LifeLine: 0808 808 8000

Childline: 0800 1111

Familyworks: 028 91 821721

Samaritans: 116 123

Aware Defeat Depression

**40-44 Duncairn Gardens, Belfast, BT15 2GG**

**T: 028 9035 7820 | Helpline: 0845 120 2961 | E: help@aware-ni.org | W: www.aware-ni.org.uk**

Providing support to individuals suffering from depression. Services provided include self-help support groups,

telephone and email helpline, mental health education programmes and overcoming depression workshops.

Bridge of Hope

**Aston Clinic - 5 Churchill Street, Belfast, BT15 2BP T: 028 9022 1022**

**Duncairn Gardens 164 Duncairn Gardens, Belfast, BT15 2GN T: 028 9074 6737**

**McSweeney Clinic - Henry Place, Belfast, BT15 2BB T: 028 9543 8707**

**E: irene@ashtoncentre.com | W: www.thebridgeofhope.org**

Providing complementary therapies (including Swedish body massage and reflexology), life coaching, personal and professional development programmes and conflict/legacy analysis. Its goal is to empower individuals through theprovision of positive health and emotional wellbeing services.

CRUSE Bereavement Care

**10 College Green, Belfast, BT7 1LN**

**T: 028 9023 2695 | Helpline: 0844 477 9400 | E: info@cruse.org.uk W: www.cruse.org.uk**

Providing support to individuals and families who have been bereaved. Services provided include information,

counselling, support and training. Support is available in both individual and group settings and also through a

dedicated helpline.

New Life Counselling

**25 Ardoyne Road, Belfast, BT14 7HX**

**T: 028 9039 1630**

**Unit 20, North City Business Centre 2 Duncairn Gardens, Belfast, BT15 2GG**

**T: 028 9074 6184 | E: info@newlifecounselling.net | W: www.newlifecounselling.net**

Providing counselling support for children, young people, adults and families. Work with individuals experiencing a wide range of issues including stress, anxiety, depression, self-harm, bullying and relationship breakdown.

Belfast City Hospital

**T: 028 9069 9201**

Royal Victoria Hospital

**T: 028 9063 0022**

Out of Hours Service

**T: 028 9074 4447**

**GP Out of Hours** - provides care for individuals when their normal GP surgery is closed. This is not intended to replace normal GP services, but deals with urgent problems that cannot wait until a GP is available. Operates weekdays after 6pm and weekends.

CAMHS – Go to Mater Hospital A&E to be assessed

**(Access through healthcare professionals)**

**Child and Adolescent Mental Health Services (CAMHS)** - promote emotional wellbeing and deliver care, treatment and preventative mental health services to children and young people aged 0-18 who experience significant mentalhealth difficulties, such as suicidal thoughts, self- harming, depression, acute anxiety, eating disorders, trauma and ADHD/Autism.

DAMHS - Go to Mater Hospital A&E to be assessed

**(Drug and Alcohol Mental Health Services)**

Gateway Service – Social Services

**T: 028 9050 7000**

Out of Hours Emergency Service

**T: 028 9056 5444**

First point of contact for all new referrals to children’s social work service. Responsible for responding to referrals

promptly, assessing needs, identifying support services, immediate response, ongoing social work support and

working with other agencies to provide additional support services where required.

Addiction NI

**40 Elmwood Avenue, Belfast, BT9 6AZ**

**T: 028 9066 4434 | E: enquiries@addictionni.com | W: www.addictionni.com**

Providing support and treatment to individuals affected by alcohol or drug addiction. Services provided include advice

and counselling support to individuals, their families and employers, training and information and the Older Focus

Service targeted at those over 55.

ASCERT

**23 Bridge Street, Lisburn, BT28 1XZ**

**T: 028 9260 4422 | E: info@ascert.biz | W: www.ascert.biz**

Providing drug and alcohol support services across Northern Ireland. Services include information and education

about substance misuse, training and development programmes and support services targeted at families, adults

and young people.

Drug & Alcohol Intervention Service for Youth

**DAISY Belfast Office (Opportunity Youth) Hildon House, 30-34 Hill Street, Belfast, BT1 2LB**

**T: 028 9043 5815 | E: info@daisy.uk.net | W: www.daisy.uk.net**

A confidential drug and alcohol service for young people delivered by Opportunity Youth and ASCERT.

Service provided will include key work, counselling, family support, systemic family work and group work activities.

Integrated Services Greater Shankill Partnership

**Spectrum Centre 331-333 Shankill Road, Belfast, BT13 3AA**

**T: 028 9031 1455 | E: grshankill@gmail.com | W: www.greatershankillpartnership.org**

NI Housing Executive

**North Belfast District Office 32-36 Great Victoria Street, Belfast, BT2 7BA**

**T: 0344 892 0900 | E: belfastnorth@nihe.gov.uk | W:** [**www.nihe.gov.uk**](http://www.nihe.gov.uk)

Simon Community

**57 Fitzroy Avenue, Belfast, BT7 1HT**

**T: 0800 171 2222 | E: cap@simoncommunity.org | W: www.simoncommunity.org**

Provide emergency accommodation, advice and support for individuals that are homeless or at risk of becoming

homeless. Services provided include support to families and young people, prevention programmes, harm reduction and helpline available 24 hours a day.

North Belfast Advice Partnership

**Members: Ardoyne Association, Ballysillan Community Forum, Citizens Advice North Belfast,**

**Ligoniel Improvement Association, Tar Isteach, The Vine Centre**

A consortium of organisations providing free, locally accessible, comprehensive advice services to individuals in North Belfast. Services include advice on benefits, consumer issues, employment rights, housing issues, money and debt and representation at tribunals.