

## **Telephone Support Lines for Young People**

Who can Help?	What Do They Do?	What Topics Can They	How Can They be Contacted?
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Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard	08088008000 18001 0808808800
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Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111  www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns	Safeguarding Child abuse Child protection	08088005000
Aware	Web support for teenagers  Aware is a mental health	Depression	www.there4me.com 08451202961
Aware	charity working exclusively for those with depression and mental health concerns	Bipolar disorder	00431202901
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
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
The Migrant Centre NI	Financial Health and Well being		07769903471
Cara-Friend/ LGBT Switchboard NI	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	08088000390
Women's Aid	Specialist services for women, children and young people	Domestic Violence Sexual violence	08088021414

## Post Primary Behaviour Support and Provisions

	who have experienced domestic and sexual violence.	Relationships	
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk