

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



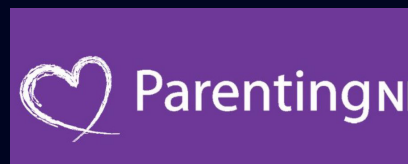
02890666049
<http://www.belfastwomen-said.org.uk/>



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.org



0800 328 0006
www.capuk.org



0808 800 0002
www.inspirewellbeing.org



0800 783 3339
www.cancerfocusni.org