

## COUNSELLING SERVICES



### Northern Ireland Libraries

**Read Yourself Well:** Self-help work books on various mental disorders such as; depression, anxiety disorders, addiction, fibromyalgia, abuse and many more.

**Email:** [enquiries@librariesni.org.uk](mailto:enquiries@librariesni.org.uk)

**Customer Support Line** – 0345 450 4580 ☎

Monday – Thursday 9:00am – 8:00pm

Friday – 9:00am – 5:00pm

Saturday – 10:00am – 4:00pm

These books are currently on shelves in Antrim, Carrickfergus, Ballymena Central, Ballycastle, Coleraine, Cookstown, Maghera and Rathcoole libraries.



### WAVE Trauma Centre

**Contact:** 028 2766 9900

**Email:** [info.ballymoney@wavetrauma.org](mailto:info.ballymoney@wavetrauma.org)

**Address:** 13 Castlecroft Main Street, Ballymoney, Co Antrim, BT53 6TD

WAVE offers:

- **Counselling** (The duration of sessions is approx 50 minutes each and there is a maximum of 12 sessions available)
- **Psychotherapy**
- **Advocacy**
- **Outreach Support**
- **Welfare Advice**
- **Health and Wellbeing**

WAVE: Monday to Friday from 9am – 5pm (Armagh, Ballymoney, Belfast, Derry Londonderry & Omagh). Evening appointments available in both our Belfast & Armagh centres (5pm – 8.30pm)



### Victim Support NI

**Contact:** 02890243133 / 02825630784

**Website:** [info@victimsupportni.org.ni](http://info@victimsupportni.org.ni)

**Opening hours:** Monday-Friday 9am-5pm

Gives support to anyone affected by any type of crime, both reported and unreported incidents. Provides emotional support, information and practical help to victims, witnesses and others affected by crime. There is also a **Witness Service** available to anyone attending court as a prosecution witness and can accompany the individual throughout the process. There is a **Criminal Injuries Compensation Service** available to advise and assist individuals.

**No referral required, the individual can access the service via telephone.**



### New Life Counselling

**Contact Details:** 25 Ardoyne

Road, Belfast, Co. Antrim, BT14 7HX **Tel:** 028 9039 1630

Unit 20, North City Business Centre, 2 Duncairn Gardens, Belfast, BT15 2GG **Tel:** 028 90 746184

**Website:** [www.newlifecounselling.net](http://www.newlifecounselling.net)

Referrals can be submitted online through website. Referral can be made by: G.P and the individual.

Counselling is provided for children, young people, adults, families and couples. Available 1:1 and group based therapy. Parenting skills programmes available and self-help groups. The service is open to anyone regardless of gender, age (5 yrs +), religion, sexual orientation, ethnic or cultural background. Our facilities are also designed to promote disabled access and we offer a tailored counselling service for the deaf community.





## Cedar Foundation

### Contact details: Ballymena

Office: 1A Woodside Road Industrial Estate,  
Woodside Road, Ballymena, BT42 4JQ.

**Tel:** 028 25 659111

**Web:** [www.cedar-foundation.org/](http://www.cedar-foundation.org/)

Cedar provides services that around the individual needs of each person are delivered throughout Northern Ireland. Services include;

- Vocational and employability services
- Brain Injury services
- Supported employment
- Specialist ASD services
- Youth Support
- Supported Living
- Residential Care
- Floating Support



## Nexus

Nexus provides 1:1 counselling services to men and women who have experienced sexual violence and/or abuse.

**Contact Details:** Belfast Office- 119 University Street, Belfast, BT7 1HP. ☎ 028 9032 6803.

Londonderry Office- 38 Clarendon Street, Londonderry, BT62 3NG. ☎ 028 7126 0566.

Outreach Centres available in Carrickfergus, Lisburn, Coleraine, Limavady, Ballymena and Magherafelt.

**Referral:** Self-referral accepted by telephone. Our services include:

- Specialist Counselling, Education Workshops
- Professional Training, Support Services
- Post Counselling Support, Representation.

