

Monday, 26 February 2024

## Health and Social Wellbeing Improvement



**Lifeline information sheet for professionals**

**Lifeline 0808 808 8000**  
Call free, 24/7, 365 days a year.  
Textphone 18001 0808 808 8000

**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](http://www.lifelinehelpline.info) for more information about Lifeline.

**What do we offer?**

**Initial call**

- Risk formulation
- De-escalation
- Identification of support needed
- Psychoeducation

**Emergency referral**  
If the individual is an immediate risk to self/others

**Signposting**

- Community and voluntary sector organisations
- Statutory services

**Ongoing helpline support**

- Check-in calls
- Assertive outreach

**Short-term counselling**  
Up to six sessions following assessment

**Our team and approach**

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

Lifeline provides support to people of every age, gender, race, religion, disability and sexual orientation. Textphone users can contact Lifeline on 18001 0808 808 8000. 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.

This information sheet outlines the types of support Lifeline can offer to people in distress or despair, and advises professionals on how they can refer clients to Lifeline.

## Details

Format

2 pages, A4 factsheet

Target group

Health/mental health professionals

## Downloads

**Attachment**

**Size**

## Tags

- [Lifeline](#)
- [mental health](#)

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