



A GUIDE TO SUPPORT SERVICES FOR NORTH DOWN RESIDENTS

Addiction problems		Housing/Homelessness		Ethnic Support	
Al-Anon/Al-Tee (support Group)	0289024 3489	Housing Executive (Out of Hrs)	02890245640	Multi-Cultural Resource Centre	02890244639
Alcoholics Anonymous	0289043 4848	Housing Executive (General)	03448 920900	YMCA (Harbour Ward)	02891454290
Battle Against Tranquillisers	011 7966 3629	Council for the Homeless	02890246400	Embrace (Refugees/Migrants)	02890663145
FASA	0289127 1322	Simon Community (24 Hr Helpline)	08001712222	Bryson One Stop Shop (24 Hrs)	02890242025
Gamblers Anonymous	02890 249185	SmartMove (Accommodation)	02890757801	Ethnic Support (Bangor)	07526541168
The Link MARC Project	02891821124	Housing Rights (Advice)	02890245640	Divorce/Separation	
Drinkline 24/7 Help	08009178282			Christian Guidelines	02891468846
Narcotics Anonymous	078010172991	Children/Young People Support		PCI Counselling	02892610586
Abuse		Childline	0800 1111	Older People	
24/7 Domestic Violence Helpline	0800 9171414			Age NI (North Down & Ards)	02891271968
Nexus (Sexual Abuse)	02890326803	Suicide Prevention		Community Services GP Referral Services	
PSNI (Domestic Violence Officer)	0845600 8000	Samaritans	08457909090	Community Addiction Service	02891816666
Rape & Sexual Abuse Helpline	0289032 9002	Lifeline (24 Hr)	0808 8088000	Community Mental Health Team	02891512155
Women's Aid Bangor & Ards	02891273196	Family Support		Other Support	
Victim Support	02890244039	Family Mediation Services	02890401729	Social Services (Social Work)	02891468521
Mental Health: Anxiety/Depression/Stress		Hollywood Family Trust	02890427842	Social Services (Out of Hours)	02894468833
NI Association for Mental Health	02890328474	Tenancy Support (YMCA)	02891454290	Crisis Response Team (Mental Health)	02891512157
Aware Defeat Depression Helpline	08451292961	Tenancy Support (Kilcooley)	02891470666	Gateway Team (under 18yrs)	02891818518
Beating eating disorders (Adults)	08456341414	Rathgill L&R Centre	02891477602	Gateway Team (Out of Hrs)	02890565444
Beating eating disorders (Young)	08456347 650	Loughview & Redburn L&R Centre	02890427994	PSNI (connect to local station)	0845 600 800
NI Association for Mental Health	02890328474	Home-Start (Bangor)	02891271201	NDBC (Enforcement)	07803186340
Aware (Help Defeat Depression)	02890321734	Surestart	02842772577	Doctor on Call Service	02891822344
Praxis	02890691351	St Vincent De Paul	07703679384	Kiltonga Christian Centre (Furniture)	02891815071
Benefits/Advice/Financial Worries		Positive Futures (learning Disability)	02891475720	Storehouse North Down (Foodstore)	07526541168
Christians Against Poverty	0800 328 0006	Abba Trust	02891467455	Bangor NI Foodbank (Elim)	02891271800
Debt Action (NI) Free Phone	0800 9174607	Caring For Carers		North Down Community Network	02891461386
North Down CAB	02891457000	Crossroads	02890246440	Macmillan Cancer Care	02890708610
Housing Rights	02890245640			Social Security Office	02891279500
Make the Call-Benefit Checks	080023212371	Bereavement		Warm Homes Scheme	08009880559
Rights4Seniors	08009882377	Cruse Bereavement Care	02891272444		
		Barnardo Child Bereavement	02890694000	RM 4/13 Ver. 4	