

<div>  <p>Helplines NI listen. support. inform</p> <p>2025</p> </div> <div> <p>Helplines NI brings together over 40 helplines operating across Northern Ireland. The Helplines NI leaflet and website (www.helplinesni.com) provide a directory of the helplines within Northern Ireland.</p> <p>The Helplines NI website (www.helplinesni.com) can be used by the public and professionals to find the right helpline and support.</p> <p>What support do helplines provide?</p> <p>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.</p> <p>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.</p> <p>For more information on Helplines NI, contact Claire O'Prey: claire.oprey@belfasttrust.hscni.net</p> <div>  @HelplinesNI   </div> <p>www.helplinesni.com</p> </div>		<div> <p>Providing Advice to Those Who Need it</p>  </div> <p>0800 915 4604</p> <p>Monday to Friday 9am – 5pm</p> <p>advice@adviceni.net www.adviceni.net</p>	<div> <p>Advice and Advocacy Service</p>  </div> <p>0808 808 7575</p> <p>9am – 5pm Monday to Friday except Bank and Public Holidays</p> <p>www.ageni.org.uk/advice</p>	<div> <p>Advice Space</p>  </div> <p>0300 1233 233</p> <p>Monday to Friday 9am – 12.30pm Monday, Wednesday and Friday 1pm-4pm excluding public holidays</p> <p>https://advicespace.me</p>	<div> <p>Autism NI</p>  </div> <p>028 9040 1729</p> <p>Monday to Friday 9am – 5pm</p> <p>www.autismni.org</p>	<div> <p>Help for Asylum Seekers Boloh</p>  </div> <p>0800 151 2605</p> <p>10am-8pm (weekdays), 10-3pm (Saturday)</p> <p>www.helpline.barnardos.org.uk</p>	<div> <p>Child Bereavement Service</p>  </div> <p>028 9066 8333</p> <p>Monday 10am-1pm Tuesday 10am-1pm Friday 10am-12.30pm</p> <p>www.barnardos.org.uk</p>	<div> <p>Cancer Focus NI</p>  </div> <p>0800 783 3339</p> <p>Monday, Wednesday & Friday 9am – 1pm</p> <p>www.cancerfocusni.org</p>	<div> <p>Cara-Friend</p>  </div> <p>0808 8000 390</p> <p>Monday - Friday 2pm - 4pm, excluding public holidays</p> <p>Live online chat via Website www.cara-friend.org.uk</p>
		<div> <p>Carers NI</p>  </div> <p>028 9043 9843</p> <p>Monday to Thursday 10am – 4pm</p> <p>www.carersuk.org/northernireland</p>	<div> <p>CAUSE: Helpline</p>  </div> <p>0800 103 2833</p> <p>Monday, Wednesday & Friday: 10am – 4pm Tuesday & Thursday: 12pm – 8pm</p> <p>www.cause.org.uk</p>	<div> <p>ChildLine</p>  </div> <p>0800 1111</p> <p>24/7 365 days a year</p> <p>Online 1-2-1 & Email Service Available at www.childline.org.uk</p>	<div> <p>Free, Independent Debt Advice</p>  </div> <p>0800 328 0006</p> <p>Monday to Thursday 9.30am-5pm, Fridays 9.30am – 3.30pm</p> <p>www.capuk.org</p>	<div> <p>Peer Support for Bereaved Families</p>  </div> <p>0345 123 2304</p> <p>10am – 4pm & 7pm – 10pm 365 days per year</p> <p>www.tcf.org.uk</p>	<div> <p>The Consumer Council for Northern Ireland</p>  </div> <p>0800 121 6022</p> <p>Monday to Friday 9am – 5pm</p> <p>(028) 902 51600 contact@consumercouncil.org.uk www.consumercouncil.org.uk</p>	<div> <p>Deafblind</p>  </div> <p>0800 132 320</p> <p>Monday to Thursday 9am – 5pm Fridays 9am – 4pm (except public holidays)</p> <p>www.deafblind.org.uk</p>	<div> <p>Domestic and Sexual Abuse Helpline</p>  </div> <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>
<div> <p>Employers For Childcare</p>  </div> <p>028 9267 8200</p> <p>Monday to Friday 9am – 5pm</p> <p>www.employersforchildcare.org</p>	<div> <p>Guide Dogs N Ireland</p>  </div> <p>0800 781 1444</p> <p>Monday to Friday, 9am-5pm, excluding public holidays</p> <p>www.guidedogs.org.uk/getting-support</p>	<div> <p>Headway</p>  </div> <p>0808 800 2244</p> <p>Monday to Friday 9am-5pm excluding public holidays</p> <p>www.headway.org.uk</p>	<div> <p>Age 60+ Abuse Helpline</p>  </div> <p>0808 808 8148</p> <p>24/7 365 days a year</p> <p>www.wearehourglass.org/ni</p>	<div> <p>Housing Rights</p>  </div> <p>028 9024 5640</p> <p>Monday to