

Rural Support Helpline



0845 606 7 607

Seven days a week
8am - 11pm
365 days a year

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 Central Access Point



0800 171 2222

24/7
365 days a year

www.simoncommunity.org

Tax and Benefits Service



0800 988 2377

Monday, Wednesday and Friday 9am - 5pm
Tuesday and Thursday 9am - 7pm

www.adviceni.net



Helplines Network NI



Project supported by the PHA



www.helplinesnetworkni.com

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

OVER 25 NORTHERN IRELAND HELPLINES

EASY TO NAVIGATE

FIND THE RIGHT HELPLINE
TO SUIT YOUR NEEDS

LISTEN.
SUPPORT.
INFORM.



Project supported by the PHA

Helplines Network NI is a membership-led organisation consisting of over 25 Helplines operating across Northern Ireland. The Helplines Network NI members provide a variety of support services including, information, advice, counselling and befriending. Many of the services take place over the phone, via email, text and in some cases, with live web-chat. The Helplines are run by public, voluntary and community organisations and are non-profit making.

The Helplines Network NI membership organisation was brought together by the Public Health Agency (PHA), which has a lead role in promoting health and wellbeing in Northern Ireland. The PHA recognises the value of Helplines as they provide immediate support and information to those with a wide-range of health and wellbeing needs - often for those who are the most vulnerable in our community.

By bringing the Helplines Network NI together under one promotional brand, the Network is able to raise awareness amongst individuals, organisations, communities, health professionals and the media about how best to access the various Helplines more conveniently and meet the requirements of different service users.

Helplines are an invaluable resource that can be accessed from the privacy of home, without appointment and many can be contacted at a time that suits the person in need of support.



Helplines Network NI

LISTEN. SUPPORT. INFORM.

JANUARY 2016

www.helplinesnetworkni.com

<p>Adviceline</p>  <p>0300 1 233 233</p> <p>Monday to Friday 9am - 12.30pm 1pm - 4pm</p> <p>www.citizensadvice.co.uk</p>	<p>Advice and Advocacy Service</p>  <p>0808 808 7575</p> <p>Seven days a week 8am - 7pm 365 days a year</p> <p>www.ageni.org.uk/advice</p>	<p>Advice NI</p>  <p>028 9064 5919</p> <p>Monday to Friday 9am - 5pm</p> <p>www.adviceni.net</p>	<p>Alzheimer's Society National Dementia Helpline</p>  <p>0300 222 11 22</p> <p>Monday to Wednesday 9.00am - 8.00pm, Thursday & Friday 9.00am - 5.00pm, Saturday & Sunday 10.00am - 4.00pm</p> <p>www.alzheimers.org.uk</p>	<p>Aware</p>  <p>08451 20 29 61</p> <p>Monday to Friday 9am to 1pm</p> <p>www.aware-ni.org</p>	<p>Business Debtline</p>  <p>0800 0838 018</p> <p>Monday to Friday 9.30am - 5.30pm</p> <p>www.adviceni.net www.businessdebtline.org</p>	<p>Carers NI</p>  <p>028 9043 9843</p> <p>Monday to Friday 9am - 4pm</p> <p>www.carersni.org</p>	<p>Christians Against Poverty Debt Help</p>  <p>0800 328 0006</p> <p>Monday to Friday 8.30am - 5pm</p> <p>www.capuk.org</p>
<p>CAUSE: Helpline</p>  <p>0845 60 30 29 1</p> <p>Monday, Wednesday & Friday: 10 am - 4 pm Tuesday & Thursdays: 12 pm - 8 pm</p> <p>www.cause.org.uk</p>	<p>ChildLine</p>  <p>0800 111</p> <p>24/7</p> <p>Online 1-2-1 & Email Service Available at www.childline.org.uk</p>	<p>Debt Action NI</p>  <p>0800 917 4607</p> <p>Monday to Friday 8am - 8pm Saturday 9am - 3pm</p> <p>Text 'Action' to 81025 www.debtaction-ni.net</p>	<p>24 Hour Domestic & Sexual Violence Helpline</p> <p>Open to <i>all women and men</i> affected by domestic and sexual violence</p>  <p>0808 802 1414</p> <p>24/7 365 days a year</p> <p>Text 'Support' to 07797805839 24hrsupport@dvhelpline.org</p>	<p>Family Planning Association Sexual Health Helpline</p>  <p>0345 122 8687</p> <p>Monday to Friday 9.00am - 5.00pm</p> <p>www.fpa.org.uk/northern-ireland</p>	<p>Housing Rights</p>  <p>028 9024 5640</p> <p>Monday to Friday 9.30am - 1.30 pm</p> <p>www.housingadviceni.org</p>	<p>Kinship Care NI</p>  <p>0800 022 3129</p> <p>Monday to Friday 9.30am - 5.00pm</p> <p>www.kinshipcareni.com</p>	<p>Learning Disability Helpline</p>  <p>0808 808 1111</p> <p>Monday to Friday 9am - 5pm</p> <p>www.mencap.org.uk/northern-ireland</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>LGBT&T Switchboard Cara-Friend</p>  <p>0808 8000 390</p> <p>Tuesday, Wednesday, Thursday 6pm - 9pm</p> <p>Live online chat via Website www.cara-friend.org.uk</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>	<p>Parents Helpline</p>  <p>0808 8010 722</p> <p>Monday to Thursday 9am - 8pm Friday 9am - 5pm</p> <p>Live online chat via Website www.parentingni.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>Pancreatic Cancer UK</p>  <p>0808 801 0707</p> <p>Monday to Friday 10am - 4pm (except Bank Holidays)</p> <p>www.pancreaticcancer.org.uk</p>	 <p>Helplines Network NI</p> <p>JANUARY 2016</p>  <p>Public Health Agency Project supported by the PHA</p>	