11 in each class. Currently a small waiting list in place.

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Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Rhythm 2 Recovery Drum Facilitation</p> <p>Evidenced based Music Therapy, using African djembe drums and percussion instruments. Can be offered in individual sessions as well as 6-8 week long courses.</p> <p>Can be used for particular themes (e.g. grief, domestic abuse) or can be more general team building style.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	School Age	<p>Community/Stat agency to make contact to arrange dates/times for sessions.</p> <p>Sessions also held throughout the year in Centred Soul that can be attended by anyone.</p>
Southern Trust Area	<p>Children in Northern Ireland (CiNI)</p>  <p>ParentLine NI</p> 	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	All parents and carers. Anyone in a parenting role	Self-Referral, via telephone, or professional referral, via referral form.
Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group.</p> <p>All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> 	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com

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Newry, Mourne & Down and Armagh, Banbridge & Craigavon	<p>Davina's Ark</p> 	<p>Becoming my Best Self - Knowing Me</p> <p>All Age Groups:</p> <ul style="list-style-type: none"> Provide one-to-one counselling Provide workshops on Becoming my Best Self – Knowing Me <p>11-19 Age Group:</p> <ul style="list-style-type: none"> Provide workshops in schools and in-house on foetal alcohol syndrome <p>18-26 Age Group:</p> <ul style="list-style-type: none"> Provide recovery education programmes 	<p>Rosemary Rooney</p> <p>☎ 028 3027 9407 info@davinasark.co.uk 22 Kilmorey Street, Newry, Co. Down, BT34 2DE</p> <p>🌐</p>	8-25	Self-referral, schools, GPs, other related services
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Alison Curran</p> <p>Armagh, Banbridge, Dungannon, Craigavon</p> <p>☎ 028 3831 446 alison.curran@eani.org.uk PBS&P, Silverwood Centre, Lough Rd, Lurgan. BT66 6LX.</p> <p>🌐</p>	Nursery, Primary and Special Schools	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.






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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	Education Authority (EANI) Youth Service  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p>☎ 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> <p>🌐</p>	11-25	Referral formal form must be submitted and can be obtained via the contact info.
Southern Trust Wide	Education Authority (EANI) Youth Service 	<p>Health and Well Being Forum</p> <p>Looking at issues around young people's health and wellbeing with a specific focus on Mental Health, relationships, bullying and social media.</p>	<p>Eimear Le Blevec</p> <p>☎ 028 4066 2509 eimear.mccurdie@eani.org.uk Banbridge Youth Resource Centre, Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>🌐</p>	14-18	No referral.










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Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> Raising awareness of Take 5 messages and how these support good mental health and wellbeing. Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.
Banbridge & Craigavon	<p>FutureProof</p>  	<p>Youth Engagement Service (Y.E.S.)</p> <p>Service covering following issues: substance misuse, mental health, relationships, health and wellbeing, practical issues.</p> <p>Support offered:</p> <ul style="list-style-type: none"> Group Work Training Drop-In (2-6pm Tuesday-Friday) 1-2-1 Support Signposting 	<p>Lucinda Love-Teggarty</p> <p>☎ 028 406 24511 Lucinda.Futureproof@aol.com Debbie.futureproof@aol.com Unit 3, Enville Court, Banbridge, Co Down, BT32 4AX</p> 	11-25	Contact via email, telephone or through drop-in.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh & Newry	<p>The Genesis Programme</p>  	<p>The Changing Lives Initiative</p> <p>App for parents.</p> <p>The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>+353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> 	3-7	Self-referral, online, through www.changinglivesinitiative.com
Armagh, Banbridge & Craigavon	<p>Links Counselling Service</p> 	<p>Counselling for children and young people, mental health programmes and support groups</p> <p>Within the community, we offer 1-2-1 counselling, including play therapy, art therapy and CYP specialised counselling using integrative therapies.</p> <p>Programmes and workshops for primary school aged children and post-primary aged, psycho-educational including: managing anxiety, relationships, self-esteem, group support and mediation amongst peers.</p> <p>We also offer 1-2-1 counselling in all the post primary schools within the ABC Council area.</p> <p>Children referred should not be receiving therapeutic treatment by another service, including CAMHS.</p> <p>Referrals are for mild to moderate trauma and mental health difficulties. There should be no clinical diagnosis of a mental health disorder or addiction where the child is receiving statutory treatment.</p> <p>This service is fully funded by EA.</p>	<p>Laura Wylie</p> <p>078 350 0620 laura@linkscounselling.com 23A Castle Lane, Lurgan, Co. Armagh. BT67 9DB</p> 	5+ (No age limit)	<p>Referrals can be self, or made by the school, parents, GP or other organisation.</p> <p>Referrals can be made via our website, by phone (028 38342825), or by email info@linkscounselling.com</p>







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Armagh, Banbridge, Craigavon, Dungannon & Newry	NIACRO  	CAPS (Child And Parent Support) Individual support tailored to the needs of the young person. Individual and group work opportunities. Can work with the young person if open to other agencies. Young person should be open to multi-agency support. Young person in need – evidence of significant difficulties at home school and community.	Ronan Garvey ☎ 028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP 	8-13	Contact Ronan with an enquiry, in first instance, before completing detailed referral form. Self-referrals NOT accepted.
Banbridge & Craigavon	NIACRO  	EISS (Early Intervention Support Service) Time limited home-based support where there are no other agencies involved with the family.	Ronan Garvey ☎ 028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP 	0-18	0-18 years Completed referral form necessary Family must not be known to Social Services. Self-Referrals accepted.
Banbridge & Craigavon	NIACRO  	Family Support Hub (Banbridge & Craigavon) NIACRO host the Family Support Hub in the Craigavon & Banbridge locality and co-ordinate an inter-agency response to meet and match requests for family support from a range of referral sources. Family Support Hubs support parents and children at the earliest possible opportunity by ensuring that family support service providers work together, to improve access to family support services for all parents and children and to help planners know what families need in order to provide better services.	Lisa Grant ☎ 028 38 331168 (ext. 4042) familysupporthub@niacro.co.uk 26 Carleton Street, Portadown, Co. Armagh, BT62 3EP 	0-18	Families where there is a child aged 0-18 years.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Banbridge & Craigavon	Parenting NI 	Early Intervention and Preventions via Family Support Services (focus primarily on families with 5-13yr olds) Providing support to the families that are being referred to Parenting NI via the SHSCT and Family Support Hub. Families are able to access telephone support, online support, web chats as well as online programmes/workshop sessions on parenting support.	Shirley Millar ☎ 028 406 24511 shirley@parentingni.org 42 Dublin Road, Belfast, BT2 7HN 	5-13yr olds	Via the Family Support Hub
Southern Trust Area	PIPS Hope & Support 	Various Programmes / Support Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.	Biggi Hofmann ☎ 028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG 	6+	Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)
Southern Trust Area (Also NI-Wide)	Relate NI 	Children & Young People Counselling Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena). Relate NI also provides: <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.	Emma Irwin ☎ 028 9032 3454 Emmalrwin@relateni.org 3 rd & 4 th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB  	4-18	Through GP or Social Worker Self-referrals can also be accepted - Rates available on request.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> 	0-19	Child with visual impairment. Can be referred by family, organisation or statutory body.
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p> CAMHS  Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> 	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	<p>5.5-18 years</p>	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
<p>Southern Trust Area</p>	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	<p>0-18</p>	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>

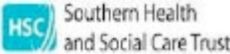

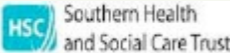

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>






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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>

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<p>Southern Trust Area</p>	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	<p>0-18</p>	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
<p>Southern Trust Area</p>	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooley</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	<p>Pre birth - 18yrs</p>	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>

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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	<p>Open referral.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	<p>Families with a child of 0-4</p>	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>

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Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.

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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	<p>Each school will be supported to identify an Instructor to train and deliver the programme.</p>







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Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> <p>🌐</p>	16+	No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form
Banbridge	<p>Star Sure Start, Banbridge</p> 	<p>Various Programmes / Support</p> <p>Star Sure Start is funded by the Department of Education and aims to deliver the best start in life for every child. Our services are free and designed to support early education, health and family wellbeing. Our staff include Family Workers, Speech and Language Therapists, Play Workers, Occupational Therapists, Midwives and Health Visitors.</p> <p>We offer every family the right level of support for them. This can be through small groups in Star or other local venues in Banbridge or in their own home. Some services are for parents, while some are for parents / carers and children to enjoy together.</p>	<p>Shirley McCaffrey</p> <p>☎ 028 40622 475 star.surestart@southerntrust.hscni.net 2b/2c Newry Road, Banbridge, Co. Down, BT32 3HF</p> <p>🌐</p>	Pregnancy to 4 th Birthday	If you are a mum or dad to be or have a child under 4 years old and live in The Cut and Edenderry wards in Banbridge, you can register for our services.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Children and Young Person Services - Women's Aid</p> <p>Providing emotional support for children who have experienced Domestic abuse.</p> <p>Completing work on self-esteem and keeping safe.</p>	<p>Clare McCullough</p> <p>☎ 028 38397979</p> <p>Portadown Resource Centre, 53 William St, Portadown, Co. Armagh BT62 3NX</p> 	5-17	<p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Core business, if someone has been impacted by domestic and/or sexual abuse.</p> <p>Emotional and practical support to anyone who has been impacted by domestic & sexual abuse.</p> <p>To educate and empower women and children to move forward from their experiences and live free from abuse.</p> <p>Children's programmes:</p> <ul style="list-style-type: none"> • Helping Hands • Transformers • Heading for Healthy Relationships <p>Women's programmes:</p> <ul style="list-style-type: none"> • Journey to Freedom • Insight • You and Me, Mum • Snack & Chat 	<p>Portadown Resource Centre</p> <p>☎ 02838 397979</p> <p>53 William St., Portadown, Co. Armagh BT62 3NX</p> <p>Armagh Resource Centre</p> <p>(Not continually staffed)</p> <p>39 Abbey St., Armagh, Co. Armagh BT61 7BY</p> 	<p>Children up to age of 17</p> <p>Women 17 +</p>	<p>Impacted by domestic/ sexual abuse.</p> <p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>



BANBRIDGE

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Everyday Life Young Men & Violence Project This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Caelan Donnelly Young Men’s Development Worker caelan@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership
Southern Trust Area	YouthAction NI 	LifeMaps (Funded by the Co-op) Building positive mental health & wellbeing in young people is a crucial area of YouthAction’s work. Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment. LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.	Michael McKenna michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 - 25yrs Also volunteers, workers, etc.	YouthAction membership
Southern Trust Area	YouthAction NI 	Our Generation This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, 	14 – 25yrs	Living in the ABC Council; NMD Council area YouthAction membership



Craigavon

Please click on the relevant icon in the address box to link to the service's website and/or facebook address:



-  example icon linking to website
-  example icon linking to facebook

Photography: Lough Neagh Discovery Centre, courtesy of Armagh City, Banbridge and Craigavon Borough Council

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>
Southern Area – Armagh-Dungannon, Craigavon-Banbridge, Newry-Mourne	<p>Barnardos</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> <p>🌐</p>	Children (age 4+), Young People and Parents	Self referral








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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSCT psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	0-12	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>


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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	13-18	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Southern Trust Area	<p>Children in Northern Ireland (CiNI)</p>  <p>ParentLine NI</p> 	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	All parents and carers. Anyone in a parenting role	Self-Referral, via telephone, or professional referral, via referral form.
Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group.</p> <p>All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> 	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry, Mourne & Down and Armagh, Banbridge & Craigavon	<p>Davina's Ark</p> 	<p>Becoming my Best Self - Knowing Me</p> <p>All Age Groups:</p> <ul style="list-style-type: none"> Provide one-to-one counselling Provide workshops on Becoming my Best Self – Knowing Me <p>11-20 Age Group:</p> <ul style="list-style-type: none"> Provide workshops in schools and in-house on foetal alcohol syndrome <p>18-27 Age Group:</p> <ul style="list-style-type: none"> Provide recovery education programmes 	<p>Rosemary Rooney</p> <p>☎ 028 3027 9407 info@davinasark.co.uk 22 Kilmorey Street, Newry, Co. Down, BT34 2DE</p> <p>🌐</p>	8-25	Self-referral, schools, GPs, other related services
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Alison Curran</p> <p>Armagh, Banbridge, Dungannon, Craigavon</p> <p>☎ 028 3831 446 alison.curran@eani.org.uk PBS&P, Silverwood Centre, Lough Rd, Lurgan. BT66 6LX.</p> <p>🌐</p>	Nursery, Primary and Special Schools	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.


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Southern Trust Area	<p>Education Authority (EANI) Youth Service</p>  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p>☎ 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> 	11-25	Referral formal form must be submitted and can be obtained via the contact info.
Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> • Raising awareness of Take 5 messages and how these support good mental health and wellbeing. • Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.













