

Weaning made easy

moving from milk to family meals



Vaping and synthetic cannabinoids



HSC Public Health
Agency

at Hand

Support after someone may
have died by suicide in
Northern Ireland





Alcohol, drugs and older people

 Public Health
Agency





YOU, YOUR CHILD AND DRUGS



I'm not OK



Lifeline is a crisis helpline
for people in distress

Lifeline

0808 808 8000

Lifeline

www.lifelinehelpline.info
Available 24/7

Mixing

reduce your risk of harm



Medicines • Alcohol • Drugs



Support for unexpected

At this time we would like
your family and friends w

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?



Our team and approach

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

Lifeline 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 Lifeline 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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