



**HAVE YOU  
BEEN AFFECTED BY  
SEXUAL VIOLENCE  
OR ABUSE?**



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## WHAT IS SEXUAL VIOLENCE AND ABUSE?

“Any behaviour perceived to be of a sexual nature which is unwanted or takes place without consent or understanding.”

“Tackling Sexual Violence and Abuse” - A Regional Strategy 2008-2013

The Law recognises that no child under the age of 16 is capable of consenting to any sexual behaviour.

## Needing Help?

There can be many reasons for feeling you need help. You may be experiencing intrusive thoughts about things that occurred in your past that you felt you had dealt with. You may be experiencing flashbacks, nightmares, and/or feelings of helplessness. You may be feeling guilty, or confused, ashamed and dirty. None of these feelings are your fault, but they are your current reality and will impact on your life and your relationships with others in a negative way that makes you feel worse. It can feel like a vicious circle and you need help to break it. In the words of one survivor; “You feel so isolated and alone. No one seems to be able to give you any answers.”

## Accessing Help

All of the agencies in this Directory will be happy to offer you help. The following types of support are included in this directory:

- **Specialist counselling for survivors: Children, Young People and Adults**
- **Reporting and investigating sexual violence**
- **Services offering general counselling or other related support services not necessarily only for survivors of sexual violence**

Please note that only services which you can contact yourself are included. GPs, community nurses or social workers may be able to refer you to other services such as clinical psychology which are not listed here.

## Payment

Some agencies included in this Directory are in a position to offer free help, while others will ask for a donation towards their costs. This donation is voluntary and should not be more than you can afford. Most agencies offer a scale of suggested donations in accordance with individual circumstances. In all cases, the donation can be negotiated and your counsellor will, if you wish, help you in this matter.

## Disclaimer

The agencies included in this Directory all offer help to those who have experienced childhood sexual abuse and/or current sexual violence. Some agencies have more experience than others and some specialise in this area of work. It is important that you find the right place for you, a place where you feel safe, so don't be afraid to "shop around" and ALWAYS ask for evidence of experience and qualifications in this area of counselling.

We hope that this Directory will be a good aid to you in finding the help you need and deserve and we wish you well on your journey.

Help Lines

# Help Lines

## Young Persons' Help Lines

Organisation	Services	Contact
<b>ChildLine</b>	Free 24 hour helpline.	0800 1111 <a href="http://www.ChildLine.org.uk">www.ChildLine.org.uk</a>
<b>Lifeline</b>	Suicide Prevention 24/7.	0808 808 8000 <a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a>
<b>NSPCC</b>	Helpline for concerned adults 0808 800 5000.	0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>PSNI Child Abuse Investigation Unit</b>		0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222



# Help Lines

## Adult Help Lines

Organisation	Services	Contact
<b>24 Hour Domestic Violence Helpline</b>	The 24 Hour Domestic Violence Helpline is open to all women and men affected by domestic violence. This is a multi-channel Helpline accessible by telephone, email and text service available 24/7 every day of the year. Callers will receive a supportive, confidential and non-judgemental listening ear service. Crisis intervention support after an assault is offered, as well as advice and support for those living with ongoing or historical domestic violence.	24 Hour Domestic Violence Helpline - 0800 917 1414 Free phone from landlines Call backs for mobiles Email Support: 24hrsupport@dvhelpline.org Text SUPPORT to 07797 805 839
<b>Lifeline</b>	Suicide Prevention 24/7.	0808 808 8000 www.lifelinehelpline.info
<b>NSPCC</b>	Help & advice for adults concerned about children.	0808 800 5000 www.nspcc.org.uk
<b>PSNI Rape Crime Unit</b>	Emergency 24 hour number.	0845 600 8000 or 999 (emergency)
<b>Stop It Now</b>	For individuals concerned about their own thoughts and behaviours towards children.	0808 100 0900 www.stopitnow.org.uk/help
<b>The Samaritans</b>		0845 790 9090 www.samaritans.org
<b>Towards Healing</b>	Helpline for survivors of clerical sexual abuse. Monday to Wednesdays 11am - 8pm. Fridays 11am - 4pm.	0800 096 3315 (N.I.) 1800 303 416 (ROI) www.towardshealing.ie Text Service 085 8022859

Specialist Services

# Specialist Services

## Province Wide

Services listed in this section are available to anyone in Northern Ireland and may have a centre near you. Local offices are also listed in the section on each county.