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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Banbridge & Craigavon	<p>FutureProof</p>  	<p>Youth Engagement Service (Y.E.S.)</p> <p>Service covering following issues: substance misuse, mental health, relationships, health and wellbeing, practical issues.</p> <p>Support offered:</p> <ul style="list-style-type: none"> • Group Work • Training • Drop-In (2-6pm Tuesday-Friday) • 1-2-1 Support • Signposting 	<p>Lucinda Love-Teggarty</p> <p>☎ 028 406 24511 Lucinda.Futureproof@aol.com Debbie.futureproof@aol.com Unit 3, Enville Court, Banbridge, Co Down, BT32 4AX</p> <p></p>	11-25	Contact via email, telephone or through drop-in.
Armagh & Newry	<p>The Genesis Programme</p>  	<p>The Changing Lives Initiative</p> <p>App for parents.</p> <p>The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>☎ +353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> <p></p>	3-7	Self-referral, online, through www.changinglivesinitiative.com








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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Armagh, Banbridge & Craigavon</p>	<p>Links Counselling Service</p> 	<p>Counselling for children and young people, mental health programmes and support groups</p> <p>Within the community, we offer 1-2-1 counselling, including play therapy, art therapy and CYP specialised counselling using integrative therapies.</p> <p>Programmes and workshops for primary school aged children and post-primary aged, psycho-educational including: managing anxiety, relationships, self-esteem, group support and mediation amongst peers.</p> <p>We also offer 1-2-1 counselling in all the post primary schools within the ABC Council area.</p> <p>Children referred should not be receiving therapeutic treatment by another service, including CAMHS.</p> <p>Referrals are for mild to moderate trauma and mental health difficulties. There should be no clinical diagnosis of a mental health disorder or addiction where the child is receiving statutory treatment.</p> <p>This service is fully funded by EA.</p>	<p>Laura Wylie</p> <p>☎ 078 350 0620 laura@linkscounselling.com 23A Castle Lane, Lurgan, Co. Armagh. BT67 9DB</p> <p>🌐</p>	<p>5+ (No age limit)</p>	<p>Referrals can be self, or made by the school, parents, GP or other organisation.</p> <p>Referrals can be made via our website, by phone (028 38342825), or by email info@linkscounselling.com</p>




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Armagh, Banbridge, Craigavon, Dungannon & Newry	NIACRO  	CAPS (Child And Parent Support) Individual support tailored to the needs of the young person. Individual and group work opportunities. Can work with the young person if open to other agencies. Young person should be open to multi-agency support. Young person in need – evidence of significant difficulties at home school and community.	Ronan Garvey  028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP 	8-13	Contact Ronan with an enquiry, in first instance, before completing detailed referral form. Self-referrals NOT accepted.
Banbridge & Craigavon	NIACRO  	EISS (Early Intervention Support Service) Time limited home-based support where there are no other agencies involved with the family.	Ronan Garvey  028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP 	0-18	0-18 years Completed referral form necessary Family must not be known to Social Services. Self-Referrals accepted.
Banbridge & Craigavon	NIACRO  	Family Support Hub (Banbridge & Craigavon) NIACRO host the Family Support Hub in the Craigavon & Banbridge locality and co-ordinate an inter-agency response to meet and match requests for family support from a range of referral sources. Family Support Hubs support parents and children at the earliest possible opportunity by ensuring that family support service providers work together, to improve access to family support services for all parents and children and to help planners know what families need in order to provide better services.	Lisa Grant  028 38 331168 (ext. 4042) familysupporthub@niacro.co.uk 26 Carleton Street, Portadown, Co. Armagh, BT62 3EP 	0-18	Families where there is a child aged 0-18 years.




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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Banbridge & Craigavon	Parenting NI 	Early Intervention and Preventions via Family Support Services (focus primarily on families with 5-13yr olds) Providing support to the families that are being referred to Parenting NI via the SHSCT and Family Support Hub. Families are able to access telephone support, online support, web chats as well as online programmes/workshop sessions on parenting support.	Shirley Millar ☎ 028 406 24511 shirley@parentingni.org 42 Dublin Road, Belfast, BT2 7HN 	5-13yr olds	Via the Family Support Hub
Southern Trust Area	PIPS Hope & Support 	Various Programmes / Support Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.	Biggi Hofmann ☎ 028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG 	6+	Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)
Southern Trust Area (Also NI-Wide)	Relate NI 	Children & Young People Counselling Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena). Relate NI also provides: <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.	Emma Irwin ☎ 028 9032 3454 Emmalrwin@relateni.org 3 rd & 4 th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB  	4-18	Through GP or Social Worker Self-referrals can also be accepted - Rates available on request.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> <p>🌐</p>	0-19	Child with visual impairment. Can be referred by family, organisation or statutory body.
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>

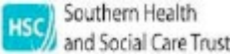

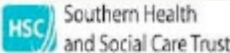

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> 	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>

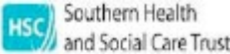

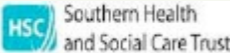

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	5.5-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>

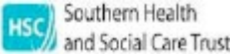

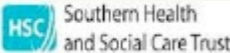

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>




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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>



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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>


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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooley</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	Pre birth - 18yrs	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>






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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	<p>Open referral.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	<p>Families with a child of 0-4</p>	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>

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Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.

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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	<p>Each school will be supported to identify an Instructor to train and deliver the programme.</p>







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Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> <p>🌐</p>	16+	<p>No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form</p>

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Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Children and Young Person Services - Women's Aid</p> <p>Providing emotional support for children who have experienced Domestic abuse.</p> <p>Completing work on self-esteem and keeping safe.</p>	<p>Clare McCullough</p> <p>☎ 028 38397979</p> <p>Portadown Resource Centre, 53 William St, Portadown, Co. Armagh BT62 3NX</p> 	5-17	<p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Core business, if someone has been impacted by domestic and/or sexual abuse.</p> <p>Emotional and practical support to anyone who has been impacted by domestic & sexual abuse.</p> <p>To educate and empower women and children to move forward from their experiences and live free from abuse.</p> <p>Children's programmes:</p> <ul style="list-style-type: none"> • Helping Hands • Transformers • Heading for Healthy Relationships <p>Women's programmes:</p> <ul style="list-style-type: none"> • Journey to Freedom • Insight • You and Me, Mum • Snack & Chat 	<p>Portadown Resource Centre</p> <p>☎ 02838 397979</p> <p>53 William St., Portadown, Co. Armagh BT62 3NX</p> <p>Armagh Resource Centre</p> <p>(Not continually staffed)</p> <p>39 Abbey St., Armagh, Co. Armagh BT61 7BY</p> 	<p>Children up to age of 17</p> <p>Women 17 +</p>	<p>Impacted by domestic/ sexual abuse.</p> <p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Everyday Life Young Men & Violence Project This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Caelan Donnelly Young Men’s Development Worker caelan@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership
Southern Trust Area	YouthAction NI 	LifeMaps (Funded by the Co-op) Building positive mental health & wellbeing in young people is a crucial area of YouthAction’s work. Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment. LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.	Michael McKenna michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 - 25yrs Also volunteers, workers, etc.	YouthAction membership
Southern Trust Area	YouthAction NI 	Our Generation This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, 	14 – 25yrs	Living in the ABC Council; NMD Council area YouthAction membership



Photography:
Dungannon town, courtesy of Mid Ulster Council

Dungannon

Please click on the relevant icon in the address box to link to the service's website and/or facebook address:

-  example icon linking to website
-  example icon linking to facebook






DUNGANNON

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Area – Armagh-Dungannon, Craigavon-Banbridge, Newry-Mourne</p>	<p>Barnardos</p> <p>Believe in children</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> 	<p>Children (age 4+), Young People and Parents</p>	<p>Self referral</p>
<p>Armagh and Dungannon</p>	<p>Barnardo's Young People's Partnership</p> <p>Believe in children</p>  	<p>Family Support Hub (Armagh & Dungannon)</p> <p>Barnardo's YPP host the Family Support Hub in the Armagh / Dungannon locality and co-ordinate an inter-agency response to meet and match requests for family support from a range of referral sources.</p> <p>Family Support Hubs support parents and children at the earliest possible opportunity by ensuring that family support service providers work together, to improve access to family support services for all parents and children and to help planners know what families need in order to provide better services.</p>	<p>Pat McGeough</p> <p>☎ 028 3752 2380 familysupporthub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> 	<p>0-18</p>	<p>Families where there is a child aged 0-18</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh and Dungannon	<p>Barnardo's Young People's Partnership</p> <p>Believe in children</p> 	<p>Young People's Partnership</p> <p>YPP is a service which is part of a comprehensive adolescent service (Southern-Trust based) which works with vulnerable young people aged 13-18 in this area, including those engaged in 'at risk' activities and those at risk of homelessness.</p>	<p>Pat McGeough</p> <p>☎ 028 3752 2380 (Armagh Office) familysuppothub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> <p>🌐</p> <p>Carrie Ann Rafferty</p> <p>☎ 028 30263135 (Newry Office) familysuppothub@barnardos.org.uk 39A Abbey Street, Armagh, Co. Armagh, BT61 7DYE</p> <p>🌐</p>	13-18	Need to be assessed as 'in need' or 'at risk' via Gateway Service where capacity allows limited number of referrals received via Family Support Hub.
Armagh and Dungannon	<p>BCM (Belfast Central Mission)</p> 	<p>Parent Support Service</p> <p>Early intervention family support service.</p> <p>Parent Support aims to support those who need it most by offering practical and emotional support that will improve emotional and physical health, reduce isolation and equip parents with the necessary skills and resilience to give their children the best start in life.</p> <p>Funded by SHSCT. Home-based support.</p>	<p>Joanne McCourt</p> <p>☎ 028 8775 0175 ☎ 077 8951 8785 jmccourt@belfastcentralmission.org Western House, 1-3 Dungannon Road, Coalisland, Co. Tyrone, BT71 4HR</p> <p>🌐</p>	Parents & children 0-17	<p>Through the Family Support Hub only.</p> <p>The service works with 20 families at any one time for up to 14 weeks.</p>






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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSCT psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	0-12	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>


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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment Programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include:</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: Providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	13-18	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>CAMHS Team</p> <p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Southern Trust Area	<p>Children in Northern Ireland (CiNI)</p>  <p>ParentLine NI</p> 	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	All parents and carers. Anyone in a parenting role.	Self-Referral, via telephone, or professional referral, via referral form.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Dungannon</p> <p>Ward areas: Augher, Clogher, Fivemile-town, Ballygawley and Aughnacloy</p>	<p>Clogher Valley Surestart</p> 	<p>Clogher Valley Surestart</p> <p>Sure Start is a government led initiative funded by the Department of Education aimed at giving every child the best possible start in life.</p> <p>Sure Start works in partnership with statutory, voluntary and community sectors and parents to promote the physical, intellectual and social development of babies and young children.</p> <p>Clogher Valley Surestart has been offering a range of services to families and children to help them reach their full potential since 2001. Services are offered both in your own home and in local venues. The Clogher Valley Surestart staff is a dedicated and enthusiastic multi- disciplinary team consisting of Family support, Health and Early Years Professionals.</p> <p>The core services of Sure Start are:</p> <ul style="list-style-type: none"> • Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services • Family support, including befriending, social support and parenting information, both group and home based • Good quality play, learning and childcare experiences for children, both group and home based • Primary and community healthcare and advice <p>Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.</p>	<p>Mairead McMullen</p> <p>☎ 028 8554 9898 info@cloghervalleysurestart.org 74 Main Street, Augher, Co. Tyrone, BT77 0BG</p> <p>🌐 📺</p>	<p>Antenatal until child's 4th Birthday</p>	<p>Self-referral and referral from range of health, education sectors</p> <p>Universal and targeted services provided</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group. All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> <p>🌐</p>	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com
Dungannon & Coalisland	<p>Dungannon & Coalisland Sure Start</p> 	<p>Various Programmes / Support</p> <p>Dungannon and Coalisland Sure Start run a variety of programmes for children 0-4 and their parents designed to promote all aspects of the child's health and wellbeing to ensure they get the best start in life. Some of the programmes which are specifically designed with mental health and well-being in mind include: Baby Mindful and Mind Yourself. All programmes however, including the wide range of play based programmes and Developmental Programmes for 2 – 3 Year Olds are extremely beneficial for building and supporting resilience in children. Play Programmes encourage appropriate risk taking which is a major factor in developing good robust mental health in children.</p> <p>All our parenting programmes, such as our Parenting Puzzle and Nurturing Programme have mental well-being as a fundamental component. All Dungannon and Coalisland SureStart are trained in mental health first aid.</p>	<p>Siobhan Wallace</p> <p>☎ 028 8772 9695 siobhanwallace@surestartdc.org 5 Ballygawley Road, Dungannon, Co. Tyrone. BT70 1TU</p> <p>🌐 📱 📷</p>	Children 0-4 and their parents / carers	Living in Dungannon and Coalisland catchment area and have child in the age range of 0-4 years.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Alison Curran</p> <p>Armagh, Banbridge, Dungannon, Craigavon ☎ 028 3831 446 alison.curran@eani.org.uk PBS&P, Silverwood Centre, Lough Rd, Lurgan, BT66 6LX</p> 	Nursery, Primary and Special Schools	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.
Southern Trust Area	<p>Education Authority (EANI) Youth Service</p>  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p>☎ 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> 	11-25	Referral formal form must be submitted and can be obtained via the contact info.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> • Raising awareness of Take 5 messages and how these support good mental health and wellbeing. • Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh & Newry	<p>The Genesis Programme</p>  	<p>The Changing Lives Initiative</p> <p>App for parents.</p> <p>The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>+353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> 	3-7	Self-referral, online, through www.changinglivesinitiative.com
Armagh, Banbridge, Craigavon, Dungannon & Newry	<p>NIACRO</p>  	<p>CAPS (Child And Parent Support)</p> <p>Individual support tailored to the needs of the young person.</p> <p>Individual and group work opportunities.</p> <p>Can work with the young person if open to other agencies.</p> <p>Young person should be open to multi-agency support.</p> <p>Young person in need – evidence of significant difficulties at home school and community.</p>	<p>Ronan Garvey</p> <p>028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP</p> 	8-13	<p>Contact Ronan with an enquiry, in first instance, before completing detailed referral form.</p> <p>Self-referrals NOT accepted.</p>
Southern Trust Area	<p>PIPS Hope & Support</p> 	<p>Various Programmes / Support</p> <p>Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.</p>	<p>Biggi Hofmann</p> <p>028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG</p> 	6+	Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)



