



SUPPORT ORGANISATIONS IN NORTHERN IRELAND

Support for victims of Domestic and/or Sexual Abuse:

- **Women's Aid NI** - Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year. They work to end violence against women and children and support over 350 domestic and sexual violence services across the country. **24 Hour Domestic and Sexual Abuse Helpline.** Available to anyone who has concerns about domestic or sexual abuse, now or in the past. It is open to all women and men affected by domestic and sexual violence. Please phone **0808 802 1414**.
- **Men's Advisory Project (MAP)** exists to provide counselling services for men experiencing domestic abuse. Support and counselling services are also available to men who have previously left a violent or abusive relationship and who are still experiencing the effects. Please call **(028) 9024 1929** – open 9am-5pm Monday-Friday to arrange counselling.
- Your local GP can offer help and support. Many people experiencing abuse believe that their GP can be trusted with disclosure and can offer practical support.
- Social Services can provide practical assistance and guidance to those suffering abuse.
- **Victim Support NI** - is an independent charity supporting people affected by crime. We offer a free and confidential service, whether a crime has been reported and regardless of how long ago the event took place. Please call **(028) 9024 3133**.
- **The Rowan** (Sexual Assault Referral Centre for Northern Ireland) **0800 389 4424** (for both genders and all ages who have been sexually abused, assaulted or raped).
- **Nexus** the 24 hour Domestic and Sexual Abuse helpline. Please call **0808 802 1414**.
- **PSNI** – Call **101** for non-emergency but if you need immediate help or advice, **PSNI Online**, or in an emergency where urgent help is needed, or you feel threatened call **999**.

- **GATEWAY SERVICES TEAMS** for Children's Social Work at the Health and Social Care (HSC) Trust in the area in which the child lives:
 - **Belfast HSC Trust** 028 9050 7000
 - **SE HSC Trust** 0300 1000 300
 - **Northern HSC Trust** 0300 1234 333
 - **Southern HSC Trust** 0800 7838745
 - **Western HSC Trust** 028 7131 4090
- **NSPCC** – National Society for the Prevention of Cruelty to Children is the UK's leading charity specialising in child protection and prevention of cruelty to children. They have a free and confidential 24-hour helpline for if you are worried about a child and need advice – **0808 800 5000**. Alternatively, contact their text service **0800 056 0566** or **0800 111** or email address help@nspcc.org.uk.
- **PSNI** – Call **101** for non-emergency but if you need immediate help or advice, **PSNI Online**, or in an emergency where urgent help is needed, or you feel threatened call **999**.

Bereavement Support:

- **Barnardo's Child Bereavement Service Helpline** offers professional support and guidance to any adult concerned about a bereaved child or young person. Please call **(028) 9066 8333** for help or advice.
- **Family Support NI** – for a comprehensive list of Support available please visit <https://www.familysupportni.gov.uk/Support/19/services-to-help-you-and-your-loved-ones-cope-with-bereavement>
- **Cruse Bereavement** -provides somewhere to turn to when someone dies, offering one to one support, advice and information to adults and to children aged 4-18. Please contact the free Helpline on **0808 808 1677** for more information.

- **Lifeline** is the Regional Northern Ireland crisis response helpline service for people who are experiencing crisis. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help. Please free-phone **0808 808 8000** for to talk.
- **SANDS** helpline. Sands is the stillbirth and neonatal death charity. We support anyone affected by the death of a baby, working to improve the care bereaved parents receive, and promoting research to reduce the loss of babies' lives. Please contact **0808 164 3332** for support.

Mental Health and Mental Wellbeing Support:

- **Lifeline** Suicide Prevention 24/7. Please call **0808 808 8000**
- **NSPCC Helpline** for concerned adults. Please call **0808 800 5000**
- **The Samaritans 116 123**
- **Stop it Now 0808 100 0900** (for individuals concerned about their own thoughts and behaviours towards children)
- **Towards Healing 0800 096 3315** (Helpline for survivors of clerical sexual abuse)
- **Aware NI** – Aware is the only charity in Northern Ireland working exclusively for those with depression. They also support carers and friends of family of those with depression. Please call their helpline (operates Monday to Friday from 9am - 1pm) on **0845 120 2961**.

For more information, please contact stephanie.reid@bitcni.org.uk, or visit www.bitcni.org.uk

