

Everybody
hurts
sometimes

If you're in distress or despair,
call Lifeline free on 0808 808 8000.

Lifeline

No matter what your age or where you live in Northern Ireland, if you, or someone you know, is in distress or despair, Lifeline is here to help you.

- **Lifeline counsellors are available 24 hours a day, 7 days a week to listen to you and give you the help and support you need, in confidence.**
- **We are experienced in dealing with issues such as suicide, self-harm, abuse, trauma, depression, anxiety.**
- **You'll get immediate help over the phone. If appropriate, we'll give you an appointment for face-to-face counselling or other therapies in your local area within 7 days.**
- **Lifeline can also put you in touch with follow-up services to make sure you get the best possible response to your needs.**

Lifeline also gives support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Just call Lifeline.

0808 808 8000

(Calls are free from all landlines and mobiles)

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