

### ADDICTIONS PROBLEMS

Al-Anon / Al-Teen	028 9024 3489
Alcoholics Anonymous	028 9043 4848
Battle Against Tranquillisers	011 7966 3629
Gamblers Anonymous	028 9024 9185
NICAS-NI Community Addiction Service	028 9066 4434 028 9073 1602 028 9033 0499
SADI 24 hr. Helpline Office	079 8447 1067 028 9147 7975

### ANXIETY / PHOBIAS / DEPRESSION/ STRESS

Northern Ireland Association for Mental Health	028 9032 8474 011 7941 3020
Aware Defeat Depression Office Helpline	028 9032 1724 084 5120 2961
The Link MARC Project	028 9182 1124
Rethink	0845 456 0455 028 9040 2323

### BEREAVEMENT

Bereavement Support Midwife Ulster Hospital	028 9056 4717
Cot Death Helpline	028 7233 2090
CRUSE Bereavement care	028 9127 2444
NI Miscarriage Association Helpline	028 9336 3384
SANDS Still-birth and Neo-natal Death Society Northern Ireland Helpline	077 4099 3450

### COUNSELLING SERVICES

Community and Family Counselling Holywood Family Trust	028 9042 7214
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### CARERS SUPPORT (MENTAL HEALTH)

Carers Support NI	028 9043 9843
CAUSE (Carers & User Support Enterprise)	084 5603 0291

### CHILDREN'S/YOUTH SUPPORT

Childline	0800 1111
Contact Youth Helpline	028 9045 7848 0808 808 8000
The Link	028 9182 1124
Youth Services	028 9181 3987
YMCA	028 9145 4290 028 9127 0330

Child and adolescent mental health service can be accessed in consultation with your GP. You can contact local community mental health teams through your GP or by phoning 028 9151 2156

### DIVORCE/SEPARATION

Gingerbread	028 9023 1417
RELATE NI	0870 242 6091

### EATING DISORDERS

Eating Disorders Northern Ireland	028 9023 5959
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### EMOTIONAL SUPPORT

Samaritans	084 5790 9090
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### ETHNIC SUPPORT

Chinese Welfare Association	028 9028 8277
Commission for Racial Equality	028 7939 0000
Multi-Cultural Resource Centre NI	028 9024 4639
NI Council for Ethnic Minorities	028 9023 8645

### FAMILY SUPPORT

Family Mediation Service	028 9024 3265
Family Planning Association	028 9032 5488
Holywood Family Trust	028 9042 7214
Home-Start North Down Ards, Comber & Peninsula	028 9127 1201 028 4278 8369
Parents Advice Centre	028 9031 0891
YMCA Family Programme	028 9145 4290

### HOMELESSNESS

NI Housing Executive	Ards Bangor	028 9181 6979 028 9127 0761
Council for the Homeless		028 9024 6440
Simon Community		028 9023 2882

### OTHER SUPPORT SERVICES

amh Accept Bangor		028 9127 0979
amh New Horizons North Down & Ards		028 9182 2410
Aids Helpline		0800 137 437
CAB	North Down Newtownards or	028 9127 0009 028 9181 9257 028 9182 3966
CARA Friend	Office Gay line Lesbian line	028 9027 8636 028 9032 2023 028 9023 8668
Domestic Violence 24 hr Helpline		0800 917 1414
Domestic Violence Outreach Scheme		028 9127 3196
Healthwise		028 9151 0183
Nexus (Sexual abuse)		028 9032 6803
ND&A Doctor On Call Service		028 9182 2344
YMCA Tenant Support Services		028 9145 4290
North Down & Ards Volunteer Centre		028 9127 0486
Peninsula Healthy Living Partnership		028 4273 9021
PRAXIS		028 9024 8665
The Rainbow Project		028 9031 9030 028 7128 3030
Rape Crisis and Sexual Abuse Centre		028 9032 9001 028 9032 9002
Threshold		028 9087 1313
Victim Support		028 9024 4039
Women's Aid Federation NI		028 9024 9041