



Helplines NI

listen. support. inform

Helplines NI brings together over 30 helplines operating across Northern Ireland.

The Helplines NI leaflet and website (www.helplinesni.com) provide a directory of the helplines within Northern Ireland.

The Helplines NI website (www.helplinesni.com) can be used by the public and professionals to find the right helpline and support.

What support do helplines provide?

The Helplines provide a variety of support services, including information, advice, counselling, listening ear and befriending. Many of the services take place over the phone and some provide support via email, text and web-chat.

The Helplines provide information, support and advice on a vast range of issues, to include: debt; mental health; parenting, unemployment; bereavement; substance abuse; and housing.

For more information on Helplines NI, contact Judith McLean: judith.mclean@hscni.net

[@HelplinesNI](https://twitter.com/HelplinesNI)

www.helplinesni.com



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Carers NI  028 9043 9843 Monday to Thursday 10am - 4pm www.carersuk.org/northernireland	CAUSE: Helpline  0845 60 30 29 1 Monday, Wednesday & Friday: 10am - 4pm Tuesday & Thursdays: 12pm - 8pm www.cause.org.uk	Child Bereavement Service  028 9066 8333 Monday 9.30am - 12.30pm Tuesday 9.30am - 12.30pm Friday 10am - 12.30pm www.barnardos.org.uk	ChildLine  0800 111 24/7 365 days a year Online 1-2-1 & Email Service Available at www.childline.org.uk	Christians Against Poverty Debt Help  0800 328 0006 Monday to Friday 9am - 5pm www.capuk.org	The Compassionate Friends  028 8778 8016 10am - 4pm & 7pm - 9:30pm 365 days per year www.tcf.org.uk	Domestic and Sexual Abuse Helpline  0808 802 1414 24/7 365 days a year help@dsahelpline.org Live online chat via website: www.dsahelpline.org	Eating Disorders Association NI  028 9023 5959 24/7 365 days a year www.eatingdisordersni.co.uk
Family Benefits Advice Service  0800 028 3008 Monday to Friday 8am - 5pm www.employersforchildcare.org	HIV & Sexual Health Helpline NI  0800 137 437 Monday to Friday 10am - 4pm www.positivelifeni.com	Housing Rights  028 9024 5640 Monday to Friday 9.30am - 4.30pm www.housingadviceni.org	Informing Choices NI  028 9031 6100 Monday to Friday 9am - 5pm www.informingchoicesni.org	Kinship Care NI  0800 022 3129 Monday to Friday 9am - 5pm www.kinshipcareni.com	Law Centre NI  028 9024 4401 Monday to Friday 9am - 5pm www.lawcentreni.org	LGBT Switchboard Cara-Friend  0808 8000 390 Monday to Friday 1pm - 4pm Wednesday 6pm-9pm Live online chat via Website www.cara-friend.org.uk	Crisis Telephone & Counselling Service  0808 808 8000 24/7 365 days a year www.lifelinehelpline.info
Make the Call  0800 232 1271 Monday to Friday 8am - 5pm Text ADVICE to 67300 makethecall@dfcn.gov.uk www.nidirect.gov.uk/makethecall	NSPCC Helpline  0808 800 5000 24/7 365 days a year help@nspcc.org.uk www.nspcc.org.uk	Parentline NI CiNI  0808 8020 400 Monday to Thursday 9am - 9pm Friday 9am - 5pm Saturday 9am - 1pm Live online chat via Website www.ci-ni.org.uk	Parent Support Line  0808 8010 722 Monday to Thursday 9:30am - 3:30pm Friday 9:30am - 12:30pm Live online chat via Website www.parentingni.org	Rural Support Helpline  0800 138 1678 Monday to Friday 9am - 9pm (voicemail and support options available at all other times). www.ruralsupport.org.uk	Samaritans  116 123 24/7 365 days a year Jo@samaritans.org www.samaritans.org	SandsNI Helpline  077 4099 3450 Monday to Friday 9am - 5pm www.sandsni.org	Simon Community  0800 171 2222 24/7 365 days a year www.simoncommunity.org