



Telephone Support Lines for Young People/Parents

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
Social Services	Ensure the physical and emotional safety of children in danger of or actually experiencing physical, emotional or sexual abuse, neglect or domestic violence	Physical, emotional or sexual abuse, neglect or domestic violence – experienced by you, a member of your family or someone you know	0800 783 7745
Women's Aid	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	08088021414
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
The Rainbow Project	A health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland.	Aiding mental health and well-being Professional Counselling Services Raising Awareness and supporting individuals	028 9031 9030
Lifeline	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
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
The Migrant Centre NI	Financial Health and Well being		07769903471
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Sex Relationships School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk

Mental Health and Wellbeing - Support and Provisions

