

## Telephone and web Support for Children

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>Anna Freud</b>	Supporting children's mental health during periods of disruption	Anxiety Mental Health	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Lifeline</b>	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	0808 800 8000 18001 0808 808 8000
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	0808 800 5000 <a href="http://www.there4me.com">www.there4me.com</a>
<b>The HideOut</b>	Web space to help children and young people understand domestic abuse and how to take positive action of it's happening to you	Domestic Violence	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>



Education Authority @Ed\_Auth... · 23h ▾

Our Special Educational Needs Inclusion Service is continuing to support parents by making contacts and resources available online. Visit [eani.org.uk/services/pupil...](http://eani.org.uk/services/pupil...) for fun&exciting resources and websites that you may find useful to support your child.

Special Educational Needs  
COVID-19  
Together



## Telephone and Web Support for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>Anna Freud National Centre</b>	Supporting young people's mental health during periods of disruption	Anxiety Mental health	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Lifeline</b>	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	0808 808 8000  18001 0808 808 8000
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111  <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>The MIX</b>	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	0808 808 4994
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	0808 800 5000  <a href="http://www.there4me.com">www.there4me.com</a>
<b>Aware</b>	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	02890 357 820
<b>Frank</b>	Confidential advice on drugs	Alcohol Drugs	0300 123 6600
<b>SIMON Community</b>	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	0800 171 2222
<b>Informing Choices NI</b>	Advice on sexual health	Sexual health Pregnancy Contraception STDs Access to family planning	0345 122 8687  Monday - Friday 9-5
<b>Common Youth Clinics</b>	Clinics, advice & guidance on sexual health	Emergency contraception Pregnancy testing Counselling	02890 328 866

Post Primary Behaviour Support and Provisions

<b>Domestic and Sexual Violence Helpline</b>	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808 802 1414
<b>The Migrant Centre NI</b>	Financial Health and Well being		euss@migrantcentreni.org
<b>Cara-Friend/ LGBT Switchboard NI</b>	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	0808 8000 390
<b>Women's Aid</b>	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	0808 802 1414
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>



**Parenting NI** @ParentingNI · Mar 26

Remember, Parenting NI is here for you ❤️  
 We continue to provide a range of supports during this difficult time for everyone. This short clip explains the ways you can access support from Northern Ireland's leading parenting support charity  
[#SupportingParents](#)



Parentline NI Regional Parents Helpline is in full operation throughout this period.  
 Freephone 0808 8020 400 to provide advice, support and guidance to parents.  
 Monday-Thursday 9am-9pm  
 Friday 9am-5pm  
 Saturday 9am-1pm  
 webchat [ci-ni.org.uk](http://ci-ni.org.uk)  
 email [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)



Benefits	HMRC employees' enquiry line	Textphone: 0300 200 3212 Monday to Friday, 8am to 5pm
Benefits	HMRC statutory payment dispute team	Telephone: 03000 560 630 Monday to Thursday, 8:30am to 5pm Friday, 8:30am to 4:30pm
Benefits	Independent welfare changes	Benefits helpline :0808 8021881 Money Debt Helpline:0800 0281881 Universal credit helpline:0800 0121331 Discretionary support fund:0800 587 2750 this is if you are in a crisis you can apply for financial help. You can also apply for a universal credit contingency grant by ringing this number and pressing option 2. HMRC Phoneline for self-employed and businesses:0300 456 3565 or 08000 159559
Finance	Credit union to transfer money etc	<a href="http://www.omaghcreditunion.co.uk">www.omaghcreditunion.co.uk</a> to transfer funds, make payments or apply for loans or call 02882 245353
Food	Supermarket food shops open	ASDA-8am-10pm mon-sat Sunday 1-6pm Marks and Spencers- Monday- sat 9-7pm Sunday 1-6pm Lidl-9am-11am elderly only 11am-8pm mon-sat and Sunday 1-6pm The meat joint foundry lane 02882244904
Food and items delivery	Shops arranging delivery of food	Dolans Mace-028 8224 5492 (Strathroy) 02882249307 Gortin Road MC Brides Spar-02882242409 (Old Mountfield Road)

**To help you stay at home a network of volunteers in the Omagh and Drumragh parish will assist you collect Groceries,top-ups,collect prescriptions and essentials**

