

SOME USEFUL PHONE NUMBERS

RELATE (Marriage counselling): 08702426091

CRUISE (Bereavement support): 084447794000

COOKSTOWN COMMUNITY CANCER CARE: 028 867 66111

AWARE (Help defeat depression): 0845 1202961

ACCORD (Pre-Marriage Courses): 028 38334781

PIPS PROJECT (Suicide awareness): 07876552046 and 07789797483

LIFELINE (For those in despair): 0808 808 8000

ST VINCENT DE PAUL: 028 867 69400

LILAC CANCER SUPPORT: 028 8774 6600 / 028 867 66866

ADDICTION - Where Help Can Be Found.

ALCOHOLICS ANONYMOUS - 028 90434848

AL-ANON - 028 90682368

CUAN MHUIRE (Sister Consilio) - 028 30849010

GAMBLERS' ANONYMOUS 028 90249185

DUNLEWEY ADDICTION SERVICES 028 90392547 (For
help with a range of addictions including prescription and over the
counter medication)