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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area (Also NI-Wide)	<p>Relate NI</p> 	<p>Children & Young People Counselling</p> <p>Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena).</p> <p>Relate NI also provides:</p> <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy <p>Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.</p>	<p>Emma Irwin</p> <p>☎ 028 9032 3454 Emmalrwin@relateni.org 3rd & 4th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> <p> </p>	4-18	<p>Through GP or Social Worker</p> <p>Self-referrals can also be accepted - Rates available on request.</p>
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> <p></p>	0-19	<p>Child with visual impairment. Can be referred by family, organisation or statutory body.</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> <p>🌐</p>	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	5.5-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>



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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>






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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>

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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooley</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	Pre birth - 18yrs	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>






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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	<p>Open referral.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	<p>Families with a child of 0-4</p>	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>



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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	<p>Each school will be supported to identify an Instructor to train and deliver the programme.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> 	16+	No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form
Dungannon	<p>YouthAction NI</p> 	<p>Amplify</p> <p>Amplify is a Peace IV funded programme for young people aged 16 to 24 who can commit to 18 hours per week for a programme focusing on personal development, good relations and citizenship.</p> <p>YouthAction have a 75 year history of working with young people to tackle inequalities in their lives, improve their life chances, inspire them as activists and contribute to flourishing communities in a peaceful way.</p>	<p>Brenda McElroy</p> <p>brenda@youthaction.org ☎ 028 66328534 Fermanagh House, Broadmeadow Place, Enniskillen, Co. Tyrone. BT74 7HR</p> 	16–24	<p>Max. of 18 per Amplify programme.</p> <p>Contact Brenda directly.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Everyday Life Young Men & Violence Project This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Caelan Donnelly Young Men’s Development Worker caelan@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership
Southern Trust Area	YouthAction NI 	LifeMaps (Funded by the Co-op) Building positive mental health & wellbeing in young people is a crucial area of YouthAction’s work. Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment. LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.	Michael McKenna michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 - 25yrs Also volunteers, workers, etc.	YouthAction membership
Southern Trust Area	YouthAction NI 	Our Generation This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, 	14 – 25yrs	Living in the ABC Council; NMD Council area YouthAction membership









Photography:
Newry Town Hall, courtesy of Peter Clarke Photography, Newry

Newry & Mourne



Please click on the relevant icon in the address box to link to the service's website and/or facebook address:

-  example icon linking to website
-  example icon linking to facebook

NEWRY & MOURNE

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>
Southern Area – Armagh-Dungannon, Craigavon-Banbridge, Newry-Mourne	<p>Barnardos</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> <p>🌐</p>	Children (age 4+), Young People and Parents	Self referral







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSCCT psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	0-12	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment Programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include:</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: Providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	13-18	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>



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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>CAMHS Team</p> <p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Massage</p> <p>Parent/carer & child 5 week block of classes. Learn how to massage baby. Aids bonding for those experiencing challenges with this, e.g. PND. Aids symptoms of reflux, colic, social isolation for parents.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	Birth- 1.5 Years	Individual can book online. Contact organisation direct to discuss financial support for programmes.
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Yoga</p> <p>Baby Yoga - Parent/carer accompanies child. Child encourages to move in yogic poses, to replicate those within the womb, aid bonding, movement, colic symptoms, mobility, sensory stimulation.</p> <p>Programmes can be accessed by all. No catchment criteria. Some individuals pay for the classes, some make a part contribution. As and when funding is acquired, we also offer fully funded classes.</p> <p>Runs out of The Studio, at Centred Soul.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	8- Weeks to 1.5 Years	<p>Maximum of 11 in each class.</p> <p>Currently a small waiting list in place.</p>



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<p>Armagh, Banbridge, Newry & South Armagh</p>	<p>Centred Soul</p> 	<p>Rhythm 2 Recovery Drum Facilitation</p> <p>Evidenced based Music Therapy, using African djembe drums and percussion instruments. Can be offered in individual sessions as well as 6-8 week long courses.</p> <p>Can be used for particular themes (e.g. grief, domestic abuse) or can be more general team building style.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	<p>School Age</p>	<p>Community/Stat agency to make contact to arrange dates/times for sessions.</p> <p>Sessions also held throughout the year in Centred Soul that can be attended by anyone.</p>
<p>Southern Trust Area</p>	<p>Children in Northern Ireland (CiNI)</p>  	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	<p>All parents and carers. Anyone in a parenting role.</p>	<p>Self-Referral, via telephone, or professional referral, via referral form.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & South Armagh	<p>Clanrye Group</p> 	<p>Family Foundations</p> <p>Community Family Support Programme delivering a bespoke, holistic and person-centred programme, supporting individuals and families / parents. The programme is funded by the European Social Fund and is aimed at 16 to 65-year-olds not in Education, Training or Employment.</p> <p>The programme aims to support them to break down barriers, build on their skills and promotes positive mental health and wellbeing.</p> <p>Personal development is supported by one-to-one mentoring and personal support and the delivery of tutor-led courses including OCN Level1 in Healthy Living.</p> <p>There are workshops promoting wellbeing and therapeutic activities, social inclusion and group activities.</p>	<p>Trina O'Callaghan</p> <p>☎ 028 3089 8119 ☎ 078 9031 5049 trina.o'callaghan@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-65	Not in employment, education or training (or working under 16 hours).
Newry & South Armagh	<p>Clanrye Group</p> 	<p>Positive Directions</p> <p>The programme improves the quality of life for people with a disability, aged 16-65 through the provision of specialist support, training and employment opportunities to promote positive mental health and wellbeing through a holistic approach.</p> <p>The project is part funded through the European Social Fund Programme; Department for the Economy; Department for Communities; Southern Health and Social Care Trust and local councils.</p> <p>Individuals can undertake training/ qualifications on a part time basis in ICT, Customer Service, Retail, Employability, Personal Development and Social and Horticulture (non-accredited) in a range of locations to enhance skills and overall wellbeing.</p>	<p>Alison Rice</p> <p>☎ 028 3089 8119 ☎ 074 8305 9873 alison.rice@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-22	Health condition or disability.








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Newry & South Armagh	<p>Clanrye Group</p> 	<p>Regener8</p> <p>Cross-community Youth Development Programme funded by the International Fund for Ireland, managed by Rural Action.</p> <p>Aims to improve the emotional/mental health and wellbeing of young people through personal development, to enhance their social and emotional development and enable people to manage feelings while enhancing resilience.</p> <p>The programme includes a series of workshops on self-awareness, coping with anxiety and stressful situations, anger management, dealing with drugs and peer pressure.</p> <p>Participants can also avail of one-to-one counselling sessions and ongoing mentoring throughout the programme.</p>	<p>Sarah Hillen sarah.hillen@clanryegroup.com</p> <p>Tony McAteer tony.mcateer@clanryegroup.com</p> <p>☎ 028 3089 8119 ☎ 079 6859 4198 Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-25	Not in employment, education or training.
Newry & South Armagh	<p>Clanrye Group</p> 	<p>Training for Success</p> <p>Government funded training programme with a duration of up to 3 years to help young people address personal and development needs plus qualifications to progress towards employment or higher-level education or training.</p> <p>Clanrye offers two vocational qualifications, Retail or Horticulture plus targeted qualifications in personal development and employability, and essential skills: Literacy, Numeracy and ICT.</p> <p>Participants also gain work experience which can be supported if required to ensure it is an enjoyable and educational experience.</p> <p>A dedicated holistic day per week focused on improving participants' mental well-being and resilience through interactive activities, 1 to 1 counselling support and external courses.</p>	<p>Jordi Boxberger</p> <p>☎ 028 3089 8119 ☎ 079 6698 5705 Jordi.boxberger@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-22	<p>Recognized learning difficulty / disability or up to 24 years for those from an in-care background.</p> <p>Contact Clanrye directly or through career service.</p>






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Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group.</p> <p>All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> <p>🌐</p>	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com
Newry, Mourne & Down and Armagh, Banbridge & Craigavon	<p>Davina's Ark</p> 	<p>Becoming my Best Self - Knowing Me</p> <p>All Age Groups:</p> <ul style="list-style-type: none"> • Provide one-to-one counselling • Provide workshops on Becoming my Best Self – Knowing Me <p>11-21 Age Group:</p> <ul style="list-style-type: none"> • Provide workshops in schools and in-house on foetal alcohol syndrome <p>18-28 Age Group:</p> <ul style="list-style-type: none"> • Provide recovery education programmes 	<p>Rosemary Rooney</p> <p>☎ 028 3027 9407 info@davinasark.co.uk 22 Kilmorey Street, Newry, Co. Down, BT34 2DE</p> <p>🌐</p>	8-25	Self-referral, schools, GPs, other related services







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Ruth Thompson</p> <p>Newry and South Armagh  028 9056 4385 ruth.thompson@eani.org.uk PBS&P, EA, 40 Academy Street, Belfast. BT1 2NQ.</p> 	Nursery, Primary and Special Schools	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.
Southern Trust Area	<p>Education Authority (EANI) Youth Service</p>  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p> 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> 	11-25	Referral formal form must be submitted and can be obtained via the contact info.