Friday 9.30am – 4.30pm</p> <p>www.housingrights.org.uk</p>	<div> <p>Sexual Health Helpline</p>  </div> <p>028 9031 6100</p> <p>Monday to Friday 9am – 5pm</p> <p>www.informingchoicesni.org</p>	<div> <p>Kinship Care NI</p>  </div> <p>0800 022 3129</p> <p>Monday to Friday 9am – 5pm</p> <p>www.kinshipcareni.com</p>	<div> <p>Labour Relations Agency</p>  </div> <p>03300 555 300</p> <p>Monday to Friday 9am – 5pm excluding public holidays</p> <p>www.lra.org.uk</p>	<div> <p>Free Independent Legal Advice</p>  </div> <p>028 9024 4401</p> <p>Monday to Friday 9.30am-1pm</p> <p>enquiries@lawcentreni.org www.lawcentreni.org</p>	<div> <p>Crisis Telephone & Counselling Service</p>  </div> <p>0808 808 8000</p> <p>24/7 365 days a year</p> <p>www.lifelinehelpline.info</p>
<div> <p>Support to Access Benefits</p>  </div> <p>0800 232 1271</p> <p>Monday to Friday 9am – 5pm</p> <p>Text ADVICE to 079 8440 5248 makethecall@dfcnl.gov.uk www.nidirect.gov.uk/makethecall</p>	<div> <p>Trans Youth and Families Helpline</p>  </div> <p>0808 801 0400</p> <p>Monday to Friday 9am – 9pm</p> <p>www.mermaidsuk.org.uk</p>	<div> <p>Money & Pension Guidance Support</p>  </div> <p>0800 138 7777</p> <p>Monday to Friday 9am to 5pm</p> <p>WhatsApp: 077 0134 2744 www.MoneyHelper.org.uk</p>	<div> <p>NIACRO</p>  </div> <p>028 9032 0157</p> <p>Monday to Thursday 9am – 5pm Friday 9am - 4pm excluding public holidays</p> <p>www.disclosureni.com</p>	<div> <p>NI Rare Disease Partnership</p>  </div> <p>077 0447 6929</p> <p>Monday to Friday 9am to 5pm</p> <p>E: support@nirdp.org.uk M: 077 0447 6930 www.nirdp.org.uk</p>	<div> <p>Safeguarding and child protection</p>  </div> <p>0808 800 5000</p> <p>365 days a year</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p>	<div> <p>Regional Parenting Support & Helpline</p>  </div> <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>	<div> <p>Parenting Focus</p>  </div> <p>0808 8010 722</p> <p>Monday to Thursday 9:30am – 3:30pm Friday 9:30am – 12:30pm</p> <p>Formerly Parenting NI Live online chat via Website www.parentingfocus.org</p>	<div> <p>The Patient and Client Council</p>  </div> <p>0800 917 0222</p> <p>Monday to Friday, 9am-4pm, excluding public holidays</p> <p>info@pcc-ni.net www.pcc-ni.net</p>	<div> <p>HIV & Sexual Health Helpline NI</p>  </div> <p>0800 137 437</p> <p>Monday to Friday 10am – 4pm</p> <p>www.positivelifeni.com</p>
<div> <p>Rape and Sexual Abuse Helpline</p>  </div> <p>0800 0246 991</p> <p>Monday to Thursday 6pm – 8pm</p> <p>www.rapecrisisni.org.uk</p>	<div> <p>Support for Roma Community</p>  </div> <p>07842 310 477</p> <p>Monday to Friday 10am – 4pm (excluding public holidays)</p> <p> @BelfastRoma</p>	<div> <p>The Rowan</p>  </div> <p>0800 389 4424</p> <p>24 hours a day 365 days a year</p> <p>www.therowan.hscni.net</p>	<div> <p>Support and advice for hearing impaired</p>  </div> <p>0808 808 0123</p> <p>Monday to Friday 8.30am – 5pm</p> <p>SMS/Text 07360 268988 contact@rnid.org.uk www.rnid.org.uk</p>	<div> <p>Rural Support</p>  </div> <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>	<div> <p>Samaritans</p>  </div> <p>116 123</p> <p>24/7 365 days a year</p> <p>Jo@samaritans.org www.samaritans.org</p>	<div> <p>Special Educational Needs Advice & Advocacy</p>  </div> <p>028 9079 5779</p> <p>Monday to Friday 10am - 1pm</p> <p>www.senac.co.uk</p>	<div> <p>Homeless Support Line</p>  </div> <p>0800 171 2222</p> <p>24/7 365 days a year</p> <p>www.simoncommunity.org</p>	<div> <p>Support for Stroke Survivors and Their Families</p>  </div> <p>0303 3033 100</p> <p>Monday to Friday 9.00am - 5.00pm Saturday 10.00am – 1.00pm</p> <p>www.stroke.org.uk/northern-ireland</p>	<div> <p>Safeguarding Advice</p>  </div> <p>0303 003 1111</p> <p>365 days a year Mon-Fri 9-5pm Out of hours emergency service 7-9am and 5-12am Mon-Fri and 7-12am weekends</p> <p>www.thirtyoneeight.org</p>