

Useful organisations



Alcoholics Anonymous (AA)

**North City Business Centre
2 Duncairn Gardens
Belfast BT15 2GG
028 9035 1222**

www.alcoholicsanonymous.ie

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)

**12-15 Crawford Mews
York Street
London W1H 1LX
020 7713 7356
0207 713 7486 (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

**8 Prince Regent Road
Belfast
BT5 6QR
028 9079 2419
northern.ireland@cruse.org.uk
Helpline 0808 808 1677**

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 and Sexual Abuse Helpline (24 hour)

**Helpline 0808 802 1414
www.dsahelpline.org
Email: help@dsahelpline.org**

The Domestic and Sexual Abuse Helpline provides information and support to those affected by domestic and sexual abuse across Northern Ireland. It is funded by the Departments of Health, Justice and Communities and aims to offer support, help, signposting and referral to victims, family, friends and professionals.

Healthy Start

**www.healthystart.nhs.uk
Helpline 0345 607 6823**

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

028 9581 8118

www.laleche.leagueireland.com

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

CAN Mezzanine

7-14 Great Dover Street

London

SE1 4YR

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)

30 Euston Square

London

NW1 2FB

Helpline 0300 330 0700

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

42 Dublin Road

Belfast BT2 7HN

Helpline 0808 8010 722

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.

Twins Trust NI

NICVA Buildings

61 Duncairn Gardens

Belfast

BT15 2GB

Twinline 0800 138 0509

Email: Kellymcdonald@twinstrust.org

www.twinstrust.org

Services include a freephone helpline, Twinline, membership and specialist support groups, including bereavement.