

Substance Misuse/Addiction

Substance misuse can lead to addiction as well as affecting a person's physical and/or mental health. It is important to seek help early on, whatever the addiction may be. Speak to your GP for further advice or referral to appropriate support service. You could also contact:

Extern (Reach Out Project)	07442533165
Addiction NI	028 90664434
DAISY (young people aged up to 25 years)	028 90435815
Dunlewey Addiction Services (gambling/substance misuse)	028 90392547

Domestic violence and/or sexual abuse

Anyone at any time can become a victim of violent and/or abusive behaviour. It is important to be aware of support agencies available to provide advice, support and information to anyone experiencing this type of behaviour. Frequently victims of domestic abuse will end up homeless.

Emergency Services	999
24 Hour Domestic & Sexual Violence Helpline	0808 802 1414
Men's Advisory Project	028 9024 1929

Other useful numbers

Health and wellbeing: The Rainbow Project (LGBT) Belfast	028 9031 9030
Derry/Londonderry	028 7128 3030

Useful Contacts

Housing Executive
03448 920 900
www.nihe.gov.uk

 facebook.com/housingexecutive

 [@nihecommunity](https://twitter.com/nihecommunity)

This document is available in alternative formats please contact:

Homeless Policy and Strategy
9 Lanyon Place
Belfast BT1 3LP

**Housing
Executive**

HS/71/05/19



Am I at risk of becoming homeless?

This leaflet provides advice and guidance on what to do if you think you could be at risk of homelessness.

Am I at risk of homelessness?

Homelessness can happen to anyone and its impact can be devastating.

Homelessness can be caused by many factors including:

- Loss of employment
- Change in circumstances that causes a change or loss of benefits
- Debts: including rent arrears & mortgage arrears
- Poverty
- Lack of affordable housing
- Domestic violence
- Physical, mental and/or sexual abuse
- Poor physical and mental health
- Drug and alcohol abuse
- Gambling addiction
- Anti-social behaviour/crime
- Leaving care
- Lack of support networks
- Family and relationship breakdown
- Death of a spouse or partner

If you are experiencing any of the factors above, it is important to seek help and support as soon as possible to avoid homelessness further down the line.

You should never be afraid to ask for help and support. If you or someone you know is homeless, or at risk of homelessness you should contact the Northern Ireland Housing Executive immediately for advice.

03448 920900

www.nihe.gov.uk

There are many agencies working to prevent homelessness by offering advice, guidance or practical support.

Physical health

Problems with physical health can sometimes make it difficult to manage in your home. If you are having problems with mobility in your home you should talk to your doctor about the range of adaptations which may help you to remain in your own home for as long as possible.

Death of a spouse or partner

The loss of a loved one can be one of the hardest challenges that many of us face, and it affects everyone differently. It is important to seek help as soon as if you feel that you are not able to cope.

If you feel you need help or support, there are agencies that can help free of charge such as:

- **Cruse Bereavement Care** 0808 808 1677
- **Lifeline** 0808 808 8000
- **The Samaritans** 116 123

Alternatively, you can speak to your GP for further advice.

Change in circumstances

You can get practical help with money issues, bills, benefit checks etc:

- **NIHE** 03448 920900
- **Advice NI** <https://www.adviceni.net/>
- **Housing Rights Service** Telephone: 028 9024 5640
Textphone: 028 9073 1577

Leaving parental home or leaving care

For many people leaving home to live independently or in a new relationship can be a positive step. However, it can also be challenging and stressful. Sometimes you may be asked to leave due to a breakdown in the family relationships or you may have been the victim of domestic abuse. In these circumstances the move can be sudden and unplanned.

Coping with living alone, paying bills, understanding your rights and responsibilities in relation to renting or buying property can all be daunting. Make sure you are prepared before you move by checking <https://www.housingrights.org.uk/>

There are also specific support agencies available for young people leaving home or care such as:

- **MACS Supporting Children & Young People** 028 9031 3163
- **Start 360 (Belfast)** 028 9043 5810
- **Childline/NSPCC** 0800 1111
- **Children's Law Centre advice line** 0808 808 5678
- **VOYPIC Advocacy for young people** 028 9024 4888

Young people leaving care will have the support of a social worker, who will work in conjunction with the Housing Executive in relation to your housing need. Additional advice and guidance can also be provided by some of the voluntary agencies above.

Mental health issues

Everyone will feel low or unable to cope at different times in their lives and for different reasons. If you become so low that you are not able to function, you may end up losing your home due to unpaid bills etc. That is why it is so important to ask for help as soon as possible. Ask your doctor to refer you to appropriate mental health supports within the Trusts' Health and Social Care services.

Aware NI 028 9035 7820

The Samaritans (24-hour telephone helpline) 116 123

Lifeline (24-hour telephone helpline) 0808 808 8000