**Links Counselling Service:** committed to providing for you, a professional and accessible service within various locations across the Trust areas.

Your GP will do an initial assessment to ensure LINKS is the best service for you.

### WHAT DO WE DO?

After your referral, one of our Counsellors will contact you for a triage phone call. This counsellor will talk with you and help assess what might be the best course of action for you to feel well again. This might be one of the following options;

- Group Programme - Rebound (Building Resilience)
- 1-to-1 Talking Therapy
- Computerised CBT (Cognitive Behavioural Therapy)
- Community programmes

**[www.linkscounselling.com](http://www.linkscounselling.com) for self-referral**



**Call Lifeline on:**  
**0808 808 8000**

**Deaf and hard of hearing**  
**Textphone users:**  
**18001 0808 808 8000**

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, **in confidence**.

Lifeline counsellors are experienced in working with trauma, suicide, self-harm, abuse, depression and anxiety. You will receive immediate help on the phone. Should you need further support we can provide a face-to-face counselling appointment in your local area within seven days.

Lifeline also provides support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Remember, Lifeline is available 24 hours a day, seven days a week. Just call.





## Larne Well-Being Hub

Address: Office Unit 2  
Moyle Medical Building  
14a Old Glenarm Road  
Larne  
BT40 1RW

Contact 028 2827 3335 for referral.  
Larne Well-Being Hub provides support and guidance to those affected by any mental health issues, such as anxiety, depression, addiction/substance misuse, and suicide/self-harm. Counselling is available (age 4 years and up).  
Larne Well-being Hub has a Facebook page that you can contact for advice and support.

## Mindwise Talking Therapies Service

This service offers individuals a range of psychological interventions; cognitive behavioural therapy, counselling and coaching. All which support recovery journeys and initiate personal discovery. This service offers six one to one sessions. Suitable for adults aged 18+.

**Tel:** 02890 402323

**Email:** [talkingtherapies@mindwisenv.org](mailto:talkingtherapies@mindwisenv.org)

**Address:** MindWise, Pinewood House,  
46 Newforge Lane, Belfast, BT9 5NW.

## Action Mental Health New Horizons

AMH New Horizons in Antrim assists adults recovering from mental ill-health. We offer a range of person- centred programmes in a friendly, relaxed atmosphere to support your recovery. They offer;

- Personal Development Programmes (e.g. emotional wellbeing, stress management)
- Vocational Skills training (e.g. retail, health & social care, customer service etc)
- AMH Employment programme.
- Social & Recreational Activities.

Tel: 028 9442 8081

Web: [www.amh.org.uk](http://www.amh.org.uk)

Address: 4A Steeple Road Antrim, BT41 1AF

## PAL: Anxiety and Depression Support Group

Where: Ground Floor Moyle Medical Building 14a Old Glenarm Road, Larne, BT40 1RW.

When: Wednesday 20<sup>th</sup> November  
7pm-9pm

- Guided workshop to boost mood
- Learning positive ways of coping with depression and anxiety
- Confidential support

Email: [Pal.larne@yahoo.com](mailto:Pal.larne@yahoo.com)

Phone: 02828273335

## COVID-19 Response - Telephone & Alert Service (Antrim & Surrounding Areas)

Service provided to anyone in the community who is feeling vulnerable and isolated due to the Covid-19 virus. The call will check on your wellbeing, listen to any concerns and provide support where possible. Also, offers a delivery service for food and prescriptions.

Telephone: 028 9446 4619



## OCD Action

OCD-Action provides support and information to anybody affected by OCD (obsessive compulsive disorder). They offer support lines, information and support groups.

