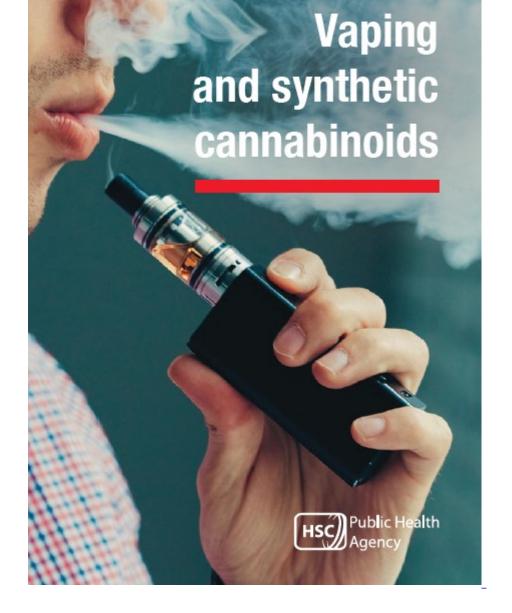
Weaning made easy moving from milk to family meals

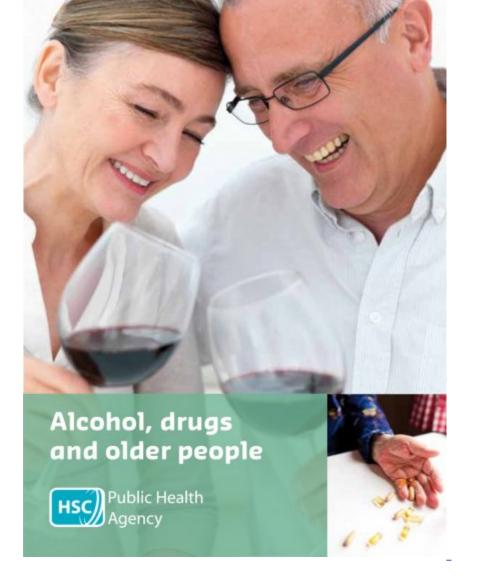


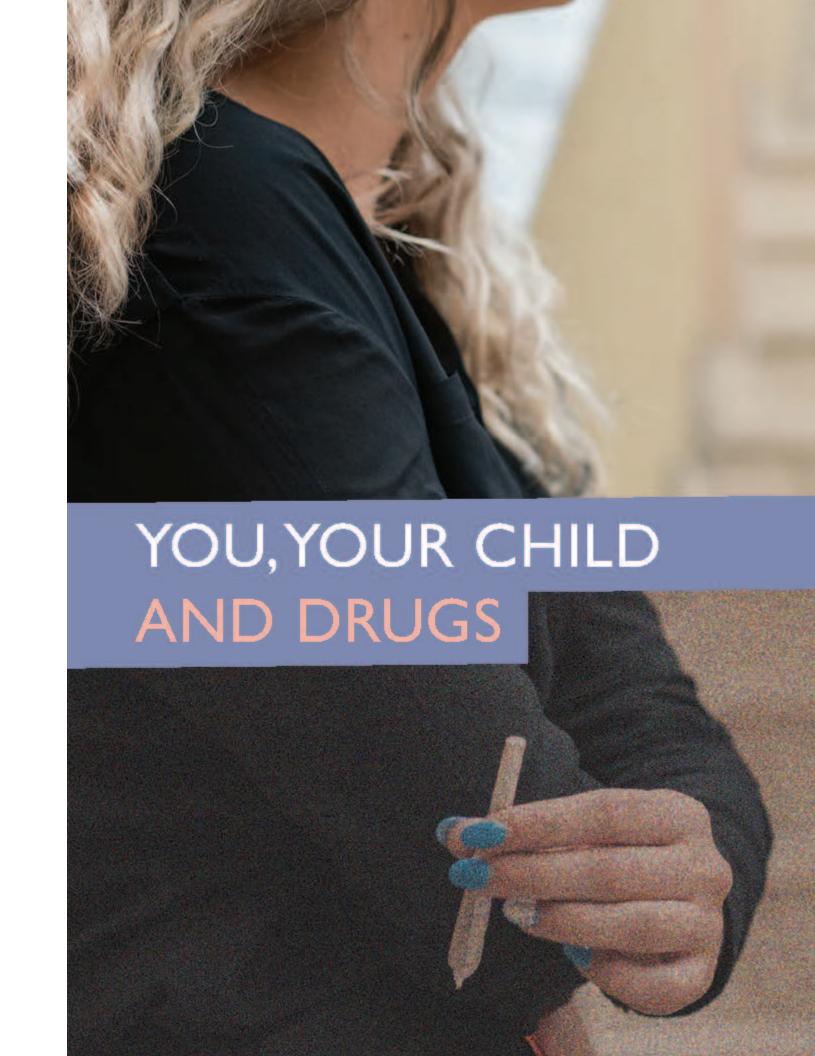




Support after someone may have died by suicide in Northern Ireland







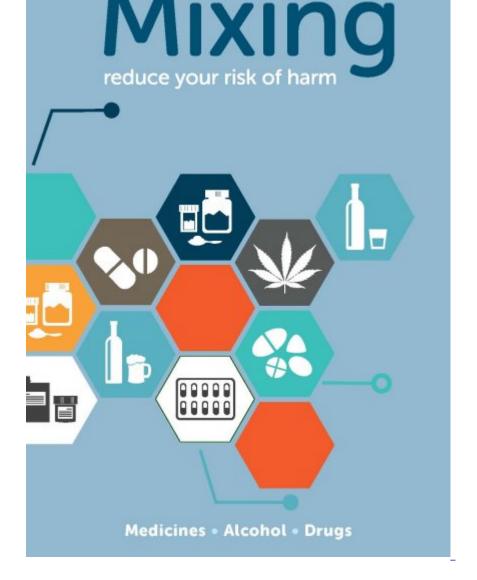


Lifeline is a crisis helpline for people in distress





www.lifelinehelpline.info
Available 24/7



Support fol unexpected

At this time we would like your family and friends w

Call free, 24/7, 365 days a year Textphone 18001 0808 808 8000 sheet for professionals Who are we? Lifeline is Northern Ireland's crisis response helpline for people experiencing distress or despair. Lifeline is available 24/7, 365 days a year. Calls to Lifeline are free and are answered by trained counsellors. Visit www.lifelinehelpline.info for more information about Lifeline. What do we offer? Initial call Emergency referral Risk formulation If the individual is an immediate risk to De-escalation self/others Identification of support needed Signposting Ongoing helpline support Short-term crisis counselling sector organisations Assertive outreach Statutory services Supportive outreach Our team and approach Lifeline's counsellors are experienced in supporting Lifeline provides support to people of every age, gender, individuals facing many complex challenges,

Lifeline's counsellors are experienced in supporting individuals facing many complex challenges, including suicide, self-injury, arxiety, depression and trauma-related issues. Counsellors collaborate with referrers to determine the most appropriate support for individuals.

Lifetine provides support to people of every age, gender, ethnicity, religion, disability and sexual orientation. Deaf people and those with hearing or speech impairment can contact Lifetine using the Textphone number, or the Relay UK app. Interpreting support is available for British and Irish Sign Language users and for those whose first or preferred language is not English.

Top three presenting issues

- Suicidal ideation
- Anxiety
- Depression

How to refer to Lifeline

- Obtain consent from the person you wish to refer.
- Call 0808 808 8000.
- A counsellor will guide you through the referral process.
- It will take approximately 10-15 minutes.

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