

Struggling with Debt:

Free debt counselling for everyone from an award winning charity. **CHRISTIANS against Poverty UK.**

Freephone 0800 328 0006

Web: www.cap.org

The Compassionate Friends:

Support for parents who have lost a child.

Helpline 08454 123 2304

Email: info@tcf.org.uk

Web: www.tcf.org.uk

There 4 me:

An NSPCC online advice resource for 12-16 year olds who are worried about issues such as abuse, bullying, exams, drugs and self harm.

Web: www.there4me.com

The Rape Crisis & Sexual Abuse Centre:

What to do if a friend or partner has been raped. Tel: 028 9032 9001

Web: www.rapecrisisni.com

The Salvation Army:

A Christian charity organisation with programmes that include international aid, assistance to children and families, and disaster relief.

Tel: 028 9067 5000

Web: www.salvationarmyusa.org

The Simon Community Northern Ireland:

Addressing homelessness.

Tel: 028 9023 2882

Victim Support:

Supporting people affected by crime.

Provides emotional and practical help with criminal injuries compensation claims and support for people going to court. Their Northern Ireland wide service is free, confidential and independent.

Tel: 028 9024 4039

Women's Aid:

Supports women and children experiencing domestic violence

Tel: 028 90666049

24 hour helpline: 0800 9171414

Web: www.belfastwomensaid.org.uk

Young Minds Parent Information Service:

Provides information and advice for anyone worried about the mental health of a young person.

Tel: 0800 018 2138

A—Z OF USEFUL CONTACTS FOR SUPPORT

Adoption Routes:

Formerly Church of Ireland Adoption Society. Adoption Guidance and Advice.
Tel: 028 9073 6080.

Email: info@adoptionroutes.co.uk

Web: www.adoptionroutes.co.uk

Alcoholics Anonymous:

Tel: 028 9043 4848

Web: www.alcoholicsanonymous.ie

Alzheimer's Society:

Provides information, education, advocacy and counselling for people with dementia, their families and carers.

Tel: 028 9066 4100

Web: www.alzheimers.org.uk

Aware Defeat Depression:

Support for sufferers and their families
Helpline 08451 202961

Email: help@aware-ni.org

Web: www.aware-ni.org.uk

Care in Crisis:

Counselling for a wide range of issues.

Tel: 028 3832 9900

Email: info@careincrisis.org.uk

Web: www.careincrisis.org.uk

CDAC Christian Debt Advice Centre:

Tel: 028 9046 9227

E-mail: cdac@ulstertemple.com

**Childline Northern Ireland:**

Free helpline for children and young people. Counsellors are always available.
Freephone 0800 1111

Web: www.childline.org.uk

Church of Ireland Marriage Council:

Church of Ireland House, Church Avenue, Rathmines, Dublin 6. Tel: 00353 14125626

Citizen's Advice Bureau:

Tel: 028 9023 1120

Web: www.citizensadvice.co.uk

Contact Youth Counselling:

Provides face to face counselling for young people under 25 years of age throughout Northern Ireland. Bullying, abuse, family problems, drugs, alcohol, sexuality, stress and suicide.

Tel: 028 9074 4499 office hours or call Freephone confidential helpline on 0808 808 8000 lines open 24/7

Contact a Family:

Provides advice, information and support to the parents of children with disabilities and health conditions.

Freephone Helpline 0808 808 3555

Web: www.cafamily.org.uk

Credit Unions:

There are 104 locations throughout Northern Ireland. Credit Unions are helping people to help themselves to better value, fairer loans and savings on a non-profit basis. Tel: 00353 16146700
Email: info@creditunion.ie
Web: www.creditunion.co.uk

Cruse Bereavement Care:

Exists to promote the well-being of bereaved people. Tel: 028 9023 2695
Helpline: Tel: 0844 4779400
Web: www.crusebereavementcare.org.uk

Disability Action:

Works to ensure that people with disabilities attain their full rights as citizens by supporting inclusion, influencing government policy and changing attitudes in partnership with disabled people.
Tel: 028 9029 7880
Web: www.disabilityaction.org