Organisation	Services	Contact
<b>Alliance Victim Support Group</b>	Men and women 16+ and their families who experienced abuse in Irish state run residential institutions during childhood. Access to counselling, family tracing, legal services.	028 3887 1708 www.alliancesupport.org
<b>Brook NI</b>	Specialist counselling for women under 19 and men under 25 years.	028 9032 8866 028 7034 2178 www.brook.org.uk
<b>Child Care Centre</b>	Investigation and treatment of child sexual abuse & telephone consultation service.	028 9024 4903
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 www.nexusni.org
<b>PSNI Rape Crime Unit</b>	Emergency 24 hour number.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

# Specialist Services

## Province Wide

Organisation	Services	Contact
<b>Lifeline</b>	24/7 Lifeline crisis response helpline and counselling service for people of all ages experiencing distress or despair. Lifeline provides support, assessment and referral to people in crisis. If appropriate, Lifeline offers up to six free follow-up crisis counselling sessions, close to home within seven days of referral.	0808 808 8000 <a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a>
<b>Northern Ireland Women's Aid Federation</b>	Accommodation to women and children experiencing domestic and sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, court support, specialist training programmes, follow-up, training, prevention and protection. Support for those affected by exploitation and trafficking.	0800 917 1414 028 9024 9041 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>NSPCC</b>	Helps end cruelty to children. Support to young witnesses in all crown courts. Independent visitors for looked after children. Domestic abuse recovery services.	0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>The Rowan (Sexual Assault Referral Centre for Northern Ireland)</b>	24/7 services to children, young people and adults who have been raped, sexually assaulted or sexually abused, such as: emotional support, forensic medical examination, clinical assessment, sexual health screening and treatment, signposting onto counselling and other support services, and follow-up support.	0800 3894424 <a href="http://www.therowan.net">www.therowan.net</a>

## Province Wide

Organisation	Services	Contact
<b>Threshold</b>	Specialist counselling for young people 4-18 years of age.	028 9087 1313 www.threshold-services.co.uk

## Belfast

Organisation	Services	Contact
<b>Belfast Cognitive Therapy Centre</b>	Professional counselling/ therapy for sexual issues/ sexual abuse.	028 9065 0060 www.belfastCTcentre.com
<b>Belfast &amp; Lisburn Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, court support, specialist training programmes, follow-up, training, prevention and protection.	028 9066 6049 www.belfastwomensaid.org.uk
<b>Brook NI</b>	Specialist counselling for women under 19 and men under 25 years.	028 9032 8866 028 7034 2178 www.brook.org.uk
<b>Colin Community Counselling</b>	Counselling service that supports emotional health & wellbeing	028 9060 4347
<b>Contact NI</b>	Provides counselling to address a wide range of crisis situations, prioritising suicide and self-harm prevention, troubles related trauma, depression, anxiety, and bereavement.	0808 808 8000 028 9074 4499 www.contactni.com

## Belfast

Organisation	Services	Contact
<b>Family Trauma Centre</b>	Under 18's who have suffered trauma province wide.	028 9020 4700 <a href="http://www.belfasttrust.hscni.net">www.belfasttrust.hscni.net</a>
<b>Men to Men</b>	Specialist counselling for men 17+ in Belfast.	028 9024 7027 <a href="http://www.mentomen.org">www.mentomen.org</a>
<b>NSPCC</b>	Advice, counselling, treatment. Support to young witnesses in all Crown Courts. Independent visitors for looked after children. Domestic abuse recovery services.	0808 800 5000 028 9035 1135 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 <a href="http://www.nexusni.org">www.nexusni.org</a>

## Co. Antrim

Organisation	Services	Contact
<b>Antrim, Ballymena, Carrickfergus, Larne &amp; Newtownabbey Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 2563 2136 <a href="http://www.womens-aid.org.uk">www.womens-aid.org.uk</a>
<b>Family Centre</b>	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	Antrim Family Centre 028 9442 8715 Newtownabbey Family Centre 028 9085 5960
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/violence 16+.	028 9032 6803 <a href="http://www.nexusni.org">www.nexusni.org</a>
<b>Threshold</b>	Specialist counselling for young people 4-18.	028 9087 1313 <a href="http://www.threshold-services.co.uk">www.threshold-services.co.uk</a>