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> Raising awareness of Take 5 messages and how these support good mental health and wellbeing. Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.
Newry	<p>GenderJam</p> 	<p>GenderJam Newry Drop-In</p> <p>Genderjam is a youth service funded by Transgender NI for young Transgender, Non-Binary and intersex people between the ages of 12-25 across Northern Ireland.</p> <p>We host youth groups in Newry, Derry / Londonderry and Belfast for young people to meet others within their community and to gain some support.</p> <p>We also offer one to one support for trans young people.</p>	<p>Christopher McIlwaine</p> <p>☎ 028 9099 6819 christopher@genderjam.lgbt Belfast Trans Resource Centre, 98 University Street, Co. Antrim, BT7 2HE</p>	12-25	<p>No referral criteria</p> <p>E-mail for more information on youth groups.</p>
Armagh & Newry	<p>The Genesis Programme</p> 	<p>The Changing Lives Initiative</p> <p>App for parents. The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>☎ +353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> 	3-7	Self-referral, online, through www.changinglivesinitiative.com



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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry, Mourne and South Armagh	<p>Home-Start Newry & Mourne</p> 	<p>Drawing & Talking Therapy</p> <p>Drawing enables a child to express, in a visual form, worries and preoccupations from deep in the mind that they would not be able to talk about.</p> <p>Drawing and Talking therapy is aimed to support children who are displaying a change in behaviour, have they become increasingly boisterous/acting out of character, or have they become withdrawn?</p> <p>Each child will be offered weekly sessions, each session is 30minutes and it must be on the same day at the same time. The programme lasts for 12 weeks.</p> <p>Family must have at least one child under 5 in the home to access the service.</p>	<p>Niamh Clarke</p> <p>(Kilkeel Area) ☎ 028 417 64120 niamh@homestartnewry.com The Sea Shell Center, 18 Newcastle Street, Kilkeel, Co. Down, BT34 4AF</p> <p>Julie Harper</p> <p>(Newry Area) ☎ 028 3026 6139 Julie@homestartnewry.com Ballybot House, Corn Market Newry, Co. Down, BT35 4BG</p> <p> </p>	Primary school age children	<p>Referrals can be made via the Home Start offices in Kilkeel or Newry or email Niamh or Julie.</p> <p>One to one 30 min session.</p> <p>Currently no waiting lists.</p>
Newry, Mourne and South Armagh	<p>Home-Start Newry & Mourne</p> 	<p>Various Programmes</p> <p>Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most, because childhood can't wait.</p> <p>We provide support in the home to parents through our home-visiting volunteers and parenting support workers. We also provide group support through our Family Groups and other programmes.</p> <p>Last year we supported 359 families in the Newry and Mourne area.</p> <p>There are waiting lists for most of our services.</p>	<p>Bevin O'Hare</p> <p>☎ 028 3026 6139 info@homestartnewry.com Ballybot House, Corn Market Newry, Co. Down, BT35 4BG</p> <p> </p>	Under 5s	<p>At least one child under the age of 5.</p> <p>For more information, contact us through Facebook, email or call us or speak to your health visitor about a referral</p>


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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & Mourne Legacy Area	<p>Newry, Mourne and Down District Council (NMDDC)</p> 	<p>Take 5 Steps to Wellbeing The Daily Mile</p> <p>We provide schools with information promoting the Take 5 Steps to Wellbeing, accompanied with branded Take 5 and Daily Mile resources.</p> <p>We can also train young people to be Take 5 Ambassadors, whereby they promote the wellbeing message within their community.</p>	<p>Alannah Brennan</p> <p>☎ 075 1116 5760 Alannah.brennan@nmandd.org O'Hagan House, Monaghan Row, Newry, Co. Down, BT35 8DJ</p> <p>🌐</p>	Year 7+	Youth workers and teachers can email me directly.
Newry	<p>NMDDC, DFC, PSNI, PCSP & EA Youth Service</p>  	<p>Friday Night Youth Comedy (Quarterly Event)</p> <p>Youth Comedy Newry is a programme, supported by various statutory agencies, which provides a new opportunity for young people to have a positive experience using comedy to improve mindset, whilst learning about mental health & emotional wellbeing support services available for young people in the area.</p>	<p>Kerri Morrow</p> <p>☎ 077 4352 6005 kerri.morrow@nmandd.org PCSP Office, 8 Monaghan St, Newry, Co. Down, BT35 6BH</p>	14–18	Booking places essential.
Newry	<p>Newry Surestart</p> 	<p>Newry Surestart</p> <p>DE initiative offering Free Educational Services to families under 4 years in Newry City.</p>	<p>Anne Rice</p> <p>☎ 028 3083 3780 Newry Early Years Centre, 2 Warrenpoint Road, Newry, Co. Down, BT34 2PF</p> <p>📘</p>	0-4	<p>Contact Form to express interest in registering.</p> <p>Expectant parent or family with children under 4 years residing in the Newry Area.</p>

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<p>Armagh, Banbridge, Craigavon, Dungannon & Newry</p>	<p>NIACRO</p>  	<p>CAPS (Child And Parent Support)</p> <p>Individual support tailored to the needs of the young person. Individual and group work opportunities. Can work with the young person if open to other agencies. Young person should be open to multi-agency support. Young person in need – evidence of significant difficulties at home school and community.</p>	<p>Ronan Garvey</p> <p>☎ 028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP</p> 	8-13	<p>Contact Ronan with an enquiry, in first instance, before completing detailed referral form.</p> <p>Self-referrals NOT accepted.</p>
<p>Southern Trust Area</p>	<p>PIPS Hope & Support</p> 	<p>Various Programmes / Support</p> <p>Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.</p>	<p>Biggi Hofmann</p> <p>☎ 028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG</p> 	6+	<p>Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)</p>




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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area (Also NI-Wide)	<p>Relate NI</p> 	<p>Children & Young People Counselling</p> <p>Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena).</p> <p>Relate NI also provides:</p> <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy <p>Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.</p>	<p>Emma Irwin</p> <p>☎ 028 9032 3454 Emmalrwin@relateni.org 3rd & 4th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> <p> </p>	4-18	<p>Through GP or Social Worker</p> <p>Self-referrals can also be accepted - Rates available on request.</p>
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> <p></p>	0-19	<p>Child with visual impairment. Can be referred by family, organisation or statutory body.</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> 	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	5.5-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>






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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooley</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	Pre birth - 18yrs	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>






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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	Open referral.
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Families with a child of 0-4	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>




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Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.


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Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	Each school will be supported to identify an Instructor to train and deliver the programme.

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Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler</p> <p>Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison</p> <p>lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> <p>🌐</p>	16+	No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form
Newry & Mourne and South Armagh	<p>SPACE</p>  	<p>Family Support Hub (Newry & Mourne)</p> <p>1:1 Homebased family Support Services</p> <p>Friends for Life Resilience Programmes for Children</p> <p>Incredible Years and Parents Plus parenting support programmes</p> <p>Space offer a range of supports to parents and children across Newry & Mourne and South Armagh.</p> <p>As hosts of the Newry Family Support Hub we help parents access local services and measure trends in need.</p> <p>Our family support workers offer 1:1 homebased practical support, therapeutic group work and evidence-based children's and parents programmes.</p>	<p>Allison Slater</p> <p>☎ 028 3083 5764 familysupporthub@space-ni.com 24 Monaghan Street, Newry, Co. Down, BT35 6AA</p> <p>🌐</p>	0-18	Families where there is a child 0-18.




NEWRY & MOURNE

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Children and Young Person Services - Women's Aid</p> <p>Providing emotional support for children who have experienced Domestic abuse.</p> <p>Completing work on self-esteem and keeping safe.</p>	<p>Clare McCullough</p> <p>☎ 028 38397979</p> <p>Portadown Resource Centre, 53 William St, Portadown, Co. Armagh BT62 3NX</p> 	5-17	<p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Core business, if someone has been impacted by domestic and/or sexual abuse.</p> <p>Emotional and practical support to anyone who has been impacted by domestic & sexual abuse.</p> <p>To educate and empower women and children to move forward from their experiences and live free from abuse.</p> <p>Children's programmes:</p> <ul style="list-style-type: none"> • Helping Hands • Transformers • Heading for Healthy Relationships <p>Women's programmes:</p> <ul style="list-style-type: none"> • Journey to Freedom • Insight • You and Me, Mum • Snack & Chat 	<p>Portadown Resource Centre</p> <p>☎ 02838 397979</p> <p>53 William St., Portadown, Co. Armagh BT62 3NX</p> <p>Armagh Resource Centre</p> <p>(Not continually staffed)</p> <p>39 Abbey St., Armagh, Co. Armagh BT61 7BY</p> 	<p>Children up to age of 17</p> <p>Women 17 +</p>	<p>Impacted by domestic/ sexual abuse.</p> <p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>

NEWRY & MOURNE

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Everyday Life Young Men & Violence Project This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Caelan Donnelly Young Men’s Development Worker caelan@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership
Southern Trust Area	YouthAction NI 	LifeMaps (Funded by the Co-op) Building positive mental health & wellbeing in young people is a crucial area of YouthAction’s work. Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment. LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.	Michael McKenna michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 - 25yrs Also volunteers, workers, etc.	YouthAction membership



NEWRY & MOURNE

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Our Generation This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, 	14 – 25yrs	Living in the ABC Council; NMD Council area YouthAction membership
Newry & South Armagh	YouthAction NI 	Young Men’s Legacy Project This project will address barriers to good relationships with young men & build positive mental fitness to help them deal with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Geraint Griffiths Team Leader – Work with Young Men geraint@youthaction.org ☎ 028 3751 1624 	14 – 25yrs	Young men living in the NMD Council area; YouthAction membership








South Armagh

Please click on the relevant icon in the address box to link to the service's website and/or facebook address:



-  example icon linking to website
-  example icon linking to facebook

Photography:
Slieve Gullion, Courtesy of www.ringofgullion.org

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Action for Children</p> 	<p>Supporting Young Adult Carers</p> <p>Providing practical & emotional support for young adult carers.</p>	<p>Julie Crory</p> <p>☎ 028 9046 0500 youngadultcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p> 	18-25	<p>Online self-referral, family members, social worker, tutors, voluntary sector professionals.</p> <p>(Young adult carers who care for someone in their home)</p>
Southern Trust Area	<p>Action for Children</p> 	<p>Young Carers Service</p> <p>We raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems.</p> <p>The direct support we provide includes:</p> <ul style="list-style-type: none"> • Young carers needs assessment • Personal support, advice and guidance • Individual and group support • Trips and activities every month throughout the year • Help to access specialist services • Help to access universal services such as leisure and youth services. 	<p>Aisling Reynolds</p> <p>☎ 028 9046 0500 aisling.reynolds@actionforchildren.org.uk niyoungcarers@actionforchildren.org.uk 10 Heron Rd, Belfast, Co. Antrim, BT3 9LE</p>  	8-18	<p>The criteria are:</p> <ol style="list-style-type: none"> examples of what they do to care or examples of how this is impacting upon them <p>Referrals can be made by young carers, professionals or family members</p>
Southern Trust Area	<p>Action Mental Health</p> 	<p>AMH Menssana</p> <p>Mental and emotional wellbeing and resilience building programmes for children and young people, and their key contacts, delivered in youth, community and education settings.</p> <p>Programmes are funded by AMH and through the NI Families project in the Southern and Western Trust.</p>	<p>Colin Loughran</p> <p>☎ 028 3839 2314 cloughran@amh.org.uk 13 Church Street, Portadown, Co Armagh, BT62 3LN</p> 	8-18	<p>None.</p> <p>Group numbers vary depending on needs.</p> <p>No waiting lists: will confirm available dates on enquiry.</p>

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Advocacy VSV</p> 	<p>Advocacy VSV</p> <p>Funded by The Big Lottery, advocating on behalf of and supporting victims of sexual violence through each stage of the Criminal Justice System.</p> <p>Support offered to those involved in the criminal process and those not yet able to consider reporting to police.</p> <p>Confidential service for ages 16+ offering 1-1 emotional support, professional advice and guidance.</p> <p>Working with statutory and voluntary services to provide information and advice on the Criminal Justice process, Health services and Victim's Rights. Support in making appointments and accompanying individuals when required, making clients better informed and confident in decisions around their recovery.</p>	<p>Niamh Quinn</p> <p>☎ 078 5259 4677 niamh@advocacyvsv.com 80 Mill Road, Annalong, Newry, Co Down BT34 4RH</p> <p>🌐</p>	16+	<p>Currently open for referrals.</p> <p>Self-referrals can be processed via website or by phoning us.</p> <p>🌐</p>
Southern Area – Armagh-Dungannon, Craigavon-Banbridge, Newry-Mourne	<p>Barnardos</p> 	<p>NOVA Trauma Support Service</p> <p>With funding from Barnardo's and VSS (Victims & Survivors Service), we provide weekly therapeutic trauma support sessions to a child/ young person/ parent in a family that has been affected by the N.I Conflict/ 'Troubles'. This may either be by an injury (physical/ psychological) or by caring for people who have been injured or who have been bereaved through the N.I. Conflict.</p> <p>The younger members of the family may need therapeutic support to manage trauma reactions of their own.</p> <p>We are a professionally qualified multi-disciplinary team that has been providing therapeutic trauma support for over 20 years. We will get to know you and what you need. We will help you to feel safe and to understand and manage your trauma reactions.</p> <p>We can help those who support you to understand you better. We will listen and respond to how you think we can best support you.</p>	<p>Karen Conn</p> <p>☎ 028 406 28758 ☎ 077 7541 2435 ni.nova@barnardos.org.uk 10 Church Street, Banbridge, BT32 4AA</p> <p>🌐</p>	Children (age 4+), Young People and Parents	Self referral







