**PTSD Support Services in Northern Ireland**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Support Service** | **Conditions Supported** | **Location (Area Served)** | **Contact Email / Form** | **Telephone** |
| **WAVE Trauma Centre** | Bereavement, injury or **trauma from the Troubles** (conflict-related PTSD) | Multiple NI Centers (Belfast, Armagh, Derry/Londonderry, Omagh, Ballymoney) | Contact via online form | 028 9077 9922 (Belfast) |
| **Lifeline (Crisis Helpline)** | **Trauma, anxiety, self-harm, despair** (24/7 crisis support) | **National Helpline (NI)** | *N/A (phone only, no email)* | 0808 808 8000 (Free 24/7) |
| **Domestic & Sexual Abuse Helpline** (Nexus NI) | **Domestic violence and sexual abuse trauma** (24/7 support) | **National Helpline (NI)** | help@dsahelpline.org | 0808 802 1414 (Free 24/7) |
| **Nexus NI** | **Sexual abuse, violence or rape trauma** (counselling & support) | Belfast HQ (services across NI) | info@nexusni.org | 028 9032 6803 |
| **Beyond the Battlefield** | **Military, police & emergency-service PTSD** (veterans’ charity) | Newtownards (NI-wide for veterans) | info@beyondthebattlefield.org | 028 9122 8389 |
| **Combat Stress** (Veterans Support) | **Ex-Service men and women** – PTSD and mental ill-health | UK-Wide Service (Helpline) | helpline@combatstress.org.uk | 0800 138 1619 (24/7) |
| **Cúnamh** (Derry Trauma Support) | **Victims & Survivors of the Troubles** (community trauma services) | Derry/Londonderry | details@cunamh.org | 028 7128 8868 |
| **Family Trauma Centre** (Belfast Trust CAMHS) | **Child & Adolescent trauma** (family therapy for traumatic events) | Belfast (NHS **regional service**) | *N/A (GP or Trust referral required)* | 028 9020 4700 |
| **ASSIST Trauma Care** | **Post-traumatic stress** (therapy for all trauma types, phone/online) | National (UK-wide online/phone) | admin.support@assisttraumacare.org.uk | 01788 551919 |
| **Victim Support NI** | **Victims of crime** (emotional support, trauma counseling) | Belfast & Foyle (NI-wide coverage) | info@victimsupportni.org.uk | 028 9024 3133 |
| **South East Fermanagh Foundation (SEFF)** | **Victims of terrorism** (Troubles-related trauma support) | Lisnaskea, Fermanagh (and regionally) | info@seff.org.uk | 028 6772 3884 |
| **The Ely Centre** | **Security-force and civilian victims** of Troubles (trauma services) | Enniskillen (with Markethill & Portadown offices) | info@elycentre.co.uk | 028 6632 0977 |
| **Barnardo’s NOVA Trauma Support** | **Children, young people & parents** (Troubles-related trauma therapy) | Banbridge (Armagh/Dungannon/Newry areas) | nova@barnardos.org.uk | 028 4062 8758 |