



Northern Ireland – Signposting List 2019

Calls to 0330 and 0345 numbers cost the same to call as normal local or national numbers from a UK landline and are included within 'free' minutes allowance on mobile phones. Calls to 0800 numbers are free from both landlines and mobiles.

Sexuality and Gender (LGBT)

The Rainbow Project

www.rainbow-project.org

Belfast: (028) 9031 9030

L'derry: (028) 7128 3030

Bereavement

Cruse Bereavement Care

www.cruse.org.uk

0844 477 9400

Race and Race Related Hate Crime

The Northern Ireland Council for Ethnic Minorities

www.nicem.org.uk

028 9023 8645

Hate Crime

Stop Hate UK (for reporting Hate Crime in confidence)

www.stophate.org

Call: 0800 138 1625

Text: 07717 989 025

Victim Support Northern Ireland

www.victimsupportni.co.uk

(028) 9024 3133

Homelessness and Sheltered Housing

Homeless Northern Ireland

www.homelessni.org

Sexual Health and Family Planning

Brook

www.brook.org.uk

(028) 9032 8866

Abortion and Pregnancy Advice

Marie Stopes Northern Ireland
www.mariestopes.org.uk
0345 300 8090

HIV Support

Positive Life
www.positivelifeni.com
0800 137 437

Bullying and Abuse

Childline
www.childline.org.uk
0800 1111

Disrespect Nobody

www.disrespectnobody.co.uk

Rape and Sexual Assault

Nexus Northern Ireland
www.nexusni.org
Belfast: (028) 9032 6803
L'derry: (028) 7126 0566
Enniskillen: (028) 6632 0046

Mental health

Child and Adolescent Health Services
www.younghealthyminds.co.uk

Drug and Alcohol Addiction

Daisy
www.daisy.uk.net
Belfast and South East: (028) 9043 5815
West: (028) 7137 1162

Youth Unemployment

Prince's Trust
www.princes-trust.org.uk
0800 842 842
Or text 'Call Me' to 07983 385 418

Mental Health Care

PAPYRUS
Supporting teenagers and young adults feeling suicidal
0800 068 41 41

Useful Apps:

Chasing the stigma: <https://chasingthestigma.co.uk/hub-of-hope/>

Woebot

Download from App store/Google store