

Local Support Groups - Helpful Numbers - East Belfast

Medical			
In an emergency, remember to call 999	GP Out of Hours (Belfast) 028 9079 6220	Ulster Hospital 028 9048 4511	Royal / Children's Hospital 028 9024 0503
Hollywood Road Surgery 90654668	Arches Health Centre 028 9504 7800	Mater Hospital 028 9074 1211	Belfast City Hospital 028 9032 9241
Mental Health			
When someone's life is at immediate risk, call 999	Lifeline 0808 808 800	Samaritans 028 9066 4422	Young Minds www.youngminds.org.uk
Childline 0800 1111	New Life Counselling 028 90391630	Victim Support 028 9024 3133	Familyworks Counselling 028 9182 1721
East Belfast Community Counselling 028 9046 0489	Aware Defeat Depression 028 9032 1734	OCD UK 0845 120 3778	Mindwise 028 9040 2323
Action Mental Health 028 9062 9759	PIPS 028 9075 5070	27/7 Contact Youth 0808 808800	Cruse Bereavement 028 9079 2419
Mental Health Apps			
Mindful Gnats	Mood Gym	Headspace	Rise Up and Recover
Mindshift	Calm	Smiling Mind	Super Better
Safety			
PSNI 101	PSNI (Emergency) 999	Gateway Services (Social Services) 028 9050 7000	Barnados NI 028 9067 2366
Woman's Aid 0800 917 1414	Childline NI 0870 336 2945	NSPCC 0808 801 0722	CEOP (Online) www.ceop.police.uk

Local MLA Offices			
Mr Chris Lyttle MLA 028 9047 2004	Mr Andy Allen MLA 028 9046 3900	Ms Joanne Bunting MLA 028 9079 7100	Mr Robin Newton MLA 028 9045 9500
Other Help			
Belfast City Council 028 9032 0202	Lisburn and Castlereagh Council 028 9250 9250	Housing Executive 03448 920 900	Citizens Advice Bureau (CAB) 028 9023 1120
East Belfast Independent Advice Centre 028 9096 3003	Simon Community 028 9023 2882	Bryson Energy Advice Line 0800 142 2865	Foster Care Associates 0800 434 6000
The Larder Foodbank St Christopher's Church Mersey Street	NI Direct www.nidirect.gov.uk	Job Centre NI www.jobcentreonline.com	Community NI www.communityni.org
Dundonald Foodbank 028 9543 5310	Extern 028 9033 0433	ASCERT (Substances) 028 9260 4422	Benefits Office 0800 022 4250
East Belfast Community Development Agency 028 9045 1512	Cara Friend (LGBT) 028 9089 0202	East Belfast Mission 028 9045 8560	Disability Network 028 9266 7227
Store House (Food) 028 9033 2230	Fareshare (Food) 028 9033 2230	Family Support NI www.familysupportni.gov.uk	Parenting NI www.parentingni.org