



Mid Ulster Crisis Support

Income

Jobs and Benefits Office Benefits free phone:
08000224250
Employment Services phone number:
03002007822

Finance Support
Freephone:
08005872750

Debt Management Support
Christians Against Poverty:
08003280006

Advice
STEP Community Advice Service
Dungannon: 02887750211
Cookstown: 02886761875
Magherafelt: 02879633079

Community Led Emergency Food Support

Magherafelt
Hope: 07393451504
SVP: 02879300819

Maghera
The Link Foodbank: 07759964550
SVP: 07752111032

Cookstown
SVP: 02886769400

Dungannon
Reach Foodbank:
07857071750 /
028 87752133
SVP: 07395013808

Coalisland
Foodbank: 07871800551
SVP: 02887748531

Clogher Valley
Hope 4 U: 07803301802
SVP: 07873687725

Housing

NI Housing
Executive
Support 9am – 5pm:
03448 920900
Out of hours:
03448920908

Housing Rights:
02890245640

Regional Emergency Social
Work Services (Children):
02895049999

Depaul Ireland:
02887725860
Simon Community:
08001712222

MUST Hostel:
02886762065

Mental Health (Community Counselling Services)

Lifeline 24hrs:
0808 808 8000
Samaritans 24hrs:
116 123

GP and A&E referral
to Mental Health
Hospital support
Family Works:
02891820341

Magherafelt CC
The Olive Branch:
02879633688
Hope: 07393451504

Cookstown CC
The Hub:
02886763398

Dungannon CC
Vineyard:
02887752133

Agewell Good
Morning calls
(over 65's):
02879632170

Mindwise:
028 90402323
Cruse Bereavement:
08088081677

Drugs & Alcohol Support
Start360: 07923129559
Ascertainment: 08002545123

Draperstown/Maghera CC
S.T.E.P.S:
07904564218

Clogher Valley CC
Hope 4 U:
07803301802

Coalisland CC
MACP:
02887746375

Abuse

Police Service:
999 or 101

Childline:
0800 1111
NSPCC Adults concerned
about a child:
08088005000

Mid Ulster &
Causeway
Woman's Aid:
02886769300

Domestic &
Sexual abuse
helpline:
0808802144

Gateway-child protection
Emergency (out of hours):
02895049999
Dungannon:
08007837745
Cookstown/ Magherafelt:
03001234333

Sexual Abuse
The Rowan Centre:
08003894424