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Family First</p> <p>The Family First Service is designed and dedicated to empower families to support children 0-12 years who have sustained an acquired brain injury (ABI) throughout Northern Ireland. Funded by BIG Lottery Community Fund and in partnership with BHSCT psychology department. Services include:</p> <p>Family Based Interventions: Individual work with children, young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events/workshops: Providing children, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>Family First Portal: Online Support for Families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families can communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with others.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	0-12	<p>Confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Brain Injury Matters</p> 	<p>Youth Matters Empowerment Programme</p> <p>The YMEP is designed and dedicated to support young people 13-18 who have sustained an acquired brain injury (ABI) and their families throughout Northern Ireland. Funded by BIG Lottery Community Fund. Services include:</p> <p>Family Based Interventions: Individual work with young people and their families, delivered on a regional basis in the family's home/ or online.</p> <p>Regional social events: Providing young people, siblings and their families with fun activities which facilitate connection and interaction.</p> <p>A Peer mentoring programme: The programme will educate and support young adults with ABI to become mentors to a group of 13-18 year olds with ABI. The peer mentoring scheme will be delivered in the Southern Trust area in partnership with Southern Trust Community Brain Injury.</p> <p>Family First Portal: Online Support for families: Families can access a variety of resources, activities, and information documents via the Family First Portal. Families communicate on a 1:1 basis with their Children and Youth Services practitioner through the portal, either through written communication, or through video calls. Families can also connect with other Families.</p>	<p>Bridget Smyth</p> <p>☎ 028 9070 5125 bridget@braininjurymatters.org.uk info@braininjurymatters.org.uk Suite 5C Stirling House, Castlereagh Business Park, 478 Castlereagh Road, Belfast, Co. Antrim, BT5 6BQ</p> <p>🌐</p>	13-18	<p>Age 13-18 with a confirmed diagnosis of acquired brain injury.</p> <p>Anyone can make a referral and we accept referrals from across NI.</p>



SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>CAMHS Resources</p> 	<p>CAMHS Resources</p> <p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>	<p>CAMHS Team</p> <p>resources.CAMHS@gmail.com</p> 	N/A	N/A
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Massage</p> <p>Parent/carer & child 5 week block of classes. Learn how to massage baby. Aids bonding for those experiencing challenges with this, e.g. PND. Aids symptoms of reflux, colic, social isolation for parents.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	Birth- 1.5 Years	Individual can book online. Contact organisation direct to discuss financial support for programmes.
Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Parent / Baby Yoga</p> <p>Baby Yoga - Parent/carer accompanies child. Child encourages to move in yogic poses, to replicate those within the womb, aid bonding, movement, colic symptoms, mobility, sensory stimulation.</p> <p>Programmes can be accessed by all. No catchment criteria. Some individuals pay for the classes, some make a part contribution. As and when funding is acquired, we also offer fully funded classes.</p> <p>Runs out of The Studio, at Centred Soul.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	8- Weeks to 1.5 Years	<p>Maximum of 11 in each class.</p> <p>Currently a small waiting list in place.</p>



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Armagh, Banbridge, Newry & South Armagh	<p>Centred Soul</p> 	<p>Rhythm 2 Recovery Drum Facilitation</p> <p>Evidenced based Music Therapy, using African djembe drums and percussion instruments. Can be offered in individual sessions as well as 6-8 week long courses.</p> <p>Can be used for particular themes (e.g. grief, domestic abuse) or can be more general team building style.</p>	<p>Rosemary Deans</p> <p>☎ 028 3027 7117 ☎ 07719051393 info@centredsoul.co.uk 10 Marcus Street, Newry, Co. Down, BT34 1ET</p> 	School Age	<p>Community/Stat agency to make contact to arrange dates/times for sessions.</p> <p>Sessions also held throughout the year in Centred Soul that can be attended by anyone.</p>
Southern Trust Area	<p>Children in Northern Ireland (CiNI)</p>  <p>ParentLine NI</p> 	<p>ParentLine NI</p> <p>Parenting a child or young person can be hugely rewarding, however, at times, it can be challenging. Many carers can often feel like they are on their own with little or no support. ParentLine NI is here for you and offers an impartial, non-judgemental listening ear. For advice on something specific or general support and guidance, just give us a call.</p> <p>It's completely FREE for anyone caring for or concerned about a child or young person. ParentLine NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday.</p> <p>Our service is available through a range of different channels including telephone, face to face and online. To chat online, start a webchat using the chat window.</p>	<p>Nichola Greene</p> <p>☎ 0808 8020 400 parentline@ci-ni.org.uk 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> 	All parents and carers. Anyone in a parenting role.	<p>Self-Referral, via telephone, or professional referral, via referral form.</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & South Armagh	Clanrye Group 	<p>Family Foundations</p> <p>Community Family Support Programme delivering a bespoke, holistic and person-centred programme, supporting individuals and families / parents. The programme is funded by the European Social Fund and is aimed at 16 to 65-year-olds not in Education, Training or Employment.</p> <p>The programme aims to support them to break down barriers, build on their skills and promotes positive mental health and wellbeing.</p> <p>Personal development is supported by one-to-one mentoring and personal support and the delivery of tutor-led courses including OCN Level1 in Healthy Living.</p> <p>There are workshops promoting wellbeing and therapeutic activities, social inclusion and group activities.</p>	<p>Trina O'Callaghan</p> <p>☎ 028 3089 8119 ☎ 078 9031 5049 trina.o'callaghan@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-65	Not in employment, education or training (or working under 16 hours).
Newry & South Armagh	Clanrye Group 	<p>Positive Directions</p> <p>The programme improves the quality of life for people with a disability, aged 16-65 through the provision of specialist support, training and employment opportunities to promote positive mental health and wellbeing through a holistic approach.</p> <p>The project is part funded through the European Social Fund Programme; Department for the Economy; Department for Communities; Southern Health and Social Care Trust and local councils.</p> <p>Individuals can undertake training/ qualifications on a part time basis in ICT, Customer Service, Retail, Employability, Personal Development and Social and Horticulture (non-accredited) in a range of locations to enhance skills and overall wellbeing.</p>	<p>Alison Rice</p> <p>☎ 028 3089 8119 ☎ 074 8305 9873 alison.rice@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-22	Health condition or disability.








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Newry & South Armagh	<p>Clanrye Group</p> 	<p>Regener8</p> <p>Cross-community Youth Development Programme funded by the International Fund for Ireland, managed by Rural Action.</p> <p>Aims to improve the emotional/mental health and wellbeing of young people through personal development, to enhance their social and emotional development and enable people to manage feelings while enhancing resilience.</p> <p>The programme includes a series of workshops on self-awareness, coping with anxiety and stressful situations, anger management, dealing with drugs and peer pressure.</p> <p>Participants can also avail of one-to-one counselling sessions and ongoing mentoring throughout the programme.</p>	<p>Sarah Hillen sarah.hillen@clanryegroup.com</p> <p>Tony McAteer tony.mcateer@clanryegroup.com</p> <p>☎ 028 3089 8119 ☎ 079 6859 4198 Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-25	Not in employment, education or training.
Newry & South Armagh	<p>Clanrye Group</p> 	<p>Training for Success</p> <p>Government funded training programme with a duration of up to 3 years to help young people address personal and development needs plus qualifications to progress towards employment or higher-level education or training.</p> <p>Clanrye offers two vocational qualifications, Retail or Horticulture plus targeted qualifications in personal development and employability, and essential skills: Literacy, Numeracy and ICT.</p> <p>Participants also gain work experience which can be supported if required to ensure it is an enjoyable and educational experience.</p> <p>A dedicated holistic day per week focused on improving participants' mental well-being and resilience through interactive activities, 1 to 1 counselling support and external courses.</p>	<p>Jordi Boxberger</p> <p>☎ 028 3089 8119 ☎ 079 6698 5705 Jordi.boxberger@clanryegroup.com Slieve Gullion Courtyard, 8 9 Drumintee Rd, Killeavy, Newry, Co. Down, BT35 8SW</p> <p>🌐</p>	16-22	<p>Recognized learning difficulty / disability or up to 24 years for those from an in-care background.</p> <p>Contact Clanrye directly or through career service.</p>






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Southern Trust Area (NI-Wide)	<p>Common Youth</p> 	<p>Relationship and Sexuality Education (RSE) in the Community</p> <p>PHA funded RSE programme (3 x 2-hour sessions) bespoke to meet the needs your group.</p> <p>All programmes are age appropriate and can include topics; puberty changes, mind body and relationships, sex, the law and consent, healthy and unhealthy relationships, STI's, sexuality, sexual orientation and gender, social media and sexting.</p>	<p>Jonathan Montgomery</p> <p>☎ 028 9032 8866 Jonathan.Montgomery@commonyouth.com 9-13 Waring Street, Belfast, Co. Antrim, BT1 2DX</p> <p>🌐</p>	11-25	To book a programme contact: jonathan.montgomery@commonyouth.com
Newry, Mourne & Down and Armagh, Banbridge & Craigavon	<p>Davina's Ark</p> 	<p>Becoming my Best Self - Knowing Me</p> <p>All Age Groups:</p> <ul style="list-style-type: none"> • Provide one-to-one counselling • Provide workshops on Becoming my Best Self – Knowing Me <p>11-22 Age Group:</p> <ul style="list-style-type: none"> • Provide workshops in schools and in-house on foetal alcohol syndrome <p>18-29 Age Group:</p> <ul style="list-style-type: none"> • Provide recovery education programmes 	<p>Rosemary Rooney</p> <p>☎ 028 3027 9407 info@davinasark.co.uk 22 Kilmorey Street, Newry, Co. Down, BT34 2DE</p> <p>🌐</p>	8-25	Self-referral, schools, GPs, other related services







SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Wide	<p>EANI (Education Authority)</p> 	<p>Primary Behaviour Support and Provisions (PBS&P)</p> <p>PBS&P is an Education Authority Children and Young People's Service for schools, pupils and their families, promoting the positive mental health and emotional wellbeing of children and young people through a range of training and development opportunities, advice and support to school staff and direct interventions with individuals and groups of pupils who have identified social, behaviour, emotional and wellbeing needs.</p> <p>PBS&P provides a range of training and support for school staff and those pupils experiencing social, behavioural, emotional and wellbeing difficulties (SBEW) to achieve their full potential within nursery, primary and special schools. Support is also provided to pupils and staff within specific educational provisions and includes universal, targeted and intensive models of support.</p>	<p>Ruth Thompson</p> <p>Newry and South Armagh  028 9056 4385 ruth.thompson@eani.org.uk PBS&P, EA, 40 Academy Street, Belfast. BT1 2NQ.</p> 	Nursery, Primary and Special Schools.	Schools should contact PBS&P on 028 38314461 or primarybsp.enquiries@eani.org.uk for further information regarding referral criteria.
Southern Trust Area	<p>Education Authority (EANI) Youth Service</p>  	<p>FLARE: Facilitating Life And Resilience Education</p> <p>The EA Youth Service in partnership with the Public Health Agency (PHA), has developed an innovative support service for young people aged 11-25 experiencing poor mental health.</p> <p>A regional team of professionally qualified youth work staff deliver a youth work practice-based support service for young people experiencing mental health issues/impacted by suicide.</p> <p>The aim is to use youth work interventions with young people to raise their awareness of positive mental health, how to find support and develop confidence, resilience & coping strategies.</p>	<p>Patrick Hughes</p> <p> 028 3025 1515 paddy.hughes@eani.org.uk Newry Youth Resource Centre, 4 Carnbane Road, Newry, Co Down BT35 7NE</p> 	11-25	Referral formal form must be submitted and can be obtained via the contact info.

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Education Authority (EANI) Youth Service / SHSCT PWB Team</p>   	<p>GIMME 5 Facilitator Training</p> <p>GIMME 5 is a resource designed to support youth workers deliver Level 1 Mental Health Awareness programmes for young people by:</p> <ul style="list-style-type: none"> Raising awareness of Take 5 messages and how these support good mental health and wellbeing. Providing a range of activities to help young people explore and develop their personal strengths and resilience. <p>All GIMME 5 trained staff and volunteers who work with young people 11 – 25 can deliver Mental Health Awareness Level 1 programmes.</p>	<p>Colette Ross (EANI)</p> <p>☎ 028 4066 2509 colette.ross@eani.org.uk Hill St, Banbridge, Co. Down, BT32 4DP</p> <p>Maureen McSorley (SHSCT)</p> <p>☎ 028 3756 4489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Gimme 5 Trained staff and volunteers	GIMME 5 Programmes are available in Youth and Community Groups and may be delivered in many Post Primary Schools where trained facilitators are placed.
Newry	<p>GenderJam</p> 	<p>GenderJam Newry Drop-In</p> <p>Genderjam is a youth service funded by Transgender NI for young Transgender, Non-Binary and intersex people between the ages of 12-25 across Northern Ireland.</p> <p>We host youth groups in Newry, Derry / Londonderry and Belfast for young people to meet others within their community and to gain some support.</p> <p>We also offer one to one support for trans young people.</p>	<p>Christopher McIlwaine</p> <p>☎ 028 9099 6819 christopher@genderjam.lgbt Belfast Trans Resource Centre, 98 University Street, Co. Antrim, BT7 2HE</p>	12-25	<p>No referral criteria</p> <p>E-mail for more information on youth groups.</p>
Armagh & Newry	<p>The Genesis Programme</p> 	<p>The Changing Lives Initiative</p> <p>App for parents. The App provides information about ADHD and what behaviours consistent with ADHD look like.</p> <p>It explains how ADHD can impact on children and provides a suite of strategies and tools for parents to use with their child.</p> <p>To access the App, click HERE</p>	<p>Christina Ryan</p> <p>☎ +353 (0)42 9502220 Christina.ryan@cllp.ie Regional Development Centre, DkIT, Dundalk, Co. Louth</p> <p>🌐</p>	3-7	Self-referral, online, through www.changinglivesinitiative.com

