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| <p>NI Rare Disease Partnership</p>  | <p>NSPCC Helpline</p> <p>NSPCC</p> | <p>Samaritans</p>  | <p>SandsNI Helpline</p>  |
| <p>077 0447 6929</p> | <p>0808 800 5000</p> | <p>116 123</p> | <p>077 4099 3450</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>8am - 11pm weekdays 9am - 6pm weekends 365 days a year</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p> | <p>24/7 365 days a year</p> <p>Jo@samaritans.org www.samaritans.org</p> | <p>Monday to Friday 9am - 5pm</p> <p>www.sandsni.org</p> |
| <p>Parentline NI CiNI</p>  | <p>Parent Support Line</p>  | <p>Simon Community</p>  | <p>Thirtyone:Eight</p>  |
| <p>0808 8020 400</p> | <p>0808 8010 722</p> | <p>0800 171 2222</p> | <p>0303 003 1111</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>Monday to Thursday 9:30am - 3:30pm Friday 9:30am - 12:30pm</p> <p>Live online chat via Website www.parentingni.org</p> | <p>24/7 365 days a year</p> <p>www.simoncommunity.org</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>RNID</p> <p>RNID</p> | <p>Rural Support</p>  | <p>A SINGLE POINT OF ACCESS TO NORTHERN IRELAND HELPLINE NUMBERS AND WEBSITES</p> <p>OVER 30 NORTHERN IRELAND HELPLINE ORGANISATIONS</p> <p>EASY TO NAVIGATE</p> <p>FIND THE RIGHT HELPLINE TO SUIT YOUR NEEDS</p> | |
| <p>028 9023 9619</p> | <p>0800 138 1678</p> |  | |
| <p>Monday to Friday 9am - 5pm</p> <p>Text: 07587 130 502 information.nireland@rnid.org.uk www.rnid.org.uk</p> | <p>Monday to Friday 9am - 9pm (voicemail and support options available at all other times)</p> <p>www.ruralsupport.org.uk</p> |  <p>Project supported by the PHA</p> | |



What is Helplines NI?

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

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

The Helplines NI website (www.helplinesni.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



Helplines NI



www.helplinesni.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

0800 915 4604

0808 808 7575

0333 150 3456

028 9040 1729

0800 783 3339

028 9043 9843

0800 103 2833

Monday to Friday
9am - 5pm

Monday to Friday
9am - 5pm

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

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

Monday to Friday
9am - 5pm

Monday to Friday
9am - 1pm

Monday to Thursday
10am - 4pm

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

<https://wearehourglass.org/ni>

advice@adviceni.net
www.adviceni.net

www.ageni.org.uk/advice

www.alzheimers.org.uk

www.autismni.org

www.cancerfocusni.org

[www.carersuk.org/
northernireland](http://www.carersuk.org/northernireland)

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

028 9066 8333

0800 111

0800 328 0006

0345 123 2304

0800 121 6022

0808 802 1414

028 9023 5959

0800 028 3008

Monday, Tuesday and
Friday 10am - 1pm

24/7
365 days a year

Monday to Friday
9am - 5pm

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

Monday to Friday
9am - 5pm

24/7
365 days a year

24/7
365 days a year

Monday to Friday
8am - 5pm

Mobile: 07867372711
www.barnardos.org.uk

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

www.capuk.org

www.tcf.org.uk

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

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

www.eatingdisordersni.co.uk

www.employersforchildcare.org

HIV & Sexual Health Helpline NI



Housing Rights

Housing Rights

when everyone has a home

Informing Choices NI



Kinship Care NI



Law Centre NI



LGB&T Switchboard Cara-Friend



Crisis Telephone & Counselling Service

Lifeline

Make the Call

make the call

0800 137 437

028 9024 5640

028 9031 6100

0800 022 3129

028 9024 4401

0808 8000 390

0808 808 8000

0800 232 1271

Monday to Friday
10am - 4pm

Monday to Friday
9.30am - 4.30pm

Monday to Friday
9am - 5pm

Monday to Friday
9am - 5pm

Monday to Friday
9am - 5pm

Monday to Friday
1pm - 4pm
Wednesday
6pm - 9pm

24/7
365 days a year

Monday to Friday
9am - 5pm

www.positivelifeni.com

www.housingadviceni.org

www.informingchoicesni.org

www.kinshipcareni.com

www.lawcentreni.org

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

www.lifelinehelpline.info

Text ADVICE to 67300
makethecall@dfcni.gov.uk

www.nidirect.gov.uk/makethecall