Energy Efficiency Advice Centre:

Information on grants which may be available and help for making homes more energy efficient.
Tel: 0800 512 012 (calls are free)

Fighting Poverty, Isolation and Neglect:

For free advice and advocacy, plus information on all older people's issues including benefits.
Freephone Seniorline 0808 808 7575
Web: www.helptheaged.org.uk

Frank about Drugs: National Drugs Helpline

Tel: 0800 776600
Web: www.talktofrank.com

Gamcare:

Support for anyone affected by a gambling dependency Tel: 0845 6000 133
Web: gamcare.org.uk
Online support available from the site

Gingerbread:

Supports and works for and with one-parent families in N. Ireland.
Tel: 0808 8088090
Web: www.gingerbreadni.org

Health and Social Care Services:

Belfast Health and Social Care Trust Tel: 028 90960000. Northern Health and Social Care Trust Tel: 0845 601 2333. South Eastern Health and Social Care Trust Tel: 028 92665181. Southern Health and Social Care Trust Tel: 028 38335496. Western Health and Social Care Trust Tel: 028 71345171.
Web: www.healthandcareni.co.uk
This is your gateway to Health & Social Care Services in Northern Ireland.

HIV Support Centre:

HIV and sexual health helpline
Confidential Freephone 0800 137 437

Love for Life:

Information for parents and teenagers. Supports young people in making their own informed choices on alcohol, drugs and sex.
Tel: 028 3882 0553
Web: www.loveforlife.org.uk

Marriage and Relationship Counselling with Accord:

Explore, reflect upon and resolve difficulties in marriage and relationships.
Tel: 028 9023 3002
Web: www.accordni.com

Mencap:

Works with people with a learning disability their families and carers.
Tel: 028 9069 1351 Information Service: 0845 7636227
Web: www.mencap.org.uk

Mount Help Centre (1-2-1):

The Church of Ireland's Secular Counselling Service. Bringing Hope
Tel: 020 90782159 Urgent Counselling Service Tel: 07757258041
Web: www.mounthelpcentre.org

NIAMH: (Northern Ireland Association for Mental Health)

Support people's mental health needs across Northern Ireland.
Tel: 028 9032 8474

NIMMA: (Northern Ireland Mixed Marriage Association)

Tel: 028 9023 5444
Email: nimma@nireland.com
Web: www.nimma.org.uk

Parents Advice Centre:

Supports parents and family members to improve their ability to function within the family.
Tel: 028 9023 8800
Helpline: 0808 8010 722
Web: www.pachelp.org

PIPS Project:

Public initiative for the prevention of suicide and self harm. Suicide helpline 0808 808 8000
Email: info@pipsproject.com
Web: www.pipsproject.com

Praxis:

Volunteering and Befriending Service
Tel: 028 9061 0635

Relate:

Relationship counselling agency (province wide)
Tel: 028 90323454 & 028 71371502
Email: office@relateni.org
Web: www.relateni.org

Rethink: Supporting people recovering from severe mental illness
Tel: 028 90 2323
Email: info.nireland@rethink.org
Web: www.rethink.org

Royal National Institute of Blind People: (RNIB)

Is the leading UK charity offering support and information to blind people.
Helpline: 08457669999
Web: www.rnib.org.uk

Royal National Institute for the Deaf: (RNID)

For deaf and hard of hearing people.
Tel: Information line: 08088080123

Rural Support:

Listening ear for Rural Communities.
Tel: 0845 606 7607

St. Vincent De Paul:

The aim of the Society is to tackle poverty in all its forms through the provision of practical assistance to those in need. The concept of need is broader than financial hardship, so visiting the sick, the lonely, the imprisoned, forms a large proportion of the Society's work. Tel: 028 90351561
Email: info@svpni.co.uk
Web: www.svp-ni.org

Samaritans:

24 hour confidential emotional support
Tel: 08457 90 90 Email jo@samaritans.org
Web: Samaritans.org.

Save the Children:

An international children's charity, working to create a better future for children. Tel: 028 9062 0000
Web: savethechildren.org.uk