

## Useful organisations



### **Alcoholics Anonymous (AA)**

**7 Donegall Square Place**

**Belfast BT1 2FN**

**028 9043 4848**

**0845 769 7555 (helpline)**

**[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)**

**[gso@alcoholics-anonymous.org.uk](mailto:gso@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](mailto:info@arc-uk.org)**

**[www.arc-uk.org](http://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](mailto: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](mailto:info@cry-sis.org.uk)**

**[www.cry-sis.org.uk](http://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](http://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](http://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/llni](https://www.facebook.com/llni)**

### **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.

