Useful organisations

Alcoholics Anonymous (AA)
7 Donegall Square Place
Belfast BT1 2FN
028 9043 4848
0845 769 7555 (helpline)
gso@alcoholics-anonymous.org.uk
www.alcoholics-anonymous.org.uk

Has over 4,000 groups throughout the UK, which are designed to help those with a serious alcohol problem. Through mutual support, sufferers assist one another in coping with their problem. There are no fees for membership and anonymity is carefully preserved.

Antenatal Results and Choices (ARC)
73 Charlotte Street
London W1T 4PN
020 7631 0285 (helpline, Mon–Fri 10am–5.30pm)
info@arc-uk.org
www.arc-uk.org

Non-directive support and information for parents throughout antenatal testing, especially when a serious abnormality has been diagnosed and a choice has to be made about the continuation or ending of the pregnancy. Ongoing support given to parents via publications, a helpline, parent contacts, email groups, parents’ meetings and newsletters. Support is offered to health professionals by way of training, conferences and publications.

Cruse NI
10 College Green
Belfast BT7 1LN
02890 232695
Crusebelfast@btconnect.com

A nationwide service providing emotional support, counselling and information to anyone bereaved by death, regardless of age, race or belief. Also provides information on local groups.

Cry-sis
0845 122 8669
(helpline, 9am–10pm seven days a week)
info@cry-sis.org.uk
www.cry-sis.org.uk

Offers non-medical, emotional support for families with excessively crying, sleepless and demanding babies.

Domestic Violence Helpline (24 hour)
0800 917 1414

Healthy Start
www.healthystart.nhs.uk

Free weekly vouchers for pregnant women or people who have children under the age of 4, to spend on milk, plain fresh and frozen fruit and vegetables and infant formula milk. You can also get free vitamins.

La Leche League
0845 120 2918 (helpline)
www.laleche.org.uk

An international, non-profit, non-sectarian organisation which, for over 50 years, has been dedicated to providing education, information and mother-to-mother support and encouragement to women who want to breastfeed. LLL Leaders are mothers who have themselves breastfed for 12 months or longer and have undertaken extensive training to provide telephone counselling and email support, and to run local group meetings.

In Northern Ireland:
028 9581 8118
www.facebook.com/lllni
Lullaby Trust
11 Belgrave Road
London SW1V 1RB
020 7802 3200
0808 802 6868 (helpline, Mon–Fri 9am–11pm; Sat–Sun 6pm–11pm)
www.lullabytrust.org.uk
Charity working to prevent sudden deaths and promote health. It funds research, supports bereaved families and promotes safe baby care advice.

National Childbirth Trust (NCT)
Alexandra House
Oldham Terrace
London W3 6NH
0300 330 0770 (enquiry line, Mon–Fri 9am–5pm
0300 330 0772 (pregnancy and birth line, Mon–Fri 9am–8pm)
0300 330 0771 (breastfeeding line, 8am–10pm seven days a week)
Postnatal line 0300 330 774 (Tue, Wed, Thu 9am-3pm)
enquiries@nct.org.uk
www.nct.org.uk
Supports 1 million mums and dads every year through helplines, courses and a network of local support. With evidence-based information on pregnancy, birth and early parenthood, it can provide support from when you first discover you are pregnant to when your baby turns 2. Visit the website for information on becoming a parent or to find your nearest NCT group.

Parenting NI
028 9031 0891
www.parentingni.org
Parenting NI was established as Parents Advice Centre in 1979, the International Year of the Child. It is now a leading parenting support organisation committed to delivering high quality services. Parenting NI has a regional remit to promote positive parenting by providing support, training and information on family issues and influencing policy, provision and practice at all levels.

Tamba (Twins and multiple births association)
58 Howard Street
Belfast
BT1 6PJ
Tel: 028 9023 9050
Email: nioffice@tamba.org.uk
www.tamba.org.uk
Services include a freephone helpline, Twinline, membership and specialist support groups, including bereavement.