



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



Action on
Elder Abuse



080 8808 8141

Monday to Friday
9am - 5pm

www.elderabuse.org.uk/in-northern-ireland

Independent
Advice Network



0300 303 0898

Monday to Friday
9am - 5pm

advice@adviceni.net
www.adviceni.net

Advice and
Advocacy Service



0808 808 7575

8am - 7pm
7 days a week
365 days a year

www.ageni.org.uk/advice

Alzheimer's Society
Support Line



0333 150 3456

Monday to Wednesday
9am - 8pm,
Thursday & Friday
9am - 5pm,
Saturday & Sunday
10am - 4pm

www.alzheimers.org.uk

Autism NI



028 9040 1729

Monday to Friday
9am - 5pm

www.autismni.org

Cancer Focus NI



0800 783 3339

Monday to Friday
9am - 1pm

www.cancerfocusni.org

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

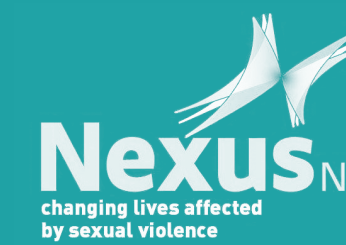


028 8778 8016

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



when everyone has a home

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@dfcnl.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