

## Useful numbers and contacts for our community



If you are concerned about the safety or well being of a child or young person contact the Gateway Service  
Tel: 02890507000/02895049999



If your finding it tough and you need someone to talk to  
Tele: 116 123



If your feeling down, depressed and need help. Please phone Aware.

Tele: 028 90357820



Family support and childcare services across Northern Ireland.

Tele: 08456006483



If you need support, advice or are concerned about a victim , please phone the helpline.

Tele: 0808 8021414



Ekenhead Halls  
19 North Circular Road , Belfast  
2.30-4pm Tuesday  
6.30-8pm Thursday  
Phone us : 07902099840



Non-emergency medical help to make it easier to get advice

Tele: 111



If you are in distress or despair, Lifeline is here to help.

Tele: 0808 808 8000