

# Everybody hurts sometimes

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**

(Deaf or hard of hearing?  
Textphone: 18001 0808 808 8000)

**0808 808 8000**  
[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

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

- Lifeline's qualified 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 thoughts of suicide, self-harm, abuse, trauma, anxiety and depression.
- You'll get immediate help over the phone from a crisis counsellor. If appropriate, Lifeline can refer you for further face-to-face counselling.
- Lifeline can 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.

To find out more about Lifeline, visit [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

\*Calls are free from all landlines and mobiles.

**Save the number to your mobile today**

**0808 808 8000**

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