

Telephone Support and Advice Lines

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Lifeline	24/7 Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961 028 9035 7820
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414

The Migrant Centre NI	Financial Health and Well being		07769903471
Cara-Friend/ LGBT Switchboard NI	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	08088000390
Women's Aid	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	08088021414
Family Support NI	Access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk <u>08456006483</u>
North Belfast Foodbank	Providing help to those in the local community.	Food donations and distribution	Ekenhead Halls, 19 North Circular Road 07902099840
Samaritans	If you are finding it tough and need someone to talk to.	Depression Mental health Suicidal thoughts	Tel: 116123
Belfast Health and Social Care Trust Gateway Service	If you are concerned about the safety or wellbeing of a child or young person, contact the Gateway service.	Safeguarding Child Protection	028 90507000 /028 95049999
NHS	Non-emergency medical help to make it easier to get advice.	Medical advice	Tel: 111
Independent Welfare Reform Changes Helpline	Advice on entitlements and benefits		Freephone: 0808 802 0020
Parenting NI	Advice on all aspects of parenting including behaviour challenges.	Parenting	0808 801 0722
Trussell Trust Foodbank	Food provision		07902099840
New Life Counselling	Counselling Service	Support for individuals and families	028 90391630
NSPCC	Children's charity	Child protection and support for families	0808 800 5000
Cruse Helpline	Prioritises well-being of bereaved adults, children and young people.	Family support	0808 808 1677
Extern	One to one support	Counselling	0845 2590520
Citizens' Advice Bureau	Advice on a range of topics including finances	Family support	0300 123 3233
Education Authority (Belfast Office)	Support and information regarding education and support for children and young people	Family support	028 9056 4000

