

## Telephone Support Lines for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>INSPIRE Students</b>	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
<b>Lifeline</b>	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
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111  <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>The MIX</b>	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns	Safeguarding Child abuse Child protection	08088005000
<b>Aware</b>	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
<b>Frank</b>	Confidential advice on drugs	Alcohol Drugs	03001236600
<b>SIMON Community</b>	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
<b>Family Planning Association</b>	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
<b>Domestic and Sexual Violence Helpline</b>	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
<b>The Migrant Centre NI</b>	Financial Health and Well being		07769903471

Post Primary Behaviour Support and Provisions

<b>Cara-Friend/ LGBT Switchboard NI Women's Aid</b>	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	08088000390
	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	08088021414
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>