



horizons



Suicide and self-harm prevention centre

Mon 9am-5pm Tue 9am-9pm
Wed 9am-5pm Thur 9am-9pm
Fri 9am-4pm Sat 2pm-6pm

- One-to-one counselling
- Befriending
- A crisis walk-in facility
- A crisis telephone hotline
- Suicide awareness training



Tel: 028 9244 5060

Website: www.emergencounselingservices.co.uk

Email: emergencounselingservices@outlook.com

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