

Index of Useful Organisations



Alcoholics Anonymous National Helpline Tel 0845769 7555

Action for Children www.actionforchildren.org.uk Tel 028 9046 0500

AdaptNI www.adapteatingdistress.com Helpline 028 3834 7535

Anxiety UK www.anxietyuk.org.uk Helpline 08444775 774

AwareNI www.aware-ni.org/moodmattersforyoungpeople.aspx Helpline 08451 202961

Barnardo's www.barnardos.org.uk Tel 028 9067 2366

Beat Bullying www.beatbullying.org

Brook www.brook.org.uk Tel 028 9032 8866 or National Helpline 0808 802 1234

Child Bereavement UK www.childbereavement.org.uk

Child Exploitation and online Protection Centre www.thinkuknow.co.uk

Childline www.childline.org.uk Tel 08001111

Children's Law Centre www.childrenslawcentre.org - Chalky Freephone 0808 808 5678

Counselling 4 Youth www.counselling4youth.co.uk Tel 028 9073 1571

CruseNI www.cruseni.org Tel 028 9079 2419

Cruse www.rd4u.org.uk Helpline Tel 0808 808 1677

Disability Action www.disabilityaction.org Tel 028 9029 7880 Text phone 028 9029 7882

Domestic Violence 24 Hr Helpline 0800 917 1414

Eating Disorder Association www.eatingdisordersni.com Tel 028 9023 5959

Family Planning Association NI www.fpa.org.uk Helpline Tel 08451 228687

FASA www.fasaonline.org Tel 028 9080 3040

Gay and Lesbian Youth NI www.glyni.org.uk Tel 028 9089 0202

Lifeline 0808 808 8000

Index of Useful Organisations



Lighthouse www.lighthouseireland.org Tel 028 9075 5070

National Drugs Helpline 0800 776600

New Life Counselling www.newlifecounselling.net Tel 028 9039 1630/028 9074 6184

NHS Choices www.nhs.uk/Livewell

NI Anti-Bullying Forum www.niabf.org.uk

NI Commissioner for Children and Young People www.niccy.org

NI Council for Ethnic Minorities www.nicem.org.uk Tel 028 9023 8645

NI Direct www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing

North Down Family Works www.communityworksonline.com Tel 028 9182 1721

PIPS Newry and Mourne www.pipsnewryandmourne.org

Tel 028 3026 6195

Public Health Agency www.mindingyourhead.info www.thinkitthrough.org.uk
www.up-2-you.net www.want2stop.info www.getalifegetactive.com www.publichealth.hscni.net

Princess Royal Trust for Carers www.youngcarers.net

Relate www.relate.org.uk/life-channel-young/index.html Tel 028 9032 3454

Samaritans Helpline 08457 909090

Talk to Frank www.talktofrank.com

The Hideout www.thehideout.org.uk

Voice of Young People in Care www.voypic.org Tel 028 9024 4888

Winston's Wish www.winstonswish.org.uk

Young Minds www.youngminds.org.uk/young-people

Every effort has been made to provide accurate and complete information. The Department of Education cannot, however, accept responsibility for any errors or endorse the listed organisations.