

## Helpful Numbers – East Belfast

Medical			
<i>In an emergency, remember to call 999</i>	GP Out of Hours (Belfast) 90796220	Ulster Hospital 90484511	Royal / Children's Hospital 90240503
Hollywood Road Surgery 90654668	Arches Health Centre 95047800	Mater Hospital 90741211	Belfast City Hospital 90329241
Mental Health			
<i>When someone's life is at immediate risk, call 999</i>	Lifeline 0808 808 800	Samaritans 90664422	Young Minds <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Childline 0800 1111	New Life Counselling 90391630	Victim Support 90243133	Familyworks Counselling 91821721
East Belfast Community Counselling 90460489	Aware Defeat Depression 90321734	OCD UK 0845 120 3778	Mindwise 90402323
Action Mental Health 90629759	PIPS 90755070	27/7 Contact Youth 0808 808800	Cruse Bereavement 90792419
Mental Health Apps			
<i>Mindful Gnats</i>	<i>Mood Gym</i>	<i>Headspace</i>	<i>Rise Up and Recover</i>
<i>Mindshift</i>	<i>Calm</i>	<i>Smiling Mind</i>	<i>Super Better</i>
Safety			
PSNI 101	PSNI (Emergency) 999	Gateway Services (Social Services) 90507000	Barnados NI 90672366
Woman's Aid 0800 9171414	Childline NI 0870 336 2945	NSPCC 0808 8010722	CEOP (Online) <a href="http://www.ceop.police.uk">www.ceop.police.uk</a>
Local MLA Offices			
Mr Chris Lyttle MLA 90472004	Mr Andy Allen MLA 90463900	Ms Joanne Bunting MLA 90797100	Mr Robin Newton MLA 90459500
Other Help			
Belfast City Council 90320202	Lisburn and Castlereagh Council 92509250	Housing Executive 03448 920 900	Citizens Advice Bureau (CAB) 90231120
East Belfast Independent Advice Centre 90963003	Simon Community 90232882	Bryson Energy Advice Line 0800 142 2865	Foster Care Associates 0800 434 6000
The Larder Foodbank St Christopher's Church Mersey Street	NI Direct <a href="http://www.nidirect.gov.uk">www.nidirect.gov.uk</a>	Job Centre NI <a href="http://www.jobcentreonline.com">www.jobcentreonline.com</a>	Community NI <a href="http://www.communityni.org">www.communityni.org</a>
Dundonald Foodbank 95435310	Extern 90330433	ASCERT (Substances) 92604422	Benefits Office 0800 022 4250
East Belfast Community Development Agency 90451512	Cara Friend (LGBT) 90890202	East Belfast Mission 90458560	Disability Network 92667227
Store House (Food) 90332230	Fareshare (Food) 90332230	Family Support NI <a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>	Parenting NI <a href="http://www.parentingni.org">www.parentingni.org</a>