

<p><b>Make the Call</b></p> <p><b>make the call</b></p> <p><b>0800 232 1271</b></p> <p>Monday to Friday 9am - 5pm</p> <p>Text ADVICE to 079 8440 5248 makethecall@dfcni.gov.uk www.nidirect.gov.uk/makethecall</p>	<p><b>MoneyHelper</b></p> <p><b>Money Helper</b></p> <p><b>0800 138 7777</b></p> <p>Monday to Friday 8am - 6pm (closed bank holidays)</p> <p>WhatsApp: 077 0134 2744 www.MoneyHelper.org.uk</p>	<p><b>The Patient and Client Council</b></p> <p><b>PCC</b> PATIENT &amp; CLIENT COUNCIL</p> <p><b>0800 917 0222</b></p> <p>Monday to Friday, 9am-4pm, excluding public holidays</p> <p>info@pcc-ni.net www.pcc-ni.net</p>	<p><b>Rape Crisis NI</b></p> <p><b>Rape Crisis</b> 0800 0246 991</p> <p><b>0800 0246 991</b></p> <p>Monday to Thursday 6pm - 8pm</p> <p>www.rapecrisisni.org.uk</p>	<p><b>SENAC</b></p> <p><b>SENAC</b> Special Educational Needs Advice Centre</p> <p><b>028 9079 5779</b></p> <p>Monday, Tuesday &amp; Wednesday 10am -1pm</p> <p>www.senac.co.uk</p>	<p><b>Simon Community</b></p> <p><b>simon community</b> Northern Ireland</p> <p><b>0800 171 2222</b></p> <p>24/7 365 days a year</p> <p>www.simoncommunity.org</p>
<p><b>NI Rare Disease Partnership</b></p> <p><b>NORTHERN IRELAND RARE DISEASE PARTNERSHIP</b></p> <p><b>077 0447 6929</b></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><b>NSPCC Helpline</b></p> <p><b>NSPCC</b></p> <p><b>0808 800 5000</b></p> <p>8am - 11pm weekdays 9am - 6pm weekends 365 days a year</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p>	<p><b>Roma Support Hub</b></p> <p><b>BELFAST ROMA</b></p> <p><b>07842 310 477</b></p> <p>Monday to Friday 10am - 4pm (excluding public holidays)</p> <p>@BelfastRoma</p>	<p><b>RNID</b></p> <p><b>RN I:D</b></p> <p><b>0808 808 0123</b></p> <p>Monday to Friday 8.30am - 5pm</p> <p>SMS/Text 07360 268988 Contact@rnid.org.uk www.rnid.org.uk</p>	<p><b>Thirtyone:eight</b></p> <p><b>thirtyone: eight</b></p> <p><b>0303 003 1111</b></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>	<p><b>LISTEN. SUPPORT. INFORM.</b></p> <p></p> <p>@HelplinesNI</p> <p>www.helplinesni.com</p>

<p><b>Parentline NI CiNI</b></p> <p><b>Parent LineNI</b></p> <p><b>0808 8020 400</b></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><b>Parenting Focus</b></p> <p><b>PARENTING FOCUS</b></p> <p><b>0808 8010 722</b></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>	<p><b>Rural Support</b></p> <p><b>Rural Support</b></p> <p><b>0800 138 1678</b></p> <p>Monday to Friday 9am - 9pm (voicemail and support options available at all other times)</p> <p>www.ruralsupport.org.uk</p>	<p><b>Samaritans</b></p> <p><b>SAMARITANS</b></p> <p><b>116 123</b></p> <p>24/7 365 days a year</p> <p>Jo@samaritans.org www.samaritans.org</p>
---	--	---	---



# Helplines NI

# LISTEN. SUPPORT. INFORM.

2024

For more information on Helplines NI, contact  
Claire O'Prey: [claire.oprey@belfasttrust.hscni.net](mailto:claire.oprey@belfasttrust.hscni.net)



Project supported by the PHA



[@HelplinesNI](https://twitter.com/HelplinesNI)

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

## Hourglass NI



Providing advice to those who need it



Advice and Advocacy Service



## Autism NI



## Boloh



## Cancer Focus NI



## Carers NI



CAUSE: Helpline



080 8808 8141

24/7  
365 days a year

[www.wearehourglass.org/ni](http://www.wearehourglass.org/ni)

0800 915 4604

Monday to Friday  
9am - 5pm

[advice@adviceni.net](mailto:advice@adviceni.net)  
[www.adviceni.net](http://www.adviceni.net)

0808 808 7575

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

[www.ageni.org.uk/advice](http://www.ageni.org.uk/advice)

028 9040 1729

Monday to Friday  
9am - 5pm

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

0800 151 2605

10am-8pm (weekdays),  
10-3pm (Saturday)

[www.helpline.barnardos.org.uk](http://www.helpline.barnardos.org.uk)

0800 783 3339

Monday, Wednesday  
& Friday  
9am - 1pm

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

028 9043 9843

Monday to Thursday  
10am - 4pm

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

0800 103 2833

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

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

## Child Bereavement Service



028 9066 8333

Monday, Tuesday and  
Friday 10am - 1pm

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

## ChildLine

childline

0800 111

24/7  
365 days a year

Online 1-2-1 &  
Email Service Available at  
[www.childline.org.uk](http://www.childline.org.uk)

## Christians Against Poverty Debt Help



0800 328 0006

Monday to Thursday  
9.30am-5pm, Fridays  
9.30am - 3.30pm

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

## The Compassionate Friends



0345 123 2304

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

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

## The Consumer Council for Northern Ireland



0800 121 6022

Monday to Friday  
9am - 5pm

(028) 902 51600  
[contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk)  
[www.consumercouncil.org.uk](http://www.consumercouncil.org.uk)

## Domestic and Sexual Abuse Helpline

domestic and  
sexual abuse  
helpline  
0808 802 1414

0808 802 1414

24/7  
365 days a year

[help@dsahelpline.org](mailto:help@dsahelpline.org)  
Live online chat via website:  
[www.dsahelpline.org](http://www.dsahelpline.org)

## Family Benefits Advice Service

Employers  
For Childcare

0800 028 3008

Monday to Friday  
9am - 5pm

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

## Headway



0808 800 2244

Monday to Friday  
9am-5pm excluding  
public holidays

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

## HIV & Sexual Health Helpline NI



0800 137 437

Monday to Friday  
10am - 4pm

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

## Housing Rights

Housing  
Rights

when everyone has a home

028 9024 5640

Monday to Friday  
9.30am - 4.30pm

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

## Sexual Health Helpline



028 9031 6100

Monday to Friday  
9am - 5pm

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

## Kinship Care NI



0800 022 3129

Monday to Friday  
9am - 5pm

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

## Labour Relations Agency

Labour  
Relations  
agency

03300 555 300

Monday to Friday  
9am - 5pm  
excluding public holidays

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

## Law Centre NI



028 9024 4401

Monday to Friday  
9am - 5pm

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

## Crisis Telephone & Counselling Service

Lifeline

0808 808 8000

24/7  
365 days a year

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

## LGB&T Switchboard Cara-Friend



0808 8000 390

Monday to Friday  
9am - 5pm  
excluding public holidays

Live online chat via Website  
[www.cara-friend.org.uk](http://www.cara-friend.org.uk)