**Support line: 0845 390 6232**

**Email: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)**

**OCD Aware Support Group (Peer led):  
7:30pm – monthly on a Thursday**

**Tel: 07522545258**

**Email: [christinacushy@gmail.com](mailto:christinacushy@gmail.com)**

More info can be found on their website-  
[www.ocdaction.org.uk/supportgroups/online2](http://www.ocdaction.org.uk/supportgroups/online2)



## Stress Control Classes

**To register email:**

**[stress.control@northerntrust.hscni.net](mailto:stress.control@northerntrust.hscni.net)**

'Stress Control' is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world. You can find out more here:

<https://ni.stresscontrol.org/>

As you can't come to a regular Stress Control class due to the current circumstances, Stress Control will come to you and live stream the sessions. **Each session will be available on the YouTube channel from 9am and will be 62 hours after the start time.**

Dates-

[Monday 3rd May](#)  
[Thursday 6th May](#)  
[Monday 10th May](#)  
[Thursday 13th May](#)  
[Monday 17th May](#)  
[Thursday 20th May](#)



Danielle Gallagher- Bereaved by Suicide  
Service Officer Holywell Hospital Site, Inver 3,  
60 Steeple Road, Antrim, BT41 2RJ.

Tel: 028 9441 3544

Email:

[danielle.gallagher@northerntrust.hscni.net](mailto:danielle.gallagher@northerntrust.hscni.net)

**Carrickfergus- 7:30pm – 9:30pm**

The Marina, Marina Buildings, 3 Quayside,  
Carrickfergus BT38 8BJ



Bereavement

Volunteers in the Northern Area provide support in and around Antrim, Ballymena, Larne, Ballymoney and Magherafelt.

Referral can be made by oneself, GP, social worker or parent. Cruse suggests self-referral is more preferable.

**Contact: 028 9079 2419**

**Website: [www.cruseni.org](http://www.cruseni.org)**

On average a client will receive around 6 sessions. Cruses are reluctant to see client's until 12 weeks after the bereavement due to the natural cycle of bereavement.

Cruse provides advice and counselling for;

- Bereavement through suicide
- Bereavement through drugs and alcohol
- Bereavement through trauma
- Bereavement through violence and crime
- Bereavement through crisis

## Addiction Services

### Drug and Alcohol Intervention Service for Youth (DAISY)

DAISY provides therapeutic treatment and support services for children and young people, aged of 11 – 25, who are misusing substances - including support for family members

Type of service: Treatment and support

Contact: 07923129559

Telephone: 028 9043 5815

Website: [www.start360.org](http://www.start360.org)

Email: [daisy.east@start360.org](mailto:daisy.east@start360.org)

Treatment and support services:

- Talking therapies; counselling, CBT, etc.
- Mentoring/Key working
- Support for families
- Family therapy/ Structured family support
- Structured activities
- Advice and support
- Drop in (\*Or can offer Drop in clinics)
- Support group(s) or Group support



Externs Community in transition Health and Well-being Project Carrick and Larne will be offering support to anyone impacted by mental health, drugs or alcohol via telephone, WhatsApp, video calling. If you need support please contact:

Sharon: 07442533165

Patricia: 07974269587

**Temporary email:** [Reachout@extern.org](mailto:Reachout@extern.org)

Crisis Intervention Project

If you are having suicidal thoughts, or know somebody who needs help urgently, you can contact

Extern's Crisis Line on

(FREEPHONE) 0800 085 4808

Monday -Tuesday 9am – 5pm

Wednesday - Friday 9am – 9pm

Extern's Crisis Response is a de-escalation service that offers over the phone therapeutic talking techniques to support those facing crisis; get positive messages, mindfulness techniques, coping strategies, reflection and ideas of self-care during this time

**Find us on Facebook and Twitter**

**@ExternCarrick/Larne**

**@ExternCrisisTeam**

**Email:** [Reachout@extern.org](mailto:Reachout@extern.org)



This Service provides evidence-based wellbeing therapy and specialist interventions to support people across Northern Ireland to reduce harm and work towards their own recovery goals. They offer family support, substance misuses court and counselling.

