



PIPS

Suicide Prevention Ireland

 **libraries ni**

Learn more about our Befriending Service.

Chat & Chapters



What is befriending?

At PIPS Charity, befriending means offering a listening ear, genuine connection, and emotional support to those feeling isolated.

It's about making sure no one feels alone – helping people feel valued, heard, and connected.



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Chat & Chapters befriending service.

A free, confidential, walk-in
befriending service at selected
Libraries NI locations.

Open to anyone who feels:

- Lonely or isolated
- In need of a chat
- Emotionally overwhelmed
- Ready for a friendly face

No pressure. No judgment. Just
someone to listen.



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What to expect at a session.

You'll be welcomed by a trained PIPS Charity befriender for a relaxed, one-on-one chat.

You can:

- Talk about how you're feeling
- Share what's on your mind
- Or simply enjoy some company

It's informal, confidential, and entirely at your pace.



Chat & Chapters Timetable

Befriending Service

Dungannon

Tuesday - 10am to 11am

Omagh

Tuesday - 12pm to 1pm

Cookstown

Tuesday - 2.30pm to 3.30pm

Magherafelt

Tuesday - 4.30pm to 5.30pm

Armagh City

Wednesday - 10am to 11am

Lisburn City

Wednesday - 12pm to 1pm

Downpatrick

Wednesday - 2pm to 3pm

Kilkeel

Wednesday - 4pm to 5pm

Carrickfergus

Thursday - 12.30pm to 1.30pm

Larne

Thursday - 2.30pm to 3.30pm

Moira

Thursday - 3pm to 4pm

Ballycastle

Friday - 11am to 12pm

Coleraine

Friday - 1.30pm to 2.30pm

WORKING TOGETHER TO
COMBAT ISOLATION