

## Telephone Support and Advice Lines

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

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

	individuals for positive mental health and wellbeing.		
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