 **Telephone Support Lines for Young People**

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| **Who can**  **Help?** | **What Do**  **They Do?** | **What Topics Can They**  **Help With?** | **How Can They be Contacted?** |
| **INSPIRE Students** | INSPIRE provides advice on how to help and support pupils/ students. | Mental Health  Alcohol and Drugs  Money  Exams  Relationships  Identity | 02890328474 |
| **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 |
| **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](http://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  Web support for teenagers | Safeguarding  Child abuse  Child protection | 08088005000  [www.there4me.com](http://www.there4me.com) |
| **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 |
| **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 who have experienced domestic and sexual violence. | Domestic Violence  Sexual violence  Relationships | 08088021414 |
| **Family Support NI** | Website to access support in your area – for a wide range of issues – giving local contact details |  | [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) |