# Specialist Services

## Co. Armagh

Organisation	Services	Contact
<b>Craigavon &amp; Banbridge Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 3834 3256 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>Newry, Mourne, South Down and South Armagh Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 3025 0765 <a href="http://www.womensaidnewry.co.uk">www.womensaidnewry.co.uk</a>
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/violence 16+.	028 3835 0588 <a href="http://www.nexusni.org">www.nexusni.org</a>



## Co. Down

Organisation	Services	Contact
<b>North Down and Ards Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 9127 3196 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 <a href="http://www.nexusni.org">www.nexusni.org</a>

## Co. Fermanagh

Organisation	Services	Contact
<b>Fermanagh Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 14 14 028 6632 8898 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 6632 0046 <a href="http://www.nexusni.org">www.nexusni.org</a>

## Co. L/Derry

Organisation	Services	Contact
<b>Causeway Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 7035 6573 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>Foyle Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection. Support for those affected by exploitation and trafficking.	028 7141 6800 <a href="http://www.womensaidni.org">www.womensaidni.org</a>
<b>Magherafelt Family Centre</b>	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	028 7936 5097
<b>Men's Action Network</b>	Generic counselling including domestic and sexual abuse counselling for male survivors 16+ up	028 7137 7777 <a href="http://www.man-ni.org">www.man-ni.org</a>

## Co. L'Derry

Organisation	Services	Contact
<b>NEST</b>	Group counselling for adults surviving trauma. Faith based, open to all.	028 7964 2983
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 7126 0566 www.nexusni.org
<b>Western Health &amp; Social Care Trust Psychosexual Service</b>	Specialist multidisciplinary team providing treatment, support and advice on sexual abuse, dysfunction and disorders.	028 7186 5294

## Co. Tyrone

Organisation	Services	Contact
<b>Cookstown Family Centre</b>	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	028 8672 3933 www.northerntrust.hscni.net
<b>Cookstown &amp; Dungannon Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 8676 9300 Floating Support 07796 386408 Helpline 0800 917 1414 www.cookstownwomensaid.org.uk

# Specialist Services

## Co. Tyrone

Organisation	Services	Contact
<b>Omagh Women's Aid</b>	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group /individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 8224 1414
<b>Nexus NI</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 7126 0566 www.nexusni.org

## Cross Border Services offering specialist counselling

Organisation	Services	Contact
<b>Donegal Sexual Abuse &amp; Rape Crisis</b>		(+353) 074 9128 211 Freephone: 1800 448844
<b>Sligo Rape Crisis</b>	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	Freephone 1800 750780 (+353) 071 9171 188
<b>Rape Crisis North East (Dundalk)</b>		(+353) 042 9339 491

# Reporting & Investigating Sexual Crimes

# Reporting and Investigating Sexual Abuse/Violence

## Rape Crime Units

Organisation	Services	Contact
<b>The Rowan (Sexual Assault Referral Centre for Northern Ireland)</b>	The specially trained team at The Rowan will deliver a range of services 24/7 to children, young people and adults who have been raped, sexually assaulted or sexually abused, such as: emotional support, forensic medical examination, clinical assessment, sexual health screening and treatment, signposting onto counselling and other support services, and follow-up support.	0800 3894424 www.therowan.net
<b>PSNI Rape Crime Units</b>	If you are unsure about reporting an incident you can ring for more information and advice on the matter.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

## Child Abuse Investigation Units

Organisation	Services	Contact
<b>PSNI Child Abuse Investigation Units</b>	If you are unsure about reporting an incident you can ring for more information and advice on the matter.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

# Reporting and Investigating Sexual Abuse/Violence

## Gateway to Children's Social Work Service

First point of contact if you have concerns about a child or a family.

Organisation	Contact
<b>Belfast Health &amp; Social Care Trust Gateway</b>	028 9050 7000 Out of Hours 028 9056 5444
<b>Northern Health &amp; Social Care Trust</b>	0300 1234 333 Out of Hours 028 9446 8833
<b>Southern Health &amp; Social Care Trust</b>	0800 7837 745 Out of Hours 028 3833 4444
<b>South Eastern Health &amp; Social Care Trust</b>	0300 1000 300 Out of Hours 028 9056 5444
<b>Western Health &amp; Social Care Trust</b>	028 7131 4090 Out of Hours 028 7134 5171



# Signposting Organisations

# Signposting Organisations

## Province Wide

**These agencies offer general counselling and support to survivors and may signpost on to other organisations who specialise in this field.**

Services listed in this section are available to anyone in Northern Ireland and may have a centre near you. Local offices are also listed in the section on each county.

