

Child/youth support

• Armagh	028 3752 2380
• Newry	028 3026 3135

Support for young people at risk of coming into contact with the criminal justice system or being expelled from school.

• Armagh	028 3752 2380
• Newry	028 3026 0668

Assessment, therapeutic and preventative services to families who are deemed to be at risk.

• Armagh/Dungannon	028 3752 2380
• Portadown/Craigavon/Banbridge	028 3833 1168
• Newry & Mourne	028 3083 5764

028 3083 5400

0800 1111

24/7 counselling support for children and young people.

0808 800 5000

028 3751 2515

028 3832 2714

Parents’ helpline	0808 802 5544
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www.youngminds.org.uk

• Craigavon/Banbridge	028 3833 8556
• Armagh Headquarters	028 3751 2266
• Armagh/Newry & Mourne	028 3025 1515
• Dungannon	028 8772 2167
• Cookstown	028 8675 7168

• Portadown	028 3839 1155
• Armagh/Dungannon	028 3752 2380
• Newry	028 3026 3135

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• Armagh	028 3751 1624
• Newry	028 3025 6040

• FutureProof (formerly REACT Ltd)	028 4062 4511
• Magnet Newry	028 3025 2214

Student support

• Belfast	028 9536 7300
• Coleraine	028 7012 4105
• Jordanstown	028 9036 6336
• Magee	028 7167 5218

A professional counselling service is available on all campuses.

www.studentsupport.ulster.ac.uk

During office hours	028 9097 2727
24 hr counselling helpline	0808 800 0016

A first stop for information, advice and guidance. Also provides a professional counselling service. www.qub.ac.uk/directorates/sgc/

Family and relationships

0845 600 6483

familysupportni.gov.uk

0808 801 0722

Offers services to support parents and carers including a freephone helpline, counselling, parenting programmes and the opportunity to have a say on the issues affecting parents and carers across Northern Ireland.

www.parentingni.org

028 9067 2366

Parenting matters.

028 9035 1561

Armagh/Dungannon	028 3752 2380
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• Armagh/Keady	028 3751 8569
• Banbridge	028 4062 2474
• Clogher Valley	028 8554 9898
• Dungannon	028 8772 9695
• Craigavon	028 3831 3360
• Portadown	028 3833 7455
• Kilkeel	028 4176 4718
• Newry	028 3083 3780
• South Armagh	028 3083 0022

Range of services from pregnancy through to a child’s 4th birthday, aimed at improving health, children’s social and emotional development, and their ability to learn.

028 9024 3265

• Armagh/Dungannon	028 8778 9489
• Clogher Valley	028 8554 9898
• Craigavon	028 3834 5357
• Banbridge	028 4062 6234
• Newry/Mourne/Kilkeel	028 3026 6139

028 3083 5764

028 8775 2133

028 9023 3002

Marriage and relationships counselling. www.accord-ni.co.uk

028 3832 9900

028 3882 0555

028 9032 3454

Services include relationship counselling for individuals and couples, and counselling for children and young people.

Benefits/financial advice

• Armagh	028 3752 4041
• Dungannon	028 8772 5299
• Craigavon	028 3836 1181
• Banbridge	028 4062 2201
• Newry	028 3026 2934

www.citizensadvice.org.uk

www.capuk.org

028 9024 4401

Legal support for disadvantaged individuals. www.lawcentreni.org

0800 138 1111

Free confidential debt advice.

www.stepchange.org

Trauma

028 9504 2828

028 4062 8758

028 9024 3133

Emotional support for victims of crime. www.victimsupportni.co.uk

028 3751 1599

Offers care and support to anyone bereaved or traumatised through violence.

www.wavetraumacentre.org.uk

Carers

028 9043 9843

Benefits and carers’ rights.

028 9065 0650	
Helpline	0845 603 0291

A local charity providing peer-led emotional and practical support to carers and families of people with mental illness.

www.cause.org.uk

• Craigavon/Banbridge	028 3833 3332
• Armagh/Dungannon	028 3756 4957
• Newry and Mourne	028 3083 6970

• Armagh/Dungannon/Craigavon/Banbridge/Newry/Mourne	028 4062 6516
• Belfast (Head Office)	028 9046 0500

www.actionforchildren.org.uk

Rural support

Helpline	0845 606 7607
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www.ruralsupport.org.uk

028 8555 6880

Dungannon and South Tyrone

028 3839 8888

Armagh, Down and Antrim

028 3839 2777

0300 0132 132

0300 0300 900

0300 013 2233

• Armagh	028 3741 2521
• Craigavon	028 3834 4973
• Newry	028 3083 4325

Other health-related support

028 9024 1929

www.mapni.co.uk

• Armagh and Dungannon	028 3756 4498
• Craigavon and Banbridge	028 3831 1483
• Newry and Mourne	028 3083 4270
• Centralised phone number	028 3834 4973

028 9023 4555

028 9023 2020

028 3834 2741

Housing/homelessness/ supported living

034 4892 0900	
Out of hours	0344 892 0901

www.nihe.gov.uk

Out of Hours	028 9504 9999
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0800 171 2222

028 8772 5860

0800 171 2222

Advice line	028 9024 5640
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www.housingadviceni.org

www.housingrights.org.uk

www.choice-housing.org

Cultural/ethnic

028 9050 0600

028 8775 0211

028 3834 7162

Chinese community association

028 3839 3372

028 8774 1961

028 3741 2755

028 3834 2089

028 3083 4200/4272

Older people

028 9024 5729	
Advice line	0808 808 7575

Charity combining Age Concern NI and Help the Aged in Northern Ireland.

www.ageuk.org.uk/northern-ireland

• Armagh/Dungannon	028 8774 7377
24 hour helpline	078 4347 8433
• Newry/Mourne and Down	028 3026 1022

Referral service. The primary aim is to support members of the community by means of regular, friendly, telephone conversations – making time for people, listening effectively and becoming a ‘friend on the phone’.

Disclaimer: <p>The information in this directory is believed to be correct at time of going to print. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by PHA of that organisation or service.</p>