**To refer:**

Email: [enquiries@addictionni.com](mailto:enquiries@addictionni.com)

Call: 028 9066 44 34

Address: Addiction NI

Lombard House

10-20 Lombard Street

Belfast

BT1 1RD



Al-anon is a service that supports families and friends of those who abuse alcohol and are affected by this person's drinking. There are support groups across the country where you can come and meet individuals who share their experiences in order to solve their common problems. Age 12+.

Contact 028 9068 2368 or email

[enquires@al.anonuk.org.uk](mailto:enquires@al.anonuk.org.uk) for referral.

**Larne Support Group - Thursday 8:00pm**

Gloucester Park Day Centre

Gloucester Avenue

Larne

Co Antrim

BT40 1PD



## ADDICTION SERVICES CONTINUED

### ASPIRE – NIACRO

Aspire works with young men aged 16-30 involved or re-involved with the Criminal Justice system, and are involved in paramilitary activity/at risk of becoming involved and/or are at risk of accruing drug debt.

#### **What Aspire can help with:**

- Accommodation / Housing
- Employment , Education, Training
- Community (Threat / Intimidation)
- Finances / Benefits / Debt and Money Management
- Family & Personal Relationships
- Substance Misuse & Addictions
- Health (Physical & Mental)
- Personal Skills, Lifestyle Choices, Motivation & Attitude

**Please contact: [lisa.mcnamee@niacro.co.uk](mailto:lisa.mcnamee@niacro.co.uk)**

If you would like any further information or you would like to make a referral

Please contact

[lisa.mcnamee@niacro.co.uk](mailto:lisa.mcnamee@niacro.co.uk)

## Eating Disorder Support



Beat Eating Disorders

**Helpline:** 0808 801 0677

**Studentline:** 0808 801 0811

**Youthline:** 0808 801 0711

This is a website that educates individuals suffering with eating disorders by educating them on

- Their health and treatment
- Exercise advice
- Food shopping
- Routine
- Body image concerns and social media
- Managing difficult emotions
- Public health advice.



**Eating  
Disorders  
Association  
Northern  
Ireland**

This service provides support, information and understanding to people with eating disorders as well as their families and friends. They offer;

- One to one therapy
- 24 hour helpline
- Advocacy service
- Drop in centre
- Online support classes
- Support Groups

**Contact:** 028 9023 5959

**Address:** Merrion Business Centre, 58 Howard Street, Belfast, BT1 6PJ



**Northern Health  
and Social Care Trust**

**NHSCT Eating Disorder Service** is a community outpatient service for adults who have a primary diagnosis of an Eating Disorder Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Atypical Eating Disorder (mixed presentation). This service also has a voluntary support group called Stamp ED. Both services are available 9am – 5pm Monday to Friday.

**Contact:** 028 9441 3307

**Address:** The Villa, Holywell Hospital, 60 Steeple Road, Antrim

### **Getting referred:**

If you think you, or someone you know has an Eating Disorder, the first step is to visit your GP. Your GP will carry out a thorough assessment to rule out any other medical cause for your symptoms. They will then refer to Community Mental Health Team and Eating Disorder Service for assessment and treatment.

### **Useful Websites for Eating Disorder Support**

[www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk) - Men Get Eating Disorders Too: National UK Charity for Men with Eating Disorders.

[www.maudsleyparents.org](http://www.maudsleyparents.org) - Maudsley Parents: A site for parents offering information on eating disorders and the family based treatment approach.

[www.eatingdisordersandpregnancy.co.uk](http://www.eatingdisordersandpregnancy.co.uk) - Eating Disorders and Pregnancy: Information. Pregnancy can be a difficult time for some women with eating disorders as they experience changes to their weight and shape, and eating disorders can increase the risk of adverse maternal and infant outcomes.

