

## Belfast Crisis Services for Christmas Holiday Period 2016

### Crisis Helpline Services open as usual:

Lifeline helpline available 24/7

0808 808 8000 (free)

Belfast Branch Samaritans helpline available 24/7

116 123 (free) or 028 9066 4422 (local call charges apply)

Saturday 24 December	Samaritans Drop-in 9am – 10pm	Lenadoon Counselling Weekend Service 10am – 4pm	PIPS 2pm – 4pm			
Sunday 25 December	Samaritans Drop-in 9am – 10pm	Lenadoon Counselling Weekend Service 10am – 4pm				
Monday 26 December	Samaritans Drop-in 9am – 10pm					
Tuesday 27 December	Samaritans Drop-in 9am – 10pm					
Wednesday 28 December	Samaritans Drop-in 9am – 10pm		PIPS 9am – 9pm	Lighthouse 1pm – 4pm	SASG 9am – 5pm	
Thursday 29 December	Samaritans Drop-in 9am – 10pm		PIPS 9am – 5pm	Lighthouse 1pm – 4pm	SASG 9am – 5pm	Extern Crisis Team 9am – 9pm
Friday 30 December	Samaritans Drop-in 9am – 10pm		PIPS 9am – 9pm	Lighthouse 1pm – 4pm	SASG 9am – 5pm	Extern Crisis Team 9am – 9pm
Saturday 31 December	Samaritans Drop-in 9am – 10pm	Lenadoon Counselling Weekend Service 10am – 4pm	PIPS 2pm – 6pm			
Sunday 1 January	Samaritans Drop-in 9am – 10pm	Lenadoon Counselling Weekend Service 10am – 4pm				
Monday 2 January	Samaritans Drop-in 9am – 10pm					

Contact details and usual opening hours for these organisations can be found overleaf

## Belfast Crisis Services for Christmas Holiday Period 2016

<b>Organisation</b>	<b>Services Offered</b>	<b>Contact Details</b>
<b>Lifeline</b>	24/7 phone support for those in crisis	0808 808 8000 <a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a>
<b>Belfast Branch Samaritans</b>	Phone, text and email support available 24/7 plus drop in service from 9am to 10pm every day National Helpline is now free to call on 116 123 Belfast branch number is 028 9066 4422 (local call charges apply)	5 Wellesley Avenue, BT9 6DG 116 123 (free) or 028 9066 4422 (local call charges apply) Text Service 07725 90 90 90 <a href="http://www.samaritansbelfast.org">www.samaritansbelfast.org</a> Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Lighthouse</b>	Crisis support services available Monday to Friday from 8.30am to 5.30pm	187 Duncairn Gardens, BT15 2GF 028 9075 5070 <a href="http://www.lighthouseireland.org">www.lighthouseireland.org</a>
<b>PIPS</b>	Crisis support services available Monday, Wednesday and Friday 9.00am to 9.00pm, Tuesday and Thursday 9.00am to 5pm and Saturday and Sunday from 2pm to 6pm	279 – 281 Antrim Road, BT15 2HE 0800 088 6042 <a href="http://www.pipscharity.com">www.pipscharity.com</a>
<b>Suicide Awareness and Support Group</b>	Crisis support services available Monday to Friday 9am to 5pm	209 Falls Road, BT12 6FB 028 9023 9967
<b>Extern Crisis Team</b>	Crisis support services available Monday and Tuesday 9am to 5pm, Wednesday, Thursday and Friday 9am to 9pm	Francis House, 9 – 12 Brunswick Street, Belfast, BT2 7GE 0800 085 4808 <a href="http://www.extern.org">www.extern.org</a>
<b>Lenadoon Counselling Weekend Suicide Intervention Service</b>	Crisis support and face to face appointments can be arranged by telephone on Saturday and Sundays only from 10am to 4pm	124 Stewartstown Road , BT11 9JQ 07516 187 447 (not a drop in service, please telephone in advance)
<b>GP Out of Hours Service for South and East Belfast</b>	GP support available when your local surgery is closed	028 9079 6220



**East Belfast Community Development Agency (EBCDA)**  
**East Belfast Network Centre, 55 Templemore Avenue, Belfast, BT5 4FP**  
**Tel: 028 9045 151     [www.ebcdca.org](http://www.ebcdca.org)**

**EBCDA will be closed from Friday 23 December and reopen on Tuesday 3 January**