

You are not alone

No matter what your age or where you live in Northern Ireland, if you, or someone you know, is in distress or despair, Lifeline is here to help you.

Lifeline

(Textphone: 18001 0808 808 8000)

0808 808 8000

If you're in distress or despair, call Lifeline on 0808 808 8000

- All calls to Lifeline are free from landline and mobiles.
- Lifeline is available 24 hours a day, 7 days a week.
All calls are answered by qualified counsellors.
- You'll get immediate support over the phone and Lifeline will assess and help identify what next, which may include locally based face-to-face Lifeline counselling.
- Lifeline counsellors are experienced in dealing with many issues, including, self-harm, suicidal thoughts, depression etc
- Sometimes that first call is the most difficult to make - if you are worried about someone, offer to call Lifeline on their behalf, Lifeline will support you with every step.

To find out more about Lifeline, visit: www.lifelinehelpline.info
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