



## Northern Ireland – Signposting List 2020

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](http://www.rainbow-project.org)

Belfast: (028) 9031 9030 / L'derry: (028) 7128 3030

### Bereavement

Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

0844 477 9400

### Race and Race Related Hate Crime

The Northern Ireland Council for Ethnic Minorities

[www.nicem.org.uk](http://www.nicem.org.uk)

028 9023 8645

### Hate Crime

Stop Hate UK (for reporting Hate Crime in confidence)

[www.stophate.org](http://www.stophate.org)

Call: 0800 138 1625 / Text: 07717 989 025

### Homelessness and Sheltered Housing

Homeless Northern Ireland

[www.homelessni.org](http://www.homelessni.org)

### Sexual Health and Family Planning

Brook

[www.brook.org.uk](http://www.brook.org.uk)

(028) 9032 8866

### Abortion and Pregnancy Advice

Marie Stopes Northern Ireland

[www.mariestopes.org.uk](http://www.mariestopes.org.uk)

0345 300 8090

## HIV Support

Positive Life

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

0800 137 437

## Bullying and Abuse

Disrespect Nobody

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

## Rape and Sexual Assault

Nexus Northern Ireland

[www.nexusni.org](http://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](http://www.younghealthyminds.co.uk)

## Drug and Alcohol Addiction

Daisy

[www.daisy.uk.net](http://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](http://www.princes-trust.org.uk)

0800 842 842

Or text 'Call Me' to 07983 385 418

## Mental Health Care

England and Wales: Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

Scotland: the same

England and Wales: Samaritans – 116 123

Scotland: the same

## Useful Apps/websites:

### Chasing the stigma

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

### Woebot

Download from App store/Google store

### The Mix

Providing signposting to support organisations who can help under 25 year olds on a range of issues

[www.themix.org.uk](http://www.themix.org.uk)

0800 808 4994