

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)