[www.patient.info/health/anorexia-nervosa-leaflet](http://www.patient.info/health/anorexia-nervosa-leaflet) - Info from Patient.info about Anorexia

[www.patient.info/health/bulimia-nervosa-leaflet](http://www.patient.info/health/bulimia-nervosa-leaflet) - Info from Patient.info about Bulimia

## Parenting and Carers Help



Homestart-Antrim District

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. How home-start can help:

- Accessing local services
- Free voluntary confidential support
- Group support
- Home visiting
- Money Management

**Telephone:** 028 9442 8090

**Address:** Home-Start Antrim District, 12b Market Square, Co Antrim, BT41 4AW.

**Email:** info@homestartantrim.org.uk

### Barnardos Young Carers Scheme

Believe in  
children



**Barnardo's**

For 8-18 year olds that are adversely affected by their caring responsibilities when looking after &/or supporting a parent or sibling

#### Contact

**Telephone:** 028 79631344

**Email:** youngcarers@barnardos.org.uk



Carers NI

Carers NI provide information, rights and entitlements advice to carers.

**Contact:** advice@carersni.org 028 9043 9843. Monday-Thursday 10-4



ParentingNI

### Parenting NI

Offers services to support parents and carers including, a Freephone helpline, face-to-face support, counselling, parenting programmes.

Support line: 0808 801 0722

Office line: 028 9031 0891

web: www.parentingni.org Email:

help@parentingni.org



## Counselling services for individuals bereaved



**Cruse**

Bereavement Volunteers in the Northern Area provide support in and around Antrim, Ballymena, Larne, Ballymoney and Magherafelt.

Referral can be made by oneself, GP, social worker or parent. Cruse suggests self-referral is more preferable.

**Contact: 028 9079 2419**

**Website: [www.cruseni.org](http://www.cruseni.org)**

On average a client will receive around 6 sessions. Cruses are reluctant to see client's until 12 weeks after the bereavement due to the natural cycle of bereavement.

Cruse provides advice and counselling for;

- Bereavement through suicide
- Bereavement through drugs and alcohol
- Bereavement through trauma
- Bereavement through violence and crime
- Bereavement through crisis



**Bereaved By Suicide**

Danielle Gallagher- Bereaved by Suicide  
Service Officer Holywell Hospital Site, Inver 3,  
60 Steeple Road, Antrim, BT41 2RJ.

Tel: 028 9441 3544

Email:

[danielle.gallagher@northerntrust.hscni.net](mailto:danielle.gallagher@northerntrust.hscni.net)

**Carrickfergus- 7:30pm – 9:30pm**

The Marina, Marina Buildings, 3 Quayside,  
Carrickfergus BT38 8BJ

## Perinatal Services



MISCARRIAGE  
ASSOCIATION  
The knowledge to help

**Miscarriage  
Association NI**

A source of support and information for those suffering the effects of pregnancy loss.

No referral is required.

**Telephone:**

0289336 3384/ 07743950566

**Website:**

[www.miscarriageassociationni.org.ni](http://www.miscarriageassociationni.org.ni)

**Email:**

[info@miscarriageassociationni.org.uk](mailto:info@miscarriageassociationni.org.uk)

Services Available:

- pregnancy loss helpline
- live chat service
- telephone support volunteers
- email support service
- online support options



**Sands**

Stillbirth & neonatal death charity

**SANDS**

A charity supporting anyone affected by the death of a baby and promoting research to reduce the loss of babies' lives.

There is a SANDS befriending services available in the Antrim Area and a support group, which requires no booking/ no referral required.

Antrim Support Group: 1<sup>st</sup> Thursday of every month at 7:30pm in Antrim Day Centre.  
☎ 07587248977

Cookstown Support Group: 3<sup>rd</sup> Wednesday of every month at 8pm in Beacon Centre. ☎  
07876558096

**SANDS NI helpline: 07740993450 ☎**

**SANDS Website: [www.sandsni.org](http://www.sandsni.org)**



Formerly We Are Pangs

The Parent Rooms is a perinatal mental health charity which creates a circle of support around parents who are emerging from personal struggles to live full and healthy lives.

