

Useful Numbers (NI)



The Church of Ireland Marriage Council aims to resource the Church as it supports marriage and family life. Our activities include:

Marriage Matters

A one evening, light-hearted marriage enrichment course delivered by trained facilitators.

Marriage Preparation and Marriage Counselling (ROI)

Website

A valuable resource with information, downloads and links covering all aspects of marrying in church.

Visit www.marriagematters.ireland.anglican.org

Children and Families

•**Childline:** Helpline for children and young people in trouble or danger

Call free 24hr 0800 1111 Web: www.childline.org.uk

•**The Compassionate Friends:** Support for parents who have lost a child

Helpline 0845 123 23 04 Web: www.tcf.org.uk

Email: info@tcf.org.uk

•**The Church of Ireland Board for Social Responsibility:** Adoption and Infertility Counselling

Tel: 028 9023 3885 Web: www.cofiadopt.org.uk

Email: admin@cofiadopt.org.uk

•**Gingerbread NI:** Self-help for lone parents

Tel: 028 9023 1417 Web: www.gingerbreadni.org

Email: enquiries@gingerbreadni.org

•**NSPCC:** Protection Helpline (advice and referrals, 24hour service)

Call free 0808 800 5000 Web: www.nspcc.org.uk

Email: help@nspcc.org.uk

•**Parentline Plus:** Free, confidential 24hr helpline for parents

Call 0808 800 2222 Web: www.parentlineplus.org.uk

Email support offered via Web

Relationships and Counselling

•**Care in Crisis:** Counselling for a wide range of issues (Lurgan)

Tel: 028 3832 9900 Web: www.careincrisis.org.uk

Email: info@careincrisis.org.uk

•**Christian Guidelines:** Counselling, training, and consultancy.

Tel: 028 9146 8846 Web: www.cguidelines.org.uk

Email: admin@cguidelines.org.uk

•**The Mount Help Centre:** Church of Ireland Ministry of Healing Counselling Service

Tel: 028 9078 2159 Urgent Counselling Service 07757 258 041

Web: www.mounthelpcentre.org Email: cmohbel@btconnect.com

•**NIMMA:** Northern Ireland Mixed Marriage Association

Tel: 028 9023 5444 Web: www.nimma.org.uk

Email: nimma@nireland.com

•**Relate:** Relationship counselling agency (province wide)

Tel: 028 9032 3454 & 028 7137 1502 Web: www.relateni.org

Email: office@relateni.org

Helplines

- **Aware Defeat Depression:** Support for sufferers and their families
Helpline 08451 20 29 61 or Email: help@aware-ni.org
Web: www.aware-ni.org.uk
- **Alcoholics Anonymous:** Self help and support
24 hr helpline 0845 769 7355 Web: www.alcoholics-anonymous.org.uk
- **CAREconfidential:** Pregnancy and Post Abortion Helpline
Call 0800 028 2228 Web: www.careconfidential.com
Email: admin@careconfidential.com
- **Debtline NI:** Help for anyone concerned about debt
Call 0800 027 4990 Web: www.debtlineni.org
Email: contactusni@cccs.co.uk
- **24 hr Domestic Violence Helpline NI:** Help for women and children escaping domestic violence
Call 0800 917 1414 Web: www.niwaf.org
Email: info@womensaidni.org
- **Drinkline:** Support for anyone concerned about their own, or another's drinking
Call 0800 917 8282
- **National Drugs Helpline:** For drug users, solvent misusers, their families, friends and carers
24hr helpline 0800 77 66 00 Web: www.talktofrank.com
Email support offered via Web
- **Eating Disorder Association NI:** Help and support
Tel: 028 9023 5959 Web: www.eatingdisordersni.com
Email: mailto:edani@fsmail.net
- **Gamcare:** Support for anyone affected by a gambling dependency
Call 0845 6000 133 Web: www.gamcare.org.uk
Online support available from the site
- **HIV Support Centre and AIDS Helpline:**
Helpline 0800 137 437 Web: www.thehivsupportcentre.org.uk
Email: info@thehivsupportcentre.org.uk

- **Missing People Helpline:** Support for anyone missing family members
Call 24hr 0500 700 700 Web: www.missingpeople.org.uk
Email support offered via Web
- **Message Home:** Help for people who have left home or run away
Call 24hr 0800 700 740 (Callers can send messages)
- **Narcotics Anonymous:** Help with living drug-free
Helpline 07810 172 991 Web: www.nanorthernireland.com
Email: contact@nanorthernireland.com
- **PIPS Project:** Public Initiative for the Prevention of Suicide and Self-harm
Suicide Helpline 0808 808 8000 Email: info@pipsproject.com
Web: www.pipsproject.com
- **Rape Crisis and Sexual Abuse Centre NI:**
Crisis Line 028 9032 9002 Web: www.rapecrisisni.com
- **Samaritans:** 24 confidential emotional support
Call 08457 90 90 90 Web: www.samaritans.org
Email: jo@samaritans.org
- **Shelterline:** UK wide freephone housing advice service
Call 0808 800 4444 Web: www.northernireland.shelter.org.uk
Email support offered via Web
- **Victim Supportline:** Support for anyone affected by crime
Call 0845 30 30 900 Web: www.victimsupport.org.uk
Email: contact@victimsupport.org.uk

General

- **All Ireland Spiritual Guidance Association**
Tel: (00 353) 87 202 8056 Web: www.aisga.org Email: info@aisga.org
- **The Church of Ireland Ministry of Healing**
Tel: 028 9078 2159 Web: www.healingireland.org
Email: cmohbel@btconnect.com
- **Citizens Advice Bureau:** Support, information, advice
Tel: 028 9023 1120 Web: www.citizensadvice.co.uk
Email: info@citizensadvice.co.uk