



USEFUL NUMBERS



0808 808 8000

www.lifelinehelpline.info



Free to call 116 123

www.samaritans.org



0800 1111

www.childline.org.uk



028 90 357820

www.aware-ni.org



07507328290

Belfast Trust Text-A-Nurse



text YM to 85258

www.youngminds.org.uk



[cypsp.hscni.net/
youth-wellness-web](http://cypsp.hscni.net/youth-wellness-web)



0808 802 1414

www.womensaidni.org



0808 808 1677

www.cruse.org.uk



0808 801 0434

www.beateatingdisorders.org.uk



0808 8010 722

www.parentingni.org



0800 988 2377

www.adviceni.net



0800 328 0006

www.capuk.org



0808 800 0002

www.inspirewellbeing.org



0800 783 3339

www.cancerfocusni.org