








<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 9am - 5pm</p> <p>Text ADVICE to 079 8440 5248 makethecall@dfcni.gov.uk www.nidirect.gov.uk/makethecall</p>	<p>Parent Support Line</p>  <p>0808 8010 722</p> <p>Monday to Thursday 9:30am - 3:30pm Friday 9:30am - 12:30pm</p> <p>Live online chat via Website www.parentingni.org</p>	<p>Roma Support Hub</p>  <p>07842 310 477</p> <p>Monday to Friday 10am - 4pm (excluding public holidays)</p> <p>@BelfastRoma</p>	<p>Thirtyone:Eight</p>  <p>0303 003 1111</p> <p>24/7 365 days a year 9-5pm business hours, 7am-9am & 5pm-12am out of hours emergency service</p> <p>Phone option 2 http://www.thirtyoneeight.org</p>	<p>LISTEN. SUPPORT. INFORM.</p>  <p>@HelpinesNI</p> <p>www.helpinesni.com</p>
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<p>MoneyHelper</p>  <p>0800 138 7777</p> <p>Monday to Friday 8am - 6pm (closed bank holidays)</p> <p>WhatsApp: 077 0134 2744 www.MoneyHelper.org.uk</p>	<p>NI Rare Disease Partnership</p>  <p>077 0447 6929</p> <p>Monday 9am - 4pm Tuesday 9am - 5pm Wednesday 9am - 5pm Thursday 9am - 3.30pm Friday 9am - 1.30pm</p> <p>077 0447 6930 www.nirdp.org.uk</p>	<p>RNID</p>  <p>028 9023 9619</p> <p>Monday to Friday 9am - 5pm</p> <p>Text: 07587 130 502 information.nireland@rnid.org.uk www.rnid.org.uk</p>	<p>Rural Support</p>  <p>0800 138 1678</p> <p>Monday to Friday 9am - 9pm (voicemail and support options available at all other times)</p> <p>www.ruralsupport.org.uk</p>
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<p>NSPCC Helpline</p>  <p>0808 800 5000</p> <p>8am - 11pm weekdays 9am - 6pm weekends 365 days a year</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p>	<p>Parentline NI CiNI</p>  <p>0808 8020 400</p> <p>Monday to Thursday 9am - 9pm Friday 9am - 5pm Saturday 9am - 1pm</p> <p>Live online chat via Website www.ci-ni.org.uk</p>	<p>Samaritans</p>  <p>116 123</p> <p>24/7 365 days a year</p> <p>Jo@samaritans.org www.samaritans.org</p>	<p>Simon Community</p>  <p>0800 171 2222</p> <p>24/7 365 days a year</p> <p>www.simoncommunity.org</p>
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What is Helplines NI?

Helplines NI brings together over 35 helplines operating across Northern Ireland.

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

The Helplines NI website (www.helpinesni.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 Claire O'Prey: claire.oprey@belfasttrust.hscni.net



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



www.helpinesni.com

Hourglass NI



Providing advice to those who need it



Advice and Advocacy Service



Alzheimer's Society Support Line



Autism NI



Cancer Focus NI



Carers NI



CAUSE: Helpline



080 8808 8141

24/7
365 days a year

<https://wearehourglass.org/ni>

0800 915 4604

Monday to Friday
9am - 5pm

advice@adviceni.net
www.adviceni.net

0808 808 7575

9am - 5pm
Monday to Friday except
Bank and Public Holidays

www.ageni.org.uk/advice

0333 150 3456

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

www.alzheimers.org.uk

028 9040 1729

Monday to Friday
9am - 5pm

www.autismni.org

0800 783 3339

Monday, Wednesday
& Friday
9am - 1pm

www.cancerfocusni.org

028 9043 9843

Monday to Thursday
10am - 4pm

www.carersuk.org/northernireland

0800 103 2833

Monday, Wednesday &
Friday: 10am - 4pm
Tuesday & Thursday:
12pm - 8pm

www.cause.org.uk

Child Bereavement Service



ChildLine

childline

Christians Against Poverty Debt Help



The Compassionate Friends



The Consumer Council for Northern Ireland



Domestic and Sexual Abuse Helpline



Eating Disorders Association NI



Family Benefits Advice Service

Employers For Childcare

07867 372 711

Monday, Tuesday and
Friday 10am - 1pm

www.barnardos.org.uk

0800 1111

24/7
365 days a year

Online 1-2-1 &
Email Service Available at
www.childline.org.uk

0800 328 0006

Monday to Thursday
9.30am-5pm, Fridays
9.30am - 3.30pm

www.capuk.org

0345 123 2304

10am - 4pm
& 7pm - 10pm
365 days per year

www.tcf.org.uk

0800 121 6022

Monday to Friday
9am - 5pm

(028) 902 51600
contact@consumercouncil.org.uk
www.consumercouncil.org.uk

0808 802 1414

24/7
365 days a year

help@dsahelpline.org
Live online chat via website:
www.dsahelpline.org

028 9023 5959

24/7
365 days a year

info@eatingdisordersni.co.uk
www.eatingdisordersni.co.uk

0800 028 3008

Monday to Friday
9am - 5pm

www.employersforchildcare.org

Guide Dogs Northern Ireland



HIV & Sexual Health Helpline NI



Housing Rights

Housing Rights

when everyone has a home

Informing Choices NI



Kinship Care NI



Labour Relations Agency



Law Centre NI



LGB&T Switchboard Cara-Friend



0800 781 1444

Monday to Friday
9am - 5pm
excluding public holidays

www.guidedogs.org.uk/getting-support

0800 137 437

Monday to Friday
10am - 4pm

www.positivelifeni.com

028 9024 5640

Monday to Friday
9.30am - 4.30pm

www.housingadviceni.org

028 9031 6100

Monday to Friday
9am - 5pm

www.informingchoicesni.org

0800 022 3129

Monday to Friday
9am - 5pm

www.kinshipcareni.com

03300 555 300

Monday to Friday
9am - 5pm
excluding public holidays

www.lra.org.uk

028 9024 4401

Monday to Friday
9am - 5pm

www.lawcentreni.org

0808 8000 390

Monday to Friday
9am - 5pm
excluding public holidays

Live online chat via Website
www.cara-friend.org.uk