Conor Sally 07775 700 598

Paul Devlin 07876378421

Ciaran Mc Daid 07729 378421

Fr Chris Mc Dermott 02882242092

Fr Eugene Hasson 028 82 242092

Martin Woodhead 07842871839

Racheal Mallon 07527906033

Barry Mc Elduff 07887 988 365

Luke Darcy 07796766025

Mickey Gallagher 07789 644762

Eoin Mc Gread 07842 413878

Sinead Duddy 07876 617 638

Caroline Boyle 07733 172 509

Fr Ignacy Saniuta 028 8224 2092

SERVICE	DETAILS	CONTACT
Food Bank	Omagh community service provide food parcels for people in need	email:office@omaghcommunitychurch.com or text 07784 870375
Food Bank	Omagh community outreach	<u>Address:</u> 51 Market St, Omagh BT78 1EL <u>Phone:</u> 07718 915435
Food Bank	St Vincent de paul	07738837991



**AWARE** @AwareNI · 01/04/2020

A few changes have been made to AWARE's Support Services in line with the current social restrictions. We have also set up a Coronavirus web page with useful info and resources on looking after your mental health during the outbreak

♥ [aware-ni.org/covid-19-suppo...](http://aware-ni.org/covid-19-suppo...)

#InThisTogether

	<b>Support Email Service</b> info@aware-ni.org
<b>Support Line</b> Monday - Friday 11am-3pm	
	<b>Dedicated Coronavirus Webpage</b> aware-ni.org/covid-19-support

'Connect Fermanagh' is a call service by Fermanagh Trust to support those feeling lonely, afraid or vulnerable. 028 66 320 230 for befriending/ direction to services. 9.30am-2pm 7 days per week. Voicemail outside these times.

[info@connectfermanagh.org](mailto:info@connectfermanagh.org).

[connectfermanagh.org](http://connectfermanagh.org)

**DONT FEEL ALONE. WE ARE HERE TO TALK!**

**CONNECT FERMANAGH**

**028 66 320 230**

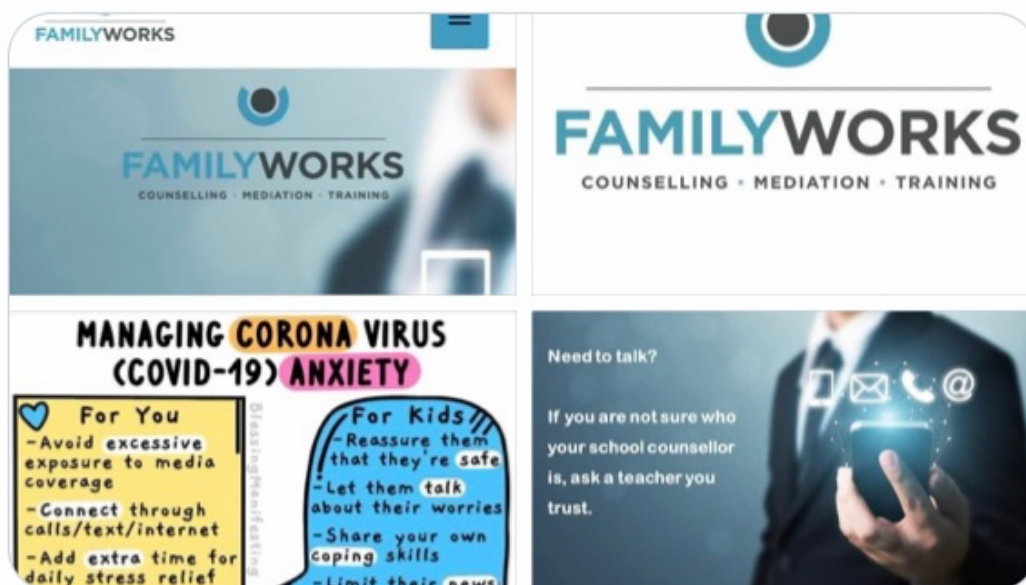
7 days a week 9.30am-2pm

[@Start360org](https://www.start360.org) [@WesternHSCTrust](https://www.westernhsc.org)

[@ASCERTNI](https://www.ascertni.org) Youth Treatment

Services.VOICES support young people re. substance misuse in home, supporting whole family. Drug and Alcohol Intervention Service for Young People (DAISY) support young people to reduce harm caused by substances.07923129559


Our School Counselling Service @FamilyworksNI will resume on-line for new and existing clients going forward. Get in touch with us if you need more information on this. #PastoralCare



Facebook – [facebook.com/familyworksni](https://facebook.com/familyworksni)

Instagram – [instagram.com/familyworkscounselling](https://instagram.com/familyworkscounselling)

Twitter – [twitter.com/familyworksni](https://twitter.com/familyworksni)

Vimeo – [vimeo.com/familyworksni](https://vimeo.com/familyworksni)

Watch out on Snapchat for our videos as well, which will all point young people in Northern Ireland to the ICSS Schools Counselling Service.

And remember you can do this because nobody cares for these kids more than you do.

Edith Bell  
Clinical Director