**Get in touch on 028 9087 7777 or  
[www.parentrooms.co.uk](http://www.parentrooms.co.uk)**

They offer;

- Online Peer Support
- Peer Support Groups
- Peer Support Training
- Counselling
- Wellbeing Programs
- Self Help Resources
- Guidance and Advice

They take both self-referrals and referrals from professionals for patients up to two years after birth



## SERVICES SPECIFIC TO POLICE OFFICERS AND VETERANS

### Police Rehabilitation & Retraining Trust

**Tel:** 028 9042 7788 | **Text Relay:** 18001 028 9042 7788

**Website:** [servicesadmin@prrt.org](mailto:servicesadmin@prrt.org)

**Address:** Maryfield, 100 Belfast Road,  
Holywood  
Co. Down, BT18 9QY

Monday - Friday  
09:00 to 17:00

We support thousands of retired and retiring police officers to create the future they want after policing, offering;

- PSYCHOLOGICAL THERAPIES
- PHYSIOTHERAPY
- PERSC

TRAINI



Rehabilitation and  
Retraining Trust

### Combat Stress

**Helpline:** [0800 138 1619](tel:08001381619)

**Helpline text:** [07537 404719](tel:07537404719)

**Helpline email:** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

We offer a range of treatment services in the community, at our specialist centers, on the phone and online, and we develop a personalized program for each veteran's individual needs. Combat Stress provides the UK's only residential treatment for veterans with trauma-related mental health problems. Highly trained staffs have specialist knowledge of veteran trauma. Our unique combination of psychological and psychiatric treatment and occupational therapy benefits the most unwell veterans.

## Services supporting individuals in relationships or victims of abuse



Relate's vision is a future in which healthy relationships form the heart of a thriving society. Relate's mission is to enhance emotional wellbeing in individuals, couples, families and communities by delivering professional counselling and therapeutic services.

They offer support with;

- Relationship Counselling
- Family Counselling
- Domestic Violence and Abuse Services
- Psycho-Sexual Therapy Services
- Relate Teen
- Separation Counselling
- Adoption and Fostering Counselling Support
- Maternal Mental Health
- Relationships And Sexuality Education
- Children Under 10

For referral see below:

**Address:**

9 Cushendall Road  
Ballymena  
BT43 6HA

**Tel:** 02890 323454

**Email:** [office@relateni.org](mailto:office@relateni.org)



Referral Information: Self-referral accepted.

Contact Nuala (Larne) 028 2563 2136 OR  
07395796838

Address: 75 Main Street, Larne, BT40 1JE

24 HOUR DOMESTIC VIOLENCE HELPLINE-  
08089171414

Service provides support, information and training;

- Understanding the short and long term impacts of DV on survivors and their children
- Children's homework club
- Child domestic violence
- Refuge
- Resettlement and follow up help
- Domestic violence floating support
- LGBT domestic abuse
- Drop-in
- Support Groups.



### Men's Advisory Project

**Tel:** 028 9024 1929 (Belfast)

**Email:** [info@mapni.co.uk](mailto:info@mapni.co.uk)

**Address:**

Cathedral Buildings,  
64 Donegall Street,  
Belfast, BT1 2GT.

Self-referrals accepted. The service covers all of Northern Ireland.

MAP exists to provide counselling services for men experiencing domestic abuse. We provide support and facilitate you to understand your options and make your own choices and decisions. We also offer support and counselling services to men who have previously left a violent or abusive relationship and who are still experiencing the effects. All of our services are offered across Northern Ireland from various bases.



## Lesbian, Gay, Bisexual and Transgender Community Support



### Broken Rainbow

The only UK National LGBT Domestic Violence Helpline, providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans communities, their families and friends, and the agencies supporting them. The helpline provides an understanding of sexual identity issues along with the impact of domestic violence.

