**Organisation Number**

PIPs hope and support, Newry 02837563430

Lifeline 08088088000

Samaritans 116123

CRUSE (bereavement support) 02830252322

Carers NI 02890439843

Cause 02890650650

SHIP (self-harm support) 02838399201

NEXUS 02890326803

Victim Support 02890243133

Alcoholics Anonymous 02890351222

Gamblers Anonymous 02890249185

Addictions NI 02890664434

Davina's Ark 02830279407

EXTERN 02890330433

Cuan Mhuire 02830849010

Women's Aid resource centre 02830250765

Women's Aid refuge 02830267174

Parenting NI 08088010722

Parentline NI 08088020400

Family support Hub 02830835764

Family Trauma Centre 02895042828

Bernardo's Newry 02830260668

Childline 08001111

Centred Soul 07719051393

Tiny Life 02890815050

SANDS 07740993450

Relate 02890323454

ACCORD 02890233002

Citizen's Advice 02830262934

NI Housing Executive 03448920900

Simon Community 08001712222

Recovery and Wellness College 02830347537/02838311748

Innovation Recovery 02871865149

SPRING social prescribing 07483059876

U3A 02830266034

Age NI 02890245729

LGBT NI 08088000390

Rainbow Project 02890319030