

## Rural Support Helpline



**0845 606 7 607**

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

[www.ruralsupport.org.uk](http://www.ruralsupport.org.uk)

## Samaritans



**08457 90 90 90  
116 123 (ROI)**

24/7  
365 days a year

[Jo@samaritans.org](mailto:Jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)

## SandsNI Helpline



**077 4099 3450**

Monday to Friday  
9am - 5pm

[www.sandsni.org](http://www.sandsni.org)

## Simon Community Central Access Point



**0800 171 2222**

24/7  
365 days a year

[www.simoncommunity.org](http://www.simoncommunity.org)

## Tax and Benefits Service



**0800 988 2377**

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

[www.adviceni.net](http://www.adviceni.net)



**Helplines Network NI**

 Public Health Agency  
Project supported by the PHA



**Helplines Network NI**  
listen. support. inform

Helplines Network NI is a membership-led organisation consisting of over 20 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.

 Public Health Agency  
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# Helplines Network NI

LISTEN.  
SUPPORT.  
INFORM.

[www.helplinesnetworkni.com](http://www.helplinesnetworkni.com)

Adviceline



0300 1 233 233

Monday to Friday  
9am - 12.30pm  
1pm - 4pm

www.citizensadvice.co.uk

Advice and Advocacy Service



0808 808 7575

Seven days a week  
8am - 7pm  
365 days a year

www.ageni.org.uk/advice

Alzheimer's Society National Dementia Helpline



0300 222 11 22

Monday to Wednesday  
9.00am - 8.00pm,  
Thursday & Friday  
9.00am - 5.00pm,  
Saturday & Sunday  
10.00am - 4.00pm

www.alzheimers.org.uk

Aware Defeat Depression



08451 20 29 61

Monday to Friday  
9am to 1pm

www.aware-ni.org

Business Debtline



0800 0838 018

Monday to Friday  
9.30am - 5.30pm

www.adviceni.net  
www.businessdebtline.org

Christians Against Poverty Debt Help



0800 328 0006

Monday to Friday  
9am - 5pm

www.capuk.org

CAUSE: Helpline



0845 60 30 29 1

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

www.cause.org.uk

ChildLine



0800 1111

24/7

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

Debt Action NI



0800 917 4607

Monday to Friday  
8am - 9pm  
Saturday 9am - 3pm

Text 'Action' to 81025  
www.debtaction-ni.net

24 Hour Domestic & Sexual Violence Helpline

Open to all women and men affected by domestic and sexual violence

0808 802 1414

24/7  
365 days a year

Text 'Support' to 07797805839  
24hrsupport@dvhelpline.org

Family Planning Association Sexual Health Helpline



0845 122 8687

Monday to Friday  
9.00am - 5.00pm

www.fpa.org.uk/northern-ireland

Housing Rights Service



028 9024 5640

Monday to Friday  
9.30am - 1.30 pm

www.housingadviceni.org

Learning Disability Helpline



0808 808 1111

Monday to Friday  
9am - 5pm

www.mencap.org.uk/northern-ireland

Crisis Telephone & Counselling Service



0808 808 8000

24/7  
365 days a year

www.lifelinehelpline.info

LGB&T Switchboard Cara-Friend



0808 8000 390

Tuesday, Wednesday, Thursday  
6pm - 9pm

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

NSPCC Helpline



0808 800 5000

24/7  
365 days a year

help@nspcc.org.uk  
www.nspcc.org.uk

Parents Helpline



0808 8010 722

Monday to Thursday  
9am - 8pm  
Friday 9am - 5pm

www.parentingni.org

HIV & Sexual Health Helpline NI



0800 137 437

Monday to Friday  
10am - 4pm

www.positivelifeni.com