

## Wellbeing support



### Lifeline

T: 0808 808 8000

### Samaritans

T: 116 123

### Age NI

T: 0808 808 7575

### BCRC Ethnic Minority Support

028 2766 5068

### Carers NI

T: 028 90 439843

### Disability Action

028 9029 7880

### Parenting NI

T: 0808 8010 722

### The Rainbow Project

028 9031 9030

Causeway  
Emotional  
Health &  
Wellbeing  
Guide



## Other useful contacts



### Christians Against Poverty (CAP)

T: 0800 328 0006

### Housing Rights

T: 028 90 245640

### Make the Call Service

T: 0800 232 1271

### NI Energy Advice

0800 111 4455

Produced by Causeway Coast &  
Glens Anti Poverty Group



[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

# Where to turn?

## Concerned about the cost of living?



Information for residents of Causeway Coast and Glens about FREE advice and practical support services.

## More information available at:

[www.causewaycoastandglens.gov.uk/advice](http://www.causewaycoastandglens.gov.uk/advice)

[www.nidirect.gov.uk/campaigns/cost-living](http://www.nidirect.gov.uk/campaigns/cost-living)

Alternative languages and formats available



Scan for more  
information



## Advice about benefits, money, debt, housing, work and other issues



### Community Advice Causeway

(across Causeway Coast and Glens) T: 028 7034 4817  
Dungiven residents can also access generalist advice from  
Glenshane Community Development on: T: 028 7774 2494

## Food and essentials



### Ballycastle Foodbank

T: 07536986448 T: 028 20054006

### Ballymoney Foodbank

T: 07565840571

### Vineyard Compassion Foodbank and Social Supermarket

T: 028 7022 0005

### LCDI Foodbank and Social Supermarket

T: 028 777 65438

### Glens Social Supermarket

T: 028 21771192

### Ballycastle Social Supermarket

T:07763407685

### Other community food projects

Details available on Council's website:  
[www.causewaycoastandglens.gov.uk/advice](http://www.causewaycoastandglens.gov.uk/advice)

## Baby items



LCDI Babybank T: 028 777 65438

**Ballycastle Babybank** T: 07704323898 T: 07874317773



**Vineyard Compassion** T: 028 7022 0005

**Baby Basics Causeway** Contact your health visitor, midwife, social worker or GP for referral.

## Home fuel and energy



### St Vincent DePaul

Ballycastle	T: 07754722022
Ballymoney	T: 07860455549
Cloughmills & Dunloy	T: 07513095505
Coleraine (St John's - West)	T: 07752017340
Coleraine (St Malachy's - East)	T: 07738837959
Cushendall, Glenariff	T: 07548780121
Dungiven	T: 07927929923
Garvagh, Errigal	T: 07563595868
Greysteel, Faughanvale	T: 07538683580
Kilrea	T: 07597955305
Limavady	T: 07512360388
Feeny, Banagher	T: 07593954973
Portrush	T: 07508549574
Portstewart	T: 07508549572
Rasharkin	T: 07547135740

### Salvation Army

Ballymoney & Causeway area	T: 028 2766 5520
Limavady	T: 028 777 22613

### Fuel Stamp Saving Schemes

Oil stamps can be purchased from a range of retail outlets.  
See Council website for full listing.

### Energy Efficiency

Council's Energy Efficiency Advisers can provide advice and information based on your circumstances. T: 078 4197 0330