Organisation	Services	Contact
<b>Accord NI</b>	Counselling on relationship/family issues including sexual abuse/violence. Psychosexual therapy for individuals and/or couples. (Catholic based, open to all).	028 9023 3002 <a href="http://www.accordni.com">www.accordni.com</a>
<b>Age Concern/ Help the Aged NI Advocacy Development</b>	Independent confidential and advocacy advice for older people, families and carers on Welfare Benefits, Residential and Nursing Care, Housing and Health.	0808 808 7575 028 9024 5729 <a href="http://www.ageuk.org.uk/northernireland">www.ageuk.org.uk/northernireland</a>
<b>Barnardo's</b>	Counselling for children province wide.	028 9066 8766 <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>
<b>Barnardo's NOVA Trauma Support</b>	Therapeutic support for children, young people and families who have experienced psychological trauma.	028 4062 8758 (Banbridge) <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>

Organisation	Services	Contact
<b>Cruse Bereavement Care</b>	Bereavement support for adults, children and young people from 4+, counselling, information, support in a bereavement group.	Freephone Helpline for young people: 0808 808 1677 Confidential Helpline: 0844 477 940 or 028 9079 2419 <a href="http://www.cruseni.org">www.cruseni.org</a>
<b>Parenting NI</b>	Information, support & guidance for family issues.	Freephone: 0808 801 0722 028 9031 0891 <a href="http://www.parentingni.org">www.parentingni.org</a>
<b>PCI Counselling</b>	General counselling for adults (mainly married couples) throughout province. Clients do not have to be Presbyterian.	028 9261 0586 <a href="http://www.pcibsw.org">www.pcibsw.org</a>
<b>LIGHTHOUSE</b>	Support for anyone who is contemplating suicide. Support is also given to families who have lost loved ones and for those who are in crisis	028 9075 5070 <a href="http://www.lighthouseireland.org">www.lighthouseireland.org</a>

# Signposting Organisations

## Province Wide

Organisation	Services	Contact
<b>Relate NI</b>	Counselling on relationship/family issues for adults and young people 11 years +.	028 9032 3454 <a href="http://www.relateni.org">www.relateni.org</a>
<b>The Rainbow Project</b>	Provides a range of services and opportunities for LGBT people and their families including daily drop-in service 10am-4.30, LGBT youth groups and support, transsexual support group, gay men's counselling service, sexual health - condoms, information, HIV and Syphilis rapid testing, advocacy services and older men's support service.	028 9031 9030 028 7128 3030 <a href="http://www.rainbow-project.org">www.rainbow-project.org</a>

## Belfast

Organisation	Services	Contact
<b>Accord NI</b>	Counselling on relationship/family units. Psychosexual therapy for individuals and/or couples.	028 9033 9944 <a href="http://www.accordni.com">www.accordni.com</a>
<b>Belfast Cognitive Therapy</b>	Professional counselling/ therapy for: sexual issues/ sexual abuse, anxiety disorders (panic, phobia, OCD, trauma, worry, social anxiety).	028 9065 0060 <a href="http://www.belfastctcentre.com">www.belfastctcentre.com</a>
<b>Corpus Christi Services</b>	General counselling.	028 9024 0653 <a href="http://www.corpuschristiservices.co.uk">www.corpuschristiservices.co.uk</a>
<b>Lenadoon Community Counselling Project</b>	Young people counselling 14+	028 9060 0641
<b>New Life Counselling</b>	Children 5-11 and young adults 12-25 living in East Belfast to North and West Belfast.	028 9039 1630 <a href="http://www.newlifecounselling.net">www.newlifecounselling.net</a>
<b>One Point Referral Team - Belfast</b>	Adults 18-65 in Belfast. Offer assessment and referral to appropriate service. Encouraged to contact GP first.	028 9073 7547
<b>The Mount 1-2-1</b>	Church based counselling agency that is open to all denominations. General counselling.	028 9078 2159 - Prayer line 028 9078 2160 <a href="http://www.cmh-themount.org/counselling">www.cmh-themount.org/counselling</a>

