

# Index of Useful Organisations



**Alcoholics Anonymous National Helpline** Tel 0845769 7555

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**Action for Children** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) Tel 028 9046 0500

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**AdaptNI** [www.adapteatingdistress.com](http://www.adapteatingdistress.com) Helpline 028 3834 7535

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**Anxiety UK** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline 08444775 774

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**AwareNI** [www.aware-ni.org/moodmattersforyoungpeople.aspx](http://www.aware-ni.org/moodmattersforyoungpeople.aspx) Helpline 08451 202961

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**Barnardo's** [www.barnardos.org.uk](http://www.barnardos.org.uk) Tel 028 9067 2366

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**Beat Bullying** [www.beatbullying.org](http://www.beatbullying.org)

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**Brook** [www.brook.org.uk](http://www.brook.org.uk) Tel 028 9032 8866 or National Helpline 0808 802 1234

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**Child Bereavement UK** [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

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**Child Exploitation and online Protection Centre** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

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**Childline** [www.childline.org.uk](http://www.childline.org.uk) Tel 08001111

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**Children's Law Centre** [www.childrenslawcentre.org](http://www.childrenslawcentre.org) - Chalky Freephone 0808 808 5678

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**Counselling 4 Youth** [www.counselling4youth.co.uk](http://www.counselling4youth.co.uk) Tel 028 9073 1571

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**CruseNI** [www.cruseni.org](http://www.cruseni.org) Tel 028 9079 2419

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**Cruse** [www.rd4u.org.uk](http://www.rd4u.org.uk) Helpline Tel 0808 808 1677

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**Disability Action** [www.disabilityaction.org](http://www.disabilityaction.org) Tel 028 9029 7880 Text phone 028 9029 7882

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**Domestic Violence** 24 Hr Helpline 0800 917 1414

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**Eating Disorder Association** [www.eatingdisordersni.com](http://www.eatingdisordersni.com) Tel 028 9023 5959

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**Family Planning Association NI** [www.fpa.org.uk](http://www.fpa.org.uk) Helpline Tel 08451 228687

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**FASA** [www.fasaonline.org](http://www.fasaonline.org) Tel 028 9080 3040

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**Gay and Lesbian Youth NI** [www.glyni.org.uk](http://www.glyni.org.uk) Tel 028 9089 0202

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**Lifeline** 0808 808 8000

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**Lighthouse** [www.lighthouseireland.org](http://www.lighthouseireland.org) Tel 028 9075 5070

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**National Drugs Helpline** 0800 776600

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**New Life Counselling** [www.newlifecounselling.net](http://www.newlifecounselling.net) Tel 028 9039 1630/028 9074 6184

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**NHS Choices** [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

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**NI Anti-Bullying Forum** [www.niabf.org.uk](http://www.niabf.org.uk)

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**NI Commissioner for Children and Young People** [www.niccy.org](http://www.niccy.org)

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**NI Council for Ethnic Minorities** [www.nicem.org.uk](http://www.nicem.org.uk) Tel 028 9023 8645

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**NI Direct** [www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing](http://www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing)

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**North Down Family Works** [www.communityworksonline.com](http://www.communityworksonline.com) Tel 028 9182 1721

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**PIPS Newry and Mourne** [www.pipsnewryandmourne.org](http://www.pipsnewryandmourne.org)  
Tel 028 3026 6195

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**Public Health Agency** [www.mindingyourhead.info](http://www.mindingyourhead.info) [www.thinkitthrough.org.uk](http://www.thinkitthrough.org.uk)  
[www.up-2-you.net](http://www.up-2-you.net) [www.want2stop.info](http://www.want2stop.info) [www.getalifegetactive.com](http://www.getalifegetactive.com) [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

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**Princess Royal Trust for Carers** [www.youngcarers.net](http://www.youngcarers.net)

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**Relate** [www.relate.org.uk/life-channel-young/index.html](http://www.relate.org.uk/life-channel-young/index.html) Tel 028 9032 3454

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**Samaritans** Helpline 08457 909090

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**Talk to Frank** [www.talktofrank.com](http://www.talktofrank.com)

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**The Hideout** [www.thehideout.org.uk](http://www.thehideout.org.uk)

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**Voice of Young People in Care** [www.voypic.org](http://www.voypic.org) Tel 028 9024 4888

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**Winston's Wish** [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

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**Young Minds** [www.youngminds.org.uk/young-people](http://www.youngminds.org.uk/young-people)

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*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.*