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry, Mourne and South Armagh	Home-Start Newry & Mourne 	<p>Drawing & Talking Therapy</p> <p>Drawing enables a child to express, in a visual form, worries and preoccupations from deep in the mind that they would not be able to talk about.</p> <p>Drawing and Talking therapy is aimed to support children who are displaying a change in behaviour, have they become increasingly boisterous/acting out of character, or have they become withdrawn?</p> <p>Each child will be offered weekly sessions, each session is 30minutes and it must be on the same day at the same time. The programme lasts for 12 weeks.</p> <p>Family must have at least one child under 5 in the home to access the service.</p>	<p>Niamh Clarke (Kilkeel Area) ☎ 028 417 64120 niamh@homestartnewry.com The Sea Shell Center, 18 Newcastle Street, Kilkeel, Co. Down, BT34 4AF</p> <p>Julie Harper (Newry Area) ☎ 028 3026 6139 Julie@homestartnewry.com Ballybot House, Corn Market Newry, Co. Down, BT35 4BG</p> <p> </p>	Primary school age children	<p>Referrals can be made via the Home Start offices in Kilkeel or Newry or email Niamh or Julie.</p> <p>One to one 30 min session.</p> <p>Currently no waiting lists.</p>
Newry, Mourne and South Armagh	Home-Start Newry & Mourne 	<p>Various Programmes</p> <p>Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most, because childhood can't wait.</p> <p>We provide support in the home to parents through our home-visiting volunteers and parenting support workers. We also provide group support through our Family Groups and other programmes.</p> <p>Last year we supported 359 families in the Newry and Mourne area.</p> <p>There are waiting lists for most of our services.</p>	<p>Bevin O'Hare ☎ 028 3026 6139 info@homestartnewry.com Ballybot House, Corn Market Newry, Co. Down, BT35 4BG</p> <p> </p>	Under 5s	<p>At least one child under the age of 5.</p> <p>For more information, contact us through Facebook, email or call us or speak to your health visitor about a referral</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & Mourne Legacy Area	<p>Newry, Mourne and Down District Council (NMDDC)</p> 	<p>Take 5 Steps to Wellbeing The Daily Mile</p> <p>We provide schools with information promoting the Take 5 Steps to Wellbeing, accompanied with branded Take 5 and Daily Mile resources.</p> <p>We can also train young people to be Take 5 Ambassadors, whereby they promote the wellbeing message within their community.</p>	<p>Alannah Brennan</p> <p>☎ 075 1116 5760 Alannah.brennan@nmandd.org O'Hagan House, Monaghan Row, Newry, Co. Down, BT35 8DJ</p> <p>🌐</p>	Year 7+	Youth workers and teachers can email me directly.
Armagh, Banbridge, Craigavon, Dungannon & Newry	<p>NIACRO</p>  	<p>CAPS (Child And Parent Support)</p> <p>Individual support tailored to the needs of the young person.</p> <p>Individual and group work opportunities.</p> <p>Can work with the young person if open to other agencies.</p> <p>Young person should be open to multi-agency support.</p> <p>Young person in need – evidence of significant difficulties at home school and community.</p>	<p>Ronan Garvey</p> <p>☎ 028 3833 1168 Ronan.garvey@niacro.co.uk 26 Carleton St., Portadown, Craigavon, Co. Armagh, BT62 3EP</p> <p>🌐</p>	8-13	<p>Contact Ronan with an enquiry, in first instance, before completing detailed referral form.</p> <p>Self-referrals NOT accepted.</p>
Southern Trust Area	<p>PIPS Hope & Support</p> 	<p>Various Programmes / Support</p> <p>Delivering therapeutic support services, including counselling, art & play therapy, crisis & suicide bereavement support services.</p>	<p>Biggi Hofmann</p> <p>☎ 028 3026 6195 biggi@pipshopeandsupport.org 50 Mill Street, Newry, Co. Down, BT34 1AG</p> <p>🌐</p>	6+	Voluntary, community & statutory referrals and family referral. (Priority given to suicide bereaved children & young people.)




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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area (Also NI-Wide)	<p>Relate NI</p> 	<p>Children & Young People Counselling</p> <p>Relate NI provides counselling to children and young people. We have centres in Dungannon and Portadown (Also Belfast, Lisburn, Derry & Ballymena).</p> <p>Relate NI also provides:</p> <ul style="list-style-type: none"> • Workshops & training for professionals / teachers / parents • Adult Relationship Counselling for couples and individuals • Family Counselling • Co-Parenting • Sex Therapy <p>Relate NI is involved in strengthening families through its work. Its vision is a future in which healthy relationships form the heart of a thriving society. It recognises and values the significance of nurturing and supportive family relationships in enhancing life chances.</p>	<p>Emma Irwin</p> <p>☎ 028 9032 3454 Emmalrwin@relateni.org 3rd & 4th Floors, Glengall Exchange, 3 Glengall Street, Belfast, Co. Antrim, BT12 5AB</p> <p> </p>	4-18	<p>Through GP or Social Worker</p> <p>Self-referrals can also be accepted - Rates available on request.</p>
Southern Trust Area	<p>RNIB</p> 	<p>RNIB Southern Trust Family Support Project</p> <p>Telephone and online counselling available for children, young people and adults aged 11 plus affected by sight loss.</p> <p>Training for school peer groups particularly when a child/ young person's emotional wellbeing is affected due to having sight loss.</p> <p>Occasional workshops focusing on mental health and wellbeing.</p>	<p>Roisin Meagher</p> <p>☎ 028 9033 4122 ☎ 079 3930 0949 Roisin.meagher@rnib.org.uk Victoria House, 15-17 Gloucester St, Belfast, Co Antrim BT1 4LS</p> <p></p>	0-19	<p>Child with visual impairment. Can be referred by family, organisation or statutory body.</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Assessment Crisis Team</p> <p>CAMHS provide a Hospital Liaison Service across the Emergency Departments CAH & DHH Southern Trust 09.00hrs -17.00hrs, 365 days a year.</p> <p>Children and young people often present to their local Emergency Department with overdoses, self-harm, thoughts of suicide or following attempts to end their lives.</p> <p>Children and young people may be admitted overnight if they require treatment or a place of safety whilst awaiting CAMHS assessment - CAMHS provide assessment when medically fit for discharge.</p> <p>A follow up review appointment within a timely manner will be given following their initial assessment.</p> <p>A safe management plan will be agreed on discharge from hospital including crisis contacts.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
<p>Southern Trust Area</p>	<p>SHSCT Autism Services</p>  	<p>Autism Services</p> <p>Autism is a spectrum condition which often co-occurs with other conditions, e.g. epilepsy, mental health conditions and/or Intellectual Disability and service users may require a variety of support and services throughout their lives from a range of Services, Autism Services, CAMHS, Adult Mental Health Service, Adult Intellectual Disability Services, Children’s Disability Teams, Community Paediatrics, Allied Health Professional and Health Visiting Services. Autism Services are commissioned to provide short-term therapeutic support for clients and their families.</p> <p>Autism Services do not provide long-term support where care packages are required or where there are significant and long-term difficulties with activities of daily living or self-care, as these needs are best met via core services.</p> <p>Autism Services provide consultations to core services as required</p> <p>Autism Services provide early intervention, diagnostic assessment, post diagnostic therapeutic intervention, and support for children, young people and adults. Referral to the service is at 2.5 years up to 30 years of age.</p> <p>We provide 1:1 support to young people, building therapeutic relationships, working towards easing anxieties young people may experience in relation to social situations.</p> <p>We create & facilitate needs-led groups, to help young people make healthy changes in their lives & develop skills which will have a positive impact on their holistic well-being. Some examples of these groups include, Re:Mind, MD Programme (Understanding ASD), Yoga Programmes, Craft Clubs, Music/Drama & Residential weekends/Holidays with IncredABLE.</p> <p>We work towards building capacity within the young persons’ own community & help them to become a part of this by supporting them to become involved with Social and Recreational opportunities, accredited Training, higher education and supported employment.</p>	<p>Autism Services</p> <p>☎ 028 37 566 777 autism.services@southerntrust.hscni.net Autism Services, The Oaks. Longstone Hospital Site, Mullinure Lane, Armagh, BT61 7PR</p> 	<p>2.5 – 30 years</p>	<p>The ASD Service provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate team within the service.</p> <p>Referrals will be triaged as routine.</p> <p>(Self-referrals not accepted)</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS ADHD</p> <p>CAMHS ADHD provide assessment and intervention to children and young people displaying symptoms of ADHD from 5½yrs to 18yrs old. Assessment may include school observation, a detailed comprehensive assessment including family, social, behavioural, etc, and QB testing. Following diagnosis the CAMHS ADHD Team provide interventions including education, support and training to parents.</p> <p>ADHD team work in partnership with other statutory and community voluntary services. Consultation and training can be provided if required. ADHD Team have periodically contracted ADDNI to provide programmes for parents and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 360 680 CAMHS.Cedarwood@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	5.5-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Eating Disorder Service</p> <p>CAMHS EDS provides prompt comprehensive assessment and intervention treatment of young people from the age of 10yrs to 18yrs, who are referred with eating difficulties in the form of Anorexia Nervosa, Bulimia Nervosa and EDNOS/ OSFED. Recovery from an eating disorder involves enabling a young person to be able to eat enough to grow and develop normally by finding a way of addressing his or her emotional needs through a medium other than food and eating.</p> <p>Successful intervention involves working towards an understanding not just recognition of the problem. EDS provide a range of services to children and young people and their families, in various formats, individual, group work, family / multi systemic therapy, consultation, management of comorbidity presentations and consideration of pharmacological intervention ,only if clinical need identified.</p> <p>EDS work closely with Acute Paediatric Services and others allied health professionals.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Family Therapy Service</p> <p>Family therapy is a service you may be offered following assessment in CAMHS. Family therapy is about helping families work together to find new solutions and understandings of each other.</p> <p>Research shows that family therapy is useful for children, young people and adults experiencing a wide range of difficulties and circumstances as well as relationship problems. We will agree at the first meeting how we can work together and listen to your ideas. We will review on an ongoing basis the progress we are making and the work will be on a time limited basis.</p> <p>Family therapists are qualified systemic psychotherapists and are UKCP registered to ensure you and family get the best outcomes.</p> <p>CAMHS Family Therapy Service currently accepts referrals from colleagues within Step 3 and Step 2 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS Occupational Therapy</p> <p>Occupational Therapists in CAMHS work directly with young people and their families to help them overcome challenges with activities of daily living which are having an impact on mental health. Difficulty processing sensory stimulation and/ or managing daily tasks can often affect self-esteem and confidence.</p> <p>Occupational Therapists are skilled in helping young people understand why they are having difficulty and helping them to find ways to manage.</p> <p>CAMHS Occupational Therapy Service currently accepts referrals from colleagues within Step 3 CAMHS only.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>





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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS, Substance Use Service</p> <p>CAMHS Substance Use Service offers a community based therapeutic treatment service to Children and Young People who have co-existing presentation of a significant substance use problem alongside mental or emotional health difficulties.</p> <p>Provision is in collaboration with other mental health practitioners within CAMHS.</p> <p>Links and access with other statutory and third sector agencies is promoted, including adult addiction services and community voluntary providers.</p> <p>Therapeutic intervention focuses on the use of alcohol and other substances with a view to developing awareness and knowledge of difficulties and risks exposed to.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	11-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>CAMHS / Youth Justice Services</p> <p>A pilot project between Child and Adolescent Mental Health Services (CAMHS) and the Youth Justice Agency, into effective working partnerships with all inter and intra agency key stakeholders who have responsibility for the mental health needs of children and young people 0-18 years, known to, or potentially at risk of being involved with Youth Justice Services and CAMHS.</p> <p>This pilot is highly developmental in nature, and modelled on examples of best practice at a national level, with opportunity to shape and develop partnerships through research, education, and consultation, as well as the provision of direct therapeutic inputs.</p> <p>CAMHS / Youth Justice Services in the SHSCT will inform regional development of such services for children and young people.</p>	<p>CAMHS Team</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net</p> <p>🌐 CAMHS 🌐 Trust</p>	10-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>




