

Parentline NI CiNI



Parent Support Line



0808 8020 400

0808 8010 722

Monday to Thursday
9am - 9pm
Friday 9am - 5pm
Saturday 9am - 1pm

Monday to Thursday
9:30am - 3:30pm
Friday 9:30am - 12:30pm

Live online chat via Website
www.ci-ni.org.uk

Live online chat via Website
www.parentingni.org

Rural Support Helpline



Samaritans



0800 138 1678

116 123

Monday to Friday
9am - 9pm
(voicemail and support options available at all other times).

24/7
365 days a year

www.ruralsupport.org.uk

Jo@samaritans.org
www.samaritans.org

SandsNI Helpline



Simon Community



077 4099 3450

0800 171 2222

Monday to Friday
9am - 5pm

24/7
365 days a year

www.sandsni.org

www.simoncommunity.org

www.helplinesni.com

A SINGLE POINT OF ACCESS TO
NORTHERN IRELAND HELPLINE
NUMBERS AND WEBSITES

OVER 30 NORTHERN IRELAND
HELPLINE ORGANISATIONS

EASY TO NAVIGATE

FIND THE RIGHT HELPLINE
TO SUIT YOUR NEEDS

LISTEN.
SUPPORT.
INFORM.

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



What is Helplines NI?

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



Helplines NI

LISTEN.
SUPPORT.
INFORM.

2020

www.helplinesni.com



Project supported by the PHA

<p>Action on Elder Abuse</p>  <p>080 8808 8141</p> <p>Monday to Friday 9am - 5pm</p> <p>www.elderabuse.org.uk/ in-northern-ireland</p>	<p>Independent Advice Network</p>  <p>0300 303 0898</p> <p>Monday to Friday 9am - 5pm</p> <p>advice@adviceni.net www.adviceni.net</p>	<p>Advice and Advocacy Service</p>  <p>0808 808 7575</p> <p>8am - 7pm 7 days a week 365 days a year</p> <p>www.ageni.org.uk/advice</p>	<p>Alzheimer's Society Support Line</p>  <p>0333 150 3456</p> <p>Monday to Wednesday 9am - 8pm, Thursday & Friday 9am - 5pm, Saturday & Sunday 10am - 4pm</p> <p>www.alzheimers.org.uk</p>	<p>Autism NI</p>  <p>028 9040 1729</p> <p>Monday to Friday 9am - 5pm</p> <p>www.autismni.org</p>	<p>Cancer Focus NI</p>  <p>0800 783 3339</p> <p>Monday to Friday 9am - 1pm</p> <p>www.cancerfocusni.org</p>	<p>Carers NI</p>  <p>028 9043 9843</p> <p>Monday to Thursday 10am - 4pm</p> <p>www.carersuk.org/ northernireland</p>	<p>CAUSE: Helpline</p>  <p>0845 60 30 29 1</p> <p>Monday, Wednesday & Friday: 10am - 4pm Tuesday & Thursdays: 12pm - 8pm</p> <p>www.cause.org.uk</p>
<p>Child Bereavement Service</p>  <p>028 9066 8333</p> <p>Monday 9.30am - 12.30pm Tuesday 9.30am - 12.30pm Friday 10am - 12.30pm</p> <p>www.barnardos.org.uk</p>	<p>ChildLine</p>  <p>0800 111</p> <p>24/7 365 days a year</p> <p>Online 1-2-1 & Email Service Available at www.childline.org.uk</p>	<p>Christians Against Poverty Debt Help</p>  <p>0800 328 0006</p> <p>Monday to Friday 9am - 5pm</p> <p>www.capuk.org</p>	<p>The Compassionate Friends</p>  <p>028 8778 8016</p> <p>10am - 4pm & 7pm - 9:30pm 365 days per year</p> <p>www.tcf.org.uk</p>	<p>Domestic and Sexual Abuse Helpline</p>  <p>0808 802 1414</p> <p>24/7 365 days a year</p> <p>help@dsahelpline.org Live online chat via website: www.dsahelpline.org</p>	<p>Eating Disorders Association NI</p>  <p>028 9023 5959</p> <p>24/7 365 days a year</p> <p>www.eatingdisordersni.co.uk</p>	<p>Family Benefits Advice Service</p>  <p>0800 028 3008</p> <p>Monday to Friday 8am - 5pm</p> <p>www. employersforchildcare.org</p>	<p>HIV & Sexual Health Helpline NI</p>  <p>0800 137 437</p> <p>Monday to Friday 10am - 4pm</p> <p>www.positivelifeni.com</p>
<p>Housing Rights</p>  <p>028 9024 5640</p> <p>Monday to Friday 9.30am - 4.30pm</p> <p>www.housingadviceni.org</p>	<p>Informing Choices NI</p>  <p>028 9031 6100</p> <p>Monday to Friday 9am - 5pm</p> <p>www.informingchoicesni.org</p>	<p>Kinship Care NI</p>  <p>0800 022 3129</p> <p>Monday to Friday 9am - 5pm</p> <p>www.kinshipcareni.com</p>	<p>Law Centre NI</p>  <p>028 9024 4401</p> <p>Monday to Friday 9am - 5pm</p> <p>www.lawcentreni.org</p>	<p>LGBT Switchboard Cara-Friend</p>  <p>0808 8000 390</p> <p>Monday to Friday 1pm - 4pm Wednesday 6pm-9pm</p> <p>Live online chat via Website www.cara-friend.org.uk</p>	<p>Crisis Telephone & Counselling Service</p>  <p>0808 808 8000</p> <p>24/7 365 days a year</p> <p>www.lifelinehelpline.info</p>	<p>Make the Call</p>  <p>0800 232 1271</p> <p>Monday to Friday 8am - 5pm</p> <p>Text ADVICE to 67300 makethecall@dfcni.gov.uk</p> <p>www.nidirect.gov.uk/makethecall</p>	<p>NSPCC Helpline</p>  <p>0808 800 5000</p> <p>24/7 365 days a year</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p>