



**Helplines NI**

LISTEN.  
SUPPORT.  
INFORM.

2025

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

## Helplines NI leaflet

Helplines NI was established in 2013 in collaboration between the Public Health Agency (PHA) and locally based helplines to promote effectiveness, efficiency and a forum to share good practice and encourage partnership working. Helplines NI currently includes 30 member organisations delivering over 30 helplines that provide a variety of vital support services including information, advice, counselling, a listening ear and befriending.

Helplines are confidential, non-judgemental and accessible sources of information, advice and support. Helplines empower people to make choices and decisions on many aspects of their lives. The PHA would encourage anyone who feels that they need help and support to find out more about the range of services that helplines offer.

The Helplines NI website provides a single point of access to NI Helplines telephone numbers and websites. For the latest version of the helplines leaflet and further information visit [www.helplinesni.com](http://www.helplinesni.com)

For all enquiries please email Claire O'Prey, Vice Chair of Helplines NI at [Claire.oprey@belfasttrust.hscni.net](mailto:Claire.oprey@belfasttrust.hscni.net)

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Target group

General public

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