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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>i-CAMHS</p> <p>i-CAMHS is an established specialist infant mental health service within Step 2 CAMHS since 04/06/2012.</p> <p>i-CAMHS provides consultation (advice) to other professionals involved in caring for a baby or toddler under 3 years old. An important part of this project is forming a link between i-CAMHS and other services in the Southern Trust.</p> <p>The Infant Mental Health Practitioner sees parents for individual clinical work which is focused on supporting the development of the baby/parent relationship. Working on this relationship will benefit an infant's emotional health, and long-term wellbeing. This intervention can also help to improve parental emotional well-being.</p>	<p>i-CAMHS</p> <p>☎ 028 38 39 2112 CAMHS.Teams@southerntrust.hscni.net Cedarwood, Old Longstone Hospital Site, Loughgall Road, Armagh, Co. Armagh, BT617NQ</p> <p>🌐 CAMHS 🌐 Trust</p>	0 - date of 3 rd birthday	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Intellectual Disability (ID) CAMHS</p> <p>Intellectual Disability CAMHS is a multi-disciplinary therapeutic team who provide assessment and therapeutic intervention with children and young people with an intellectual disability who experience mental health needs and complex behavioural difficulties.</p> <p>Similar to other CAMHS provision, provision involves assessment, diagnosis, and a range of therapeutic interventions (in various formats, individual, group, family, pharmacological therapy, consultation), including earlier intervention.</p> <p>ID CAMHS work closely with families, parents, schools, statutory services, and short break facilities to achieve a holistic view and best provision to children and young and their families.</p>	<p>ID CAMHS</p> <p>☎ 028 3836 0680 CAMHS.Teams@southerntrust.hscni.net Cedarwood Building, The Sperrins, Longstone Hospital Site, Loughgall Road, Armagh, BT61 7NG</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>






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Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>RISE NI</p> <p>Multidisciplinary, early intervention for children in school aged 3-8 years.</p> <p>A multi professional team approach to providing social emotional and developmental support for school age children.</p> <p>Nursery to end of primary 4.</p> <p>A transdisciplinary team which provides, occupational therapy, physiotherapy, speech and language and behavioural therapy for children in their school setting. Support to parents is also provided.</p>	<p>RISE NI</p> <p>☎ 028 375 64293 rise.ni@southerntrust.hscni.net RISE NI Hill Building St Luke's Hospital Site Armagh BT61 7NQ</p> <p>🌐</p>	3- 8 years who are in an education funded placement	<p>Requires two areas of need / input from two or more disciplines.</p> <p>Only school can refer</p>
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 2 CAMHS</p> <p>Step 2 provides a service to children and young people with mild to moderate emotional or mental health difficulties.</p> <p>Step 2 developed partnerships with other agencies in the community and voluntary sector providing innovative services which meets the changing needs of children and young people.</p> <p>There are specialist outreach roles, working with the Young People's Partnerships (YPP) across the Southern Trust.</p> <p>Consultation and training is available on request for other professionals working with children and young people where there is a concern in relation to emotional or mental health difficulties.</p>	<p>Step 2 CAMHS</p> <p>We have three Step 2 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18 years	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Step 2 only accept referrals triaged as routine at single point of entry</p> <p>(Self-referrals not accepted)</p>

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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Child and Adolescent Mental Health Service (CAMHS)</p>  	<p>Step 3 CAMHS</p> <p>Step 3 provides a service to children and young people up to their 18th birthday who experience moderate to severe mental and emotional health difficulties. This can have a significant impact on daily psychological /social/ educational functioning.</p> <p>Provision involves assessment, care planning, diagnosis, and a range of psychological therapeutic interventions ie; individual, group work, family therapy, consultation, medication only if clinical need identified. Diagnostic assessments are also undertaken for the over 12yr olds, including ADHD and Autistic Spectrum Disorder. Interventions are provided through specialist / specific Multi-Disciplinary Teams. The team also work in a variety of ways using online platforms and telephone reviews alongside face to face work.</p> <p>Step 3 CAMHS work collaboratively with other specialist CAMHS regional services, such as Community Forensic CAMHS (CFCAMHS) and Knowing Our Identity (KOI).</p>	<p>Step 3 CAMHS</p> <p>We have three Step 3 locality Clinics in the Southern Health and Social Care Trust</p> <p>CAMHS.Teams@southerntrust.hscni.net</p> <p>Armagh and Dungannon ☎ 028 37 565 400</p> <p>Craigavon and Banbridge ☎ 028 38 392 112</p> <p>Newry and Mourne ☎ 028 37 567 707</p> <p>🌐 CAMHS 🌐 Trust</p>	0-18	<p>CAMHS provide a single point of entry for all referrals within the Southern Trust.</p> <p>Referrals are triaged by the Multidisciplinary team and signposted to the most appropriate service.</p> <p>Referrals will be triaged as Emergency / Urgent or Routine</p> <p>(Self-referrals not accepted)</p>
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Child Development Interventions Coordinator</p> <p>To provide capacity and support for the development of a range of evidence based parenting programmes across the age spectrum (pre-birth-18 years) Examples of programmes include Incredible Years (Baby, Toddler, Pre School, School Age, Autism S & L) Solihull, Odyssey Parenting Your Teen, Parents Plus</p> <p>Build a network of providers within statutory community and voluntary sector to support delivery of and engagement with evidence based programmes.</p>	<p>Martina McCooney</p> <p>☎ 028 37564462 ☎ 07795450278 Martina.mccooney@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	Pre birth - 18yrs	<p>Training/capacity building-all family support organisations</p> <p>Programme availability- parents of children resident int eh SHSCT</p>






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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Community Development</p> <p>Supporting people in local communities set up and sustain community initiatives and self-help groups to improve health and wellbeing, which includes:</p> <ul style="list-style-type: none"> • Capacity building and support for good governance - including training • Assistance with action planning • Funding information, advice and practical assistance with applications • Signposting - internal/external • Support for partnership approaches and multi-agency work • Support in addressing inequalities in health and social wellbeing. 	<p>Jacqueline Masterson</p> <p>(Armagh & Dungannon) ☎ 028 37564 494 Jacqueline.masterson@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>Annie Clarke</p> <p>(Newry & Mourne) ☎ 028 37566 290 annie.clarke@southerntrust.hscni.net John Mitchel Place, Newry, Co. Down, BT34 2BU</p> <p>Debbie Smith</p> <p>(Banbridge & Craigavon) ☎ 028 37563 951 debbie.smith@southerntrust.hscni.net Brownlow Health Centre, Legahory Centre, Legahory, Craigavon, Co. Armagh, BT65 5BE</p> 	<p>Young people - Up to 18 and their families</p> <p>Disability - Up to 25</p> <p>BME - All Ages</p>	Open referral.
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Mellow Parenting</p> <p>14 week intensive therapeutic group programme for Mums with a child under 4 who have additional needs. It is based on principles from attachment theory, adult education and behavioural psychology. It combines support for parents with direct video feedback on the parents own interactions with their children, a method which has been shown to be extremely effective in helping parents to make changes.</p> <p>PHA Funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Families with a child of 0-4	<p>One or more of the following: Children on or at risk of being placed on the Child Protection Register, Domestic Violence, Mental health problems, incl. substance misuse, Behavioural or emotional issues and or Relationship difficulties with the child.</p>





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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Promoting Well Being Division</p>  	<p>Mental Health Improvement Lead</p> <p>To support a co-ordinated approach to mental health promotion activity across the Southern area, through the provision of a range of mental health training, information and support.</p>	<p>Deirdre McParland</p> <p>☎ 028 3756 4460 deirdre.mcparland@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> <p>🌐</p>	All ages	No
Southern Trust Area	<p>SHSCT Children & Young Peoples Services</p>  	<p>Parenting Partnership</p> <p>Provides opportunities for evidence based group work support to Parents of children and young people in the Southern Trust area</p> <p>Programmes delivered throughout the Southern Trust area in settings such as Schools, Playgroups, Education Centres, Health and Social Services Centres, SureStarts and other Community/Voluntary Sector provisions.</p>	<p>Lorraine O'Neill</p> <p>☎ 028 3831 0920 ☎ 07880 474 747 lorraine.oneill@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Pre birth - 18 yrs	The programmes are available to all parents of children resident in the Southern Trust area.







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LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>Southern Health & Social Care Trust (SHSCT) Promoting Wellbeing Division</p>  	<p>Protect Life Coordinator: Suicide Prevention, Intervention & Postvention Support</p> <p>To support initiatives across agencies, organisations and the community sector to reduce the risk of suicide, to increase awareness and understanding of mental health promotion and suicide prevention.</p> <p>To establish a collaborative approach to suicide prevention that will address both the priorities of the revised Protect Life Regional Strategy for Suicide Prevention and the needs of local communities in the Southern area.</p> <p>To provide support to those bereaved by suicide.</p> <p>Any statutory, community, voluntary or private agency can make contact for advice or support regarding suicide prevention approaches/interventions. Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>	<p>Orla Murtagh</p> <p>☎ 028 37 564461 ☎ 07825627133 orla.murtagh@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p> 	All ages	<p>Any statutory, community, voluntary or private agency</p> <p>Any individual bereaved through suicide can request support or information regarding services available in the Southern Area.</p>
Southern Trust Area	<p>SHSCT Promoting Wellbeing Division</p>  	<p>Roots of Empathy</p> <p>27 week programme classroom based programme that has been proven to reduce aggression and increase pro social behaviours. At the heart of every programme is a parent and baby who visit the classroom 9 times. There are 9 themes which reflect the baby's development. By observing and reflecting on the baby the children become more competent in understanding their own feelings and the feelings of others (empathy).</p> <p>Roots of Empathy educates both the mind and the heart. There are currently 34 programmes in the Southern Area.</p> <p>PHA funded.</p>	<p>Maureen McSorley</p> <p>☎ 028 37564 489 maureen.mcsorley@southerntrust.hscni.net St Luke's Hospital, 71 Loughgall Road, Armagh, Co. Armagh, BT61 7NQ</p>	Primary School Programme	<p>Each school will be supported to identify an Instructor to train and deliver the programme.</p>



SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	<p>SHSCT Recovery & Wellness College</p>  	<p>Recovery & Wellness College</p> <p>The college provides education for better mental health and wellbeing for everyone within our Trust area. All courses are co-produced and co-delivered by people with lived experience and people with professional expertise. All our work is based on the values of Hope and Opportunity within a strengths based model, holding that every person has within them the tools for living a meaningful and purposeful life.</p> <p>Courses/ workshops are interactive, engaging and support people to build a new sense of self and purpose and discover their potential while focusing on existing skills and building new ones.</p>	<p>Ann Butler</p> <p>Ann.Butler@southerntrust.hscni.net</p> <p>Lisa Morrison</p> <p>lisa.morrison@southerntrust.hscni.net</p> <p>☎ 028 37561 938 Trasna House, Connolly Place, Lurgan, BT66 8DN</p> <p>🌐</p>	16+	No referral criteria. Persons must be 16+ People register by contacting the college and completing an enrolment form
Newry & Mourne and South Armagh	<p>SPACE</p>  	<p>Family Support Hub (Newry & Mourne)</p> <p>1:1 Homebased family Support Services</p> <p>Friends for Life Resilience Programmes for Children</p> <p>Incredible Years and Parents Plus parenting support programmes</p> <p>Space offer a range of supports to parents and children across Newry & Mourne and South Armagh.</p> <p>As hosts of the Newry Family Support Hub we help parents access local services and measure trends in need.</p> <p>Our family support workers offer 1:1 homebased practical support, therapeutic group work and evidence-based children's and parents programmes.</p>	<p>Allison Slater</p> <p>☎ 028 3083 5764 familysuppothub@space-ni.com 24 Monaghan Street, Newry, Co. Down, BT35 6AA</p> <p>🌐</p>	0-18	Families where there is a child 0-18.

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
South Armagh	Sure Start South Armagh 	<p>Hypnobirthing</p> <p>HypnoBirthing Programme helps to guide and prepare a woman to give birth in a peaceful and relaxed manner by teaching methods of relaxation, special breathing, visualisation and meditative practice. This programme focuses on the emotional wellbeing as well as the physical wellbeing of the mother, birthing partner and unborn baby during pregnancy right through to baby is born. It's aim is to reduce the need for pain relief and medical interventions as much as possible and to shorten the first phase of labour. The programme covers 12 hours of material and can be delivered over 5-6 week sessions. Due to Covid-19 this is currently being delivered online.</p>	<p>Teresa McGready Helen Hughes Lorraine Savage</p> <p>info@surestartsa.org  028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ</p> <p></p>	Suitable from 12 weeks gestation onwards	Expectant parents can self-refer to the hypnobirthing programme
Newry & South Armagh	Sure Start South Armagh 	<p>Incredible Years Baby programme</p> <p>9-week programme for parents/carers and babies to attend together.</p> <p>Each week focuses on different aspects of baby's development and supporting parenting skills.</p> <p>The programme benefits the parent / infant interaction and relationship. Parents are supported to recognise their important role in building their baby's brain connections and promoting positive infant mental health, through consistent and responsive care giving, helping baby feel safe and secure, reading baby cues, learning about their baby's individual, temperament, while also looking after themselves.</p> <p>(All programmes facilitated within venues in the Sure Start South Armagh catchment area.)</p>	<p>Joanne Leary Jessica Leyburn Tracy Walker Mary Magee</p> <p>info@surestartsa.org  028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ</p> <p></p>	Birth to 1 year	Self-referral, referral from within the Sure Start team, referral from core services.



SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & South Armagh	Sure Start South Armagh 	Incredible Years Toddler programme A 13- week programme designed to support parents of toddlers aged 1 to 3 years to scaffold their toddlers development and learning. In particular parents gain effective strategies to support emotional regulation in their toddlers. (All programmes facilitated within venues in the Sure Start South Armagh catchment area.)	Joanne Leary Jessica Leyburn Mary Magee Caroline Wilson Robert Glusek info@surestartsa.org ☎ 028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ 	1 -3	Self-referral, referral from within the Sure Start team, referral from core services.
Newry & South Armagh	Sure Start South Armagh 	Mindfulness and Me A 4-week programme designed to introduce clients to the basic concepts of mindfulness and how it can be applied to every day life and in particular in the role of parent and carer. In turn the programme supports parents to promote the emotional wellbeing of their children. (All programmes facilitated within venues in the Sure Start South Armagh catchment area.)	Mary Magee Teresa McGready Lorraine Savage info@surestartsa.org ☎ 028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ 	For parents and carers	Self-referral, referral from within the Sure Start team, referral from core services.
Newry & South Armagh	Sure Start South Armagh 	Nurturing The Nurturing Programme is a structured ten week interactive programme promoting emotional health and wellbeing, relationship skills and positive behaviour management strategies for parents carers and their children. (All programmes facilitated within venues in the Sure Start South Armagh catchment area.)	Jessica Leyburn Teresa McGready info@surestartsa.org ☎ 028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ 	For parents and carers	Self-referral, referral from within the Sure Start team, referral from core services.

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Newry & South Armagh	<p>Sure Start South Armagh</p> 	<p>Time for Me</p> <p>6-week peer support programme designed to support mothers who may be experiencing a range of perinatal mental health difficulties, including anxiety, low mood, post-natal depression.</p> <p>The programme is facilitated by the Sure Start Health Visitor. Several guest speakers attend over the course of the programme to support the holistic wellbeing of our mothers who engage. The aim of the programme is to support mothers to identify self-help strategies and self-care, boost confidence and self-esteem and recognise they are not alone. In turn this programme supports mothers to promote the emotional health and wellbeing of their children.</p> <p>(All programmes facilitated within venues in the Sure Start South Armagh catchment area.)</p>	<p>Mary Magee Teresa McGready</p> <p>info@surestartsa.org ☎ 028 3083 0022 39 Newtown Road, Cowan's Yard, Camlough, Co. Armagh, BT35 7JJ</p> 	For parents and carers	Self-referral, referral from within the Sure Start team, referral from core services, e.g. GP, HV. Eligibility screening completed prior to commencing programme.





SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Children and Young Person Services - Women's Aid</p> <p>Providing emotional support for children who have experienced Domestic abuse.</p> <p>Completing work on self-esteem and keeping safe.</p>	<p>Clare McCullough</p> <p>☎ 028 38397979</p> <p>Portadown Resource Centre, 53 William St, Portadown, Co. Armagh BT62 3NX</p> <p>🌐</p>	5-17	<p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>
Armagh, Banbridge & Craigavon	<p>Women's Aid Armagh Down</p> 	<p>Core business, if someone has been impacted by domestic and/or sexual abuse.</p> <p>Emotional and practical support to anyone who has been impacted by domestic & sexual abuse.</p> <p>To educate and empower women and children to move forward from their experiences and live free from abuse.</p> <p>Children's programmes:</p> <ul style="list-style-type: none"> • Helping Hands • Transformers • Heading for Healthy Relationships <p>Women's programmes:</p> <ul style="list-style-type: none"> • Journey to Freedom • Insight • You and Me, Mum • Snack & Chat 	<p>Portadown Resource Centre</p> <p>☎ 02838 397979</p> <p>53 William St., Portadown, Co. Armagh BT62 3NX</p> <p>Armagh Resource Centre</p> <p>(Not continually staffed)</p> <p>39 Abbey St., Armagh, Co. Armagh BT61 7BY</p> <p>🌐</p>	<p>Children up to age of 17</p> <p>Women 17 +</p>	<p>Impacted by domestic/ sexual abuse.</p> <p>Children using the service - Mum must be referred to the service first.</p> <p>Referrals can be taken by any of the team.</p>

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Everyday Life Young Men & Violence Project This project will reduce violent behaviour and build techniques for avoiding conflict; help build resilience with & between young men to give them the skills to cope with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Caelan Donnelly Young Men’s Development Worker caelan@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 – 25yrs	Open to young men living in the ABC Council/NMD Council area; YouthAction membership
Southern Trust Area	YouthAction NI 	LifeMaps (Funded by the Co-op) Building positive mental health & wellbeing in young people is a crucial area of YouthAction’s work. Using the very best in youth work practices, we provide opportunities for self-expression, discovery & appreciation in a safe & supportive environment. LIFEMAPS is a mental health model that harnesses valuable techniques in how to cope with the ups & downs of life.	Michael McKenna michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, St. Patrick’s Trian, 38a English Street, Armagh, Co. Armagh, BT61 7BA 	14 - 25yrs	YouthAction membership Also volunteers, workers, etc.

SOUTH ARMAGH

LPG AREA COVERED	SERVICE/ ORGANISATION	PROJECT TITLE AND DESCRIPTION	CONTACT INFORMATION	AGE RANGE	REFERRAL CRITERIA
Southern Trust Area	YouthAction NI 	Our Generation This a new, regional cross border, cross community initiative to building peace through emotional resilience across NI and the border regions of Ireland resulting in meaningful, purposeful and sustained contact between children and young people from different communities. Our Generation builds a renewed, confident and hopeful society, conveying a light on what is possible as individuals, communities and as a wider society.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Armagh Regional Office, 	14 – 25yrs	Living in the ABC Council; NMD Council area YouthAction membership
Newry & South Armagh	YouthAction NI 	Young Men’s Legacy Project This project will address barriers to good relationships with young men & build positive mental fitness to help them deal with the challenges of everyday living.	Michael McKenna Team Leader – Work with Young Men michael@youthaction.org ☎ 028 3751 1624 Geraint Griffiths Team Leader – Work with Young Men geraint@youthaction.org ☎ 028 3751 1624 	14 – 25yrs	Young men living in the NMD Council area; YouthAction membership

WHAT IS THE CYPSP?

WHAT IS THE CYPSP?

The Children & Young People's Strategic Partnership is a multi-agency partnership that includes the leadership of key statutory agencies and community and voluntary organisations, with a responsibility for improving the lives of children and young people in Northern Ireland.

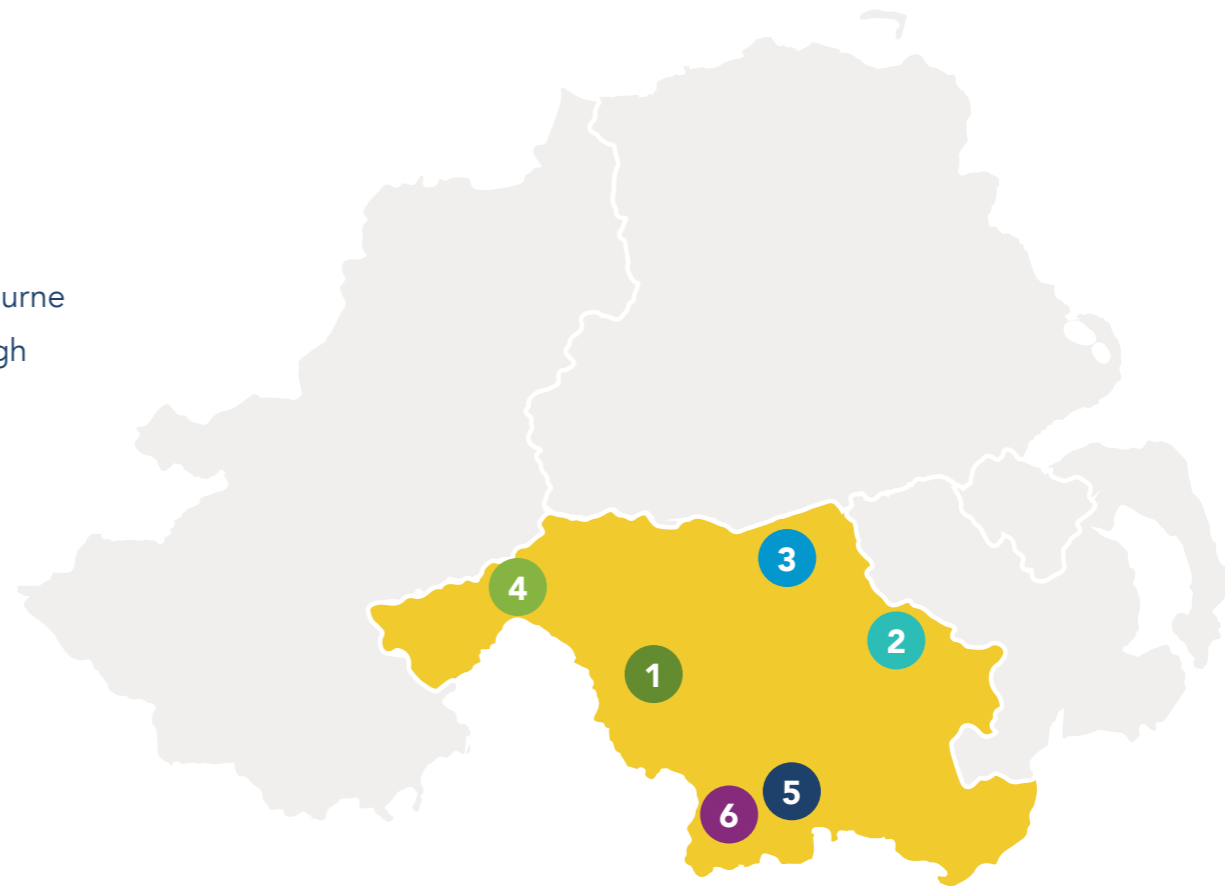
The partnership produces a Children & Young People's Plan which provides a high level commitment to improving outcomes for children and young people in Northern Ireland and to ensure each child reaches their full potential. This plan is taken forward at a local level through the process of Locality Planning.

WHAT IS LOCALITY PLANNING?

Locality Planning Groups (LPG's) are partnerships between statutory, voluntary and community organisations working with and for children young people and families at a local level. Their work focuses on early intervention to improve outcomes for children and young people.

There are 6 LPG's in the Southern Trust area. These are:

- 1 Armagh
- 2 Banbridge
- 3 Craigavon
- 4 Dungannon
- 5 Newry & Mourne
- 6 South Armagh



WHAT DO LOCALITY PLANNING GROUPS DO?

Working as a multi-agency partnership, each LPG develops a Children and Young People's Locality Plan for their area.

These plans identify and evidence the key issues impacting upon children and young people and provide a framework through which solutions can be implemented to address these issues.

Activities undertaken by LPGs in the Southern Trust Area include: Stakeholder Events, Information and Networking Events, Training, Consultation Responses, Projects/Events to meet the Outcomes of Action Plans, Sharing of Information and much more.

Actions are agreed by LPG members and are flexible to address any particular issue relating to children, young people or family support.

WHO WE ARE

The team responsible for Locality Planning in the Southern Trust area are our Locality Development Officer and our Locality Support Officer. Both are based at Tower Hill, Armagh,

Information sharing:



In January 2019, Southern Area Locality Planning introduced a new innovative way of sharing information on the great work of services and organisations striving to improve outcomes for children, young people and families in the Southern Trust area.

With the aim of strengthening contacts, participation, engagement and connections in the region, LPG members, as well as the wider community, are invited to submit flyers, posters & announcements promoting relevant events, opportunities, programmes and initiatives. All of this information is then collated and shared via a one-stop shop style newsletter - 'FYI' (For Your Information).

ACTION PLAN 2018-2021

Action Plans for the 6 Locality Planning Groups in the Southern Trust area fall under the following 8 factors contributing to wellbeing, as identified in the Northern Ireland Children and Young People's Strategy. Outcomes are numbered as follows in the Action Plan, which denote the areas we are addressing for each theme:

All 6 Locality Planning Groups identified the following 3 themes as their top priorities for 2018-21:

1. Emotional and Mental Health & Well Being
2. Supporting Families
3. Risk Taking Behaviours



If you would like to join your local
Locality Planning Group or if you
would like more information please
contact the Locality Development
Officer for the Southern Area:

T: 028 9536 3966

M: 077 2523 2566

E: localityplanning@ci-ni.org.uk

W: www.cypsp.hscni.net

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