



Helplines NI

listen. support. inform

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

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

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

[@HelplinesNI](#)

www.helplinesni.com

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



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

ChildLine

childline

0800 1111

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

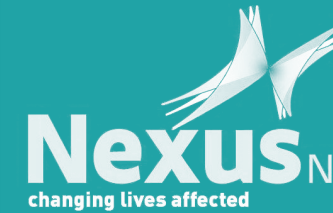
The Compassionate
Friends



028 8778 8016

10am - 4pm
& 7pm - 9:30pm
365 days per year

Domestic and Sexual
Abuse Helpline



0808 802 1414

24/7
365 days a year

Text 'Support' to 07797805839
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

Employers
For Childcare

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



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

NSPCC

0808 800 5000

24/7
365 days a year

help@nspcc.org.uk
www.nspcc.org.uk

Parenting 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