

Education Authority youth service

• Craigavon/Banbridge	028 3833 8556
• Armagh	028 3751 2266
• Newry	028 3025 1515
• Dungannon	028 8772 2167

Young People's Partnership

• Craigavon	028 3839 1155
• Armagh	028 3752 2380
• Newry	028 3026 3135

Youth Action NI

• Armagh	028 3751 1624
• Newry	028 3025 6040

One Stop Shops

• React Ltd	028 4062 4511
• Magnet Newry	028 3025 2214

Student support

Ulster University student support

• Belfast	028 9536 7300
• Coleraine	028 7012 4105
• Jordanstown	028 9036 6336
• Magee	028 7167 5218

Provides a professional counselling service on all campuses.

www.studentsupport.ulster.ac.uk

Queen’s University Belfast student guidance centre

During office hours	028 9097 2727
24 hr counselling helpline	0808 800 0016

A first stop for information, advice and guidance. Also provides a professional counselling service.

www.qub.ac.uk/directorates/sgc/

Family and relationships

Family Support website

0845 600 6483

familysupportni.gov.uk

Parenting NI

0808 801 0722

Barnardo’s

028 9067 2366

Parenting matters.

Gingerbread NI

0808 808 8090

Support for single parent families.

www.gingerbreadni.org

St Vincent de Paul regional office

028 9035 1561

Sure Start

• Armagh/Keady	028 3751 8569
• Clogher Valley	028 8554 9898
• Dungannon	028 8772 9695
• Craigavon	028 3831 3360
• Portadown	028 3833 7455
• Newry	028 3083 3780
• South Armagh	028 3083 0022

Range of services for young children aged 0–4 years and their families, aimed at improving health, children’s social and emtional development, and their ability to learn.

Family Mediation NI

028 9024 3265

Home-Start

• Armagh/Dungannon	028 8778 9489
• Clogher Valley	028 8554 9898
• Craigavon/Banbridge	028 3834 5357
• Newry	028 3026 6139

Supporting people and communities every day (SPACE)

028 3083 5764

Vineyard Church Dungannon

028 8775 2133

ACCORD

028 9023 3002

Marriage and relationships counselling.

www.accord-ni.co.uk

Care in Crisis

028 3832 9900

Love for Life

028 3882 0555

Relate

028 9032 3454

Divorce/separation/marriage counselling.

Relate Teen

028 9032 3454

Youth support.

Benefits/financial advice

Citizens Advice Bureau

• Armagh	028 3752 4041
• Dungannon	028 8772 5299
• Craigavon	028 3836 1181
• Banbridge	028 4062 2201
• Newry	028 3026 2934

www.citizensadvice.org.uk

Christians Against Poverty

www.capuk.org

Law Centre NI

028 9024 4401

Legal support for disadvantaged individuals.

www.lawcentreni.org

Trauma

Family Trauma Centre

028 9504 2828

Nova Trauma Support

028 4062 8758

Victim Support

028 9024 3133

Emotional support for victims of crime.

www.victimsupportni.co.uk

WAVE Trauma Centre

028 3751 1599

Befriending and counselling for people who are victims of violence or bereaved due to the Troubles.

www.wavetraumacentre.org.uk

Carers

Carers NI

028 9043 9843

Benefits and carers' rights.

Cause

Helpline	0845 603 0291
	028 9065 0650

A local charity providing peer-led emotional and practical support to carers and families of people with mental illness.

www.cause.org.uk

Memory/dementia service in the Southern area

• Craigavon/Banbridge	028 3833 3332
• Armagh/Dungannon	028 3741 2428
• Newry and Mourne	028 3083 6970

Young Carers Project

• Armagh/Dungannon/Craigavon/Banbridge	028 4062 6516
• Belfast (Head Office)	028 9046 0500
• Newry/Mourne	028 3026 7015

Rural support

Rural Support helpline

0845 606 7607

www.ruralsupport.org.uk

COSTA Rural Support Network

028 8555 6880

Dungannon and South Tyrone

TADA Rural Support Network

028 3839 8888

Armagh, Down and Antrim

ABC Community Network

028 3839 2777

Mid Ulster District Council

0300 0132 132

Armagh City, Banbridge and Craigavon Borough Council

0300 0300 900

Newry, Mourne and Down District Council

0300 013 2233

Promoting Wellbeing Teams

• Armagh	028 3741 2521
• Craigavon	028 3834 4973
• Newry	028 3083 4325

Other health-related support

Men’s Advisory Project

028 9024 1929

www.mapni.co.uk

SHSCT Volunteer Coordinator

• Armagh and Dungannon	028 3741 2116
• Craigavon and Banbridge	028 3831 1483
• Newry and Mourne	028 3083 4270

Praxis

028 9023 4555

Volunteer Bureau Armagh and Dungannon

028 8772 9690

Volunteer Bureau Craigavon and Banbridge

028 3834 2741

Housing/homelessness/ supported living

Northern Ireland Housing Executive (NIHE)

034 4892 0900

www.nihe.gov.uk

Regional emergency social work services

Out of Hours 028 9504 9999

Gateway Child Protection Service 0800 783 7745

Emergency accommodation 24/7 helpline

0800 171 2222

Depaul Ireland

028 8772 5860

Simon Community Portadown

028 3835 9596

Simon Community Armagh

028 3751 1545

Cultural/ethnic

NI Council for Ethnic Minorities (NICEM)

028 9023 8645

NICEM puts people in touch with groups who offer support to minority ethnic groups and can also help with racial discrimination and limited migrant advice.

www.nicem.org.uk

Equality Commission NI

028 9050 0600

South Tyrone Empowerment Programme (STEP)

028 8775 0211

WAH HEP

028 3834 7162

Chinese community association

Community Intercultural Programme

028 3839 3372

www.craigavonintercultural.org

An Tearmann Project

028 8774 1961

Armagh Traveller Support Group

028 3741 2755

Craigavon Traveller Support Group

028 3834 2089

Newry Traveller Support Group

028 3083 4200

Older people

Age NI

028 9024 5729

Advice line 0808 808 7575

Charity combining Age Concern NI and Help the Aged in Northern Ireland.

www.ageuk.org.uk/northern-ireland

Good Morning Neighbour Project Armagh/Dungannon

028 8772 9690

The primary aim is to support members of the community by means of regular, friendly, telephone conversations – making time for people, listening effectively and becoming a ‘friend on the phone’.

Newry and Mourne Senior Citizens Consortium

028 3026 6024