

## **Useful Contacts**

NHS – 111

<https://www.publichealth.hscni.net/news/covid-19-coronavirus>

CAMHS- central point of referrals: 028 38 392112 (Monday to Friday 9am to 5pm)

Central Gateway 028 37 415285 (Monday to Friday 9am to 5pm)

Out of Hours GP: 028 38 399201

Accident and Emergency: local A&E Department

Regional Emergency Social Work Service: 028 95 049999

Lifeline: 0808 808 8000

[www.younghealthyminds.co.uk](http://www.younghealthyminds.co.uk): this is the link for Southern Trust CAMHS website- young people have found this helpful.