#### Contact

**Helpline:** 0300 999 5428

**Opening Times:** Mon - Thurs 10am - 8pm. Tues – Wed 10am – 5pm (Tues 1pm – 5pm is a Trans specific service).

**Email:** [help@brokenrainbow.org.uk](mailto:help@brokenrainbow.org.uk)

**web:** [www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

Online Chat service also open seven days a week (see website)



### Belfast Butterfly Club

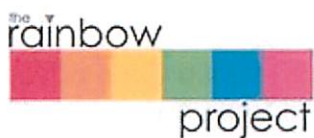
Support network for transgendered people and their families. Provides a safe and friendly place in which any trans person can be their authentic selves and share any problems and issues they may be having. The group meets weekly and does not discriminate against anyone within the trans spectrum, all are welcome.

**Helpline:** 07704799352

**E-mail:** [trans@belfastbutterflyclub.co.uk](mailto:trans@belfastbutterflyclub.co.uk)

**Address:** 98 University Street, Belfast, BT7 1HE, NI.

\*Please note that the phone service is only available: Wednesdays 8pm-10pm



### The Rainbow Project

Supporting health and wellbeing for the LGBT+ community and their families. Co-cultural counselling for individuals and couples; health and wellbeing sessions; befriending support; personal development (regional); sexual health testing and support/advice; regional LGBT peer and support groups; advocacy support; OUT North West (youth support in NorthWest); relationships and sex education for young people; same sex family support; family support.

#### Contact

**Tel:** 028 9031 9030

**project.org**

**Address:** Belfast Office  
23-31 Waring Street  
Belfast  
BT1 2DX

**Further information:** [info@rainbow-](mailto:info@rainbow-project.org)

**web:** [www.rainbow-project.org](http://www.rainbow-project.org)



CARA- FRIEND

Voluntary counselling, befriending and information organisation for lesbians, gay men and bisexuals.

**Contact**

**Tel:** (028) 9089 0202

**Email:** [admin@cara-friend.org.uk](mailto:admin@cara-friend.org.uk)

**Web:** [www.cara-friend.org.uk](http://www.cara-friend.org.uk)

**Address:** War Memorial Building, 9-13 Waring Street, Belfast, BT1 2DX.

**Cara-Friend LGBT & Youth**

Suitable for anyone aged 12-25. The service runs youth groups within a safe space and a peer-led ethos where young LGBTQ+ people are volunteer leaders. The most important goal of Cara-Friend LGBTQ+ Youth is for young people to be able to be themselves, however they might identify themselves.

**Contact**

**Tel:** (028) 9089 0202

*Ballymena Group:* meets fortnightly on Thursdays from 3.45pm – 5.45pm, N-Gage Centre.

*Belfast group:* runs every Monday and Friday in the Belfast LGBT Centre, 23-31 Waring Street. Monday is our programme and workshop evening, open to all ages 12-25 and runs from 6pm-9pm. Friday is our youth drop-in evening, 12-15s from 6pm-8pm, and 16+ from 8pm-10pm.

**For more**

**information:** [contact:lee.cullen@cara-friend.org.uk](mailto:contact:lee.cullen@cara-friend.org.uk) (Belfast) or [joanne.mcparland@cara-friend.org.uk](mailto:joanne.mcparland@cara-friend.org.uk) (Cookstown & Ballymena)



HERe NI

HERe NI is a community organisation and registered charity based in Belfast. We are here to support lesbian and bisexual women and our families and improve the lives of L & B women across Northern Ireland. We do this in lots of different ways: through providing information; peer support; facilitating training; lobbying government and agencies on your behalf, offering a community space for meeting and much more.

**Contact**

**Tel:** 028 9024 9452

**Email:** [tracey.mcdowell@hereni.org](mailto:tracey.mcdowell@hereni.org)

**Address:** 23 -31 Waring Street, Belfast, BT1 2DX.



**Transgender NI**

Transgender NI support and advocate for the rights of trans people in NI. They also run a resource centre which is now a thriving hub of activity, support and advocacy for the Trans community and their friends and families in the city.

**Contact**

**Tel:** (+44) 0300 302 3202

**Email:** [info@transgenderni.org.uk](mailto:info@transgenderni.org.uk)

**Address:** 98 University Street, Belfast.

**Web:** [belfasttrans.org.uk](http://belfasttrans.org.uk)