

### ADDICTION PROBLEMS

Al-Anon / Al-Teen	028 9024 3489
Alcoholics Anonymous	028 9043 4848
Battle Against Tranquillisers	011 7966 3629
FASA (Forum for Action on Substance Abuse)	028 9127 1322
Gamblers Anonymous	028 9024 9185
NICAS-NI Community Addiction Service	028 9066 4434 028 9073 1602 028 9033 0499
SADI 24 Hour Helpline Office	079 8447 1067 028 9147 7975
The Link MARC Project	028 9182 1124

### ANXIETY / PHOBIAS / DEPRESSION / STRESS

Northern Ireland Association for Mental Health	028 9032 8474 011 7941 3020
Aware Defeat Depression Office Helpline	028 9032 1724 0845 120 2961
Rethink	0845 456 0455 028 9040 2323

### BEREAVEMENT

Bereavement Support Midwife Ulster Hospital	028 9056 4717
Cot Death Helpline	028 7233 2090
CRUSE Support for Bereaved Families	028 9127 2444
FASA (Forum for Action on Substance Abuse)	028 9127 1322
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
FASA (Forum for Action on Substance Abuse) Lifeline	028 9127 1322 0808 808 8000

### CARERS SUPPORT (MENTAL HEALTH)

CAUSE for Mental Health	0845 603 0291 028 9023 8284
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### CHILDREN'S/YOUTH SUPPORT

Childline	0800 1111
Contact Youth	028 9074 4499
Contact Youth Helpline	0808 808 8000
Voice of Young People in Care	028 9024 4888
The Link	028 9182 1124
Youth Services	028 9181 3987
North Down 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 1199.

### 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
North Down YMCA Harbour Ward Project	028 9145 4290

### FAMILY SUPPORT

Autism NI (PAPA)	028 9040 1729
Family Mediation Service	028 9024 3265
Family Planning Association	028 9032 5488
Familyworks	028 9182 1721
Holywood Family Trust	028 9042 7842
Home-Start North Down Ards, Comber & Peninsula	028 9127 1201 028 4278 8369
Lifestart Mid-Ards	028 4273 9130
Parents Advice Centre	028 9031 0891
North Down YMCA Family Programme	028 9145 4290
Surestart	028 4277 2577

### HOMELESSNESS

NI Housing Executive (North Down & Ards)	084 4892 0900
Council for the Homeless	028 9024 6440
Simon Community	028 9023 2882

### SUICIDE PREVENTION AND SUPPORT

CRUSE Support for Bereaved Families	028 9127 2444
FASA (Forum for Action on Substance Abuse) Lifeline	028 9127 1322 0808 808 8000

### OTHER SUPPORT SERVICES

Age Concern North Down & Ards Advice Line Aid Call	028 9127 1968 028 9032 5055 0808 100 4545
AMH New Horizons North Down & Ards (Bangor)	028 9127 0979
AMH New Horizons North Down & Ards (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
Carers Support NI	028 9043 9843
Domestic Violence 24 Hour Helpline	0800 917 1414
Domestic Violence Outreach Scheme	028 9127 3196
FASA (Forum for Action on Substance Abuse)	028 9127 1322
Healthwise	028 9151 0183
Kilcooley Tenant Support	028 9147 0666
MENCAP	0845 763 6227 028 9069 1351
Nexus (Sexual abuse)	028 9032 6803
ND&A Doctor On Call Service	028 9182 2344
North Down YMCA Tenant Support Services	028 9145 4290
North Down & Ards Volunteer Centre	028 9020 0862
Peninsula Healthy Living Partnership	028 4273 9021
PRAXIS	028 9181 9426
The Rainbow Project	028 9031 9030 028 7128 3030
Rape Crisis and Sexual Abuse Centre	028 9032 9001 028 9032 9002
South Eastern Trust Community Disability Co-ordinators Learning Disability Physical Disability	028 9181 4625 028 9182 3762
Threshold	028 9087 1313
Victim Support	028 9024 4039
Women's Aid Federation NI	028 9024 9041