# Signposting Organisations

## Belfast

Organisation	Services	Contact
<b>Parenting NI</b>	Information, support & guidance for family issues.	Freephone 0808 801 0722 028 9031 0969 <a href="http://www.parentingni.org">www.parentingni.org</a>
<b>SPES Community Counselling</b>	Crisis counselling including out of hours for range of issues including sexual abuse/violence for under 18 years living in Greater West Belfast area.	0845 812 4123 <a href="http://www.spescounselling.com">www.spescounselling.com</a>

## Co. Antrim

Organisation	Services	Contact
<b>Antrim Counselling Centre</b>	Male/female 14+ Antrim/Ballymena area.	028 9442 9844

## Co. Armagh

Organisation	Services	Contact
<b>Care in Crisis</b>	Individual counselling for male and female 13+ up. Couple counselling.	028 3832 9900 <a href="http://www.careincrisis.org.uk">www.careincrisis.org.uk</a>

## Co. Down

Organisation	Services	Contact
<b>Barnardo's</b>	Counselling for children province wide	028 3026 0668 <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>
<b>Christian Guidelines</b>	General counselling, training and support to the church and wider community	028 9146 8846 <a href="http://www.christianguidelines.org">www.christianguidelines.org</a>

# Signposting Organisations

## Co. Fermanagh

Organisation	Services	Contact
<b>The Aisling Centre</b>	Hope, Healing and Growth	028 6632 5811 www.aislingcentre.com

## Co. L/Derry

Organisation	Services	Contact
<b>Derry Well Women Centre</b>	General counselling, personal development programmes, eating disorders therapy group, training for counsellors. Miscarriage Counselling, Menopause Clinic, Breast Feeding Support Group, Cancer Support and Post Natal Depression Programme.	028 7136 0777 www.derrywellwoman.org
<b>Men's Action Network</b>	Advice, counselling & support for men 18+	028 7137 7777 www.man-ni.org
<b>Parenting NI</b>	Information, support & guidance for family issues.	028 7137 2006 www.parentingni.org
<b>Relate NI</b>	Counselling on relationship/family issues including sexual abuse/violence.	028 9032 3454 www.relateni.org
<b>The Rainbow Project</b>	Provides a range of services and opportunities for LGBT people and their families including daily drop-in service 10am-4.30, LGBT youth groups and support, transsexual support group, gay men's counselling service, sexual health - condoms, information, HIV and Syphilis rapid testing, advocacy services and older men's support service.	Derry: 028 7128 3030 www.rainbow-project.org



## Co. L/Derry

Organisation	Services	Contact
<b>Youthlife</b>	Young people 6+ and families who have experienced bereavement and loss e.g. separation Individual and group counselling, personal development programmes. Youth help café.	028 7137 7227 www.youthlife.org
<b>Zest - Healing the Hurt</b>	Counselling mainly self-harm & suicide prevention and family support.	028 7126 6999 www.zestni.org

## Co. Tyrone

Organisation	Services	Contact
<b>Accord NI</b>	Counselling on relationship/family issues including sexual abuse/violence. Psychosexual therapy for individuals and/or couples.	028 8224 2439 www.accordni.com
<b>Koram Centre</b>	General counselling for men & women 12+ and up.	028 7188 6181 www.koramcentre.com
<b>Tara Centre</b>	Psychotherapy - approach is holistic & addresses a wide range of issues.	028 8225 0024 www.taraomagh.com

# Signposting Organisations

## Supporting Victims of Crime

Organisation	Services	Contact
<b>Victim Support Northern Ireland</b>	<p>An independent charity that supports people affected by crime. Offers confidential services including:</p> <ul style="list-style-type: none"><li>• Community service - coping with the personal effects of crime and dealing with the police, courts, legal professions &amp; making a claim.</li><li>• Criminal injuries compensation service - helping victims of violent crime to claim compensation.</li><li>• Witness Service supporting people going to court. Helps witnesses at all Crown, Magistrates, Youth and Appeal courts.</li></ul>	<p>Belfast 028 9024 4039</p> <p>Ballymena 028 2563 0784</p> <p>Foyle 028 7137 0086</p> <p>Newry 028 3025 1321</p> <p>Omagh 028 8224 0012</p>

# Glossary

**SSA** Social Services Agency

**G.P.** General Practitioner

**HSC** Health & Social Care

**NEST** New Experience for Survivors of Trauma

**NSPCC** National Society for the Prevention of Cruelty to Children

**PCI** Presbyterian Church in Ireland

**PSNI** Police Service of Northern Ireland

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Social Services and Public Safety.

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