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| **Service** | **Contact Details** | **Overview** |
| **24/7 Mental Health Support Helpline** | **0800 145 6570** | Liverpool and Sefton Helpline for anyone aged 16 and over to gain urgent mental health support |
| **HEAL text service**  | **Text HEAL to 85258** Simply text the code and number for the area you live in for immediate support. | Free confidential 24/7 text support for anyone feeling overwhelmed or struggling to cope. Staffed by trained volunteers, they can help with issues such as stress, anxiety and depression and are able to talk via text any time day or night. |
| **Talking Matters Sefton (formerly access sefton)** | **Tel- 0300 303 2708**[**https://www.mhm.org.uk/talking-matters-sefton**](https://www.mhm.org.uk/talking-matters-sefton)**Self referrals accepted online** [**Referral Form (mayden.co.uk)**](https://gateway.mayden.co.uk/referral-v2/05d3ebd7-3d3c-4ae6-8540-138a0da42985)**Must be registered with sefton GP practice**  | Talking Matters Sefton provides psychological therapies for anyone with a Sefton GP, over the age of 16. If your patients, or staff, are feeling low, stressed, or anxious then Talking Matters Sefton can help. |
| **Living Well Sefton**  | **Tel: 0300 323 0181**www.livingwellsefton.org.uk | Living well sefton service can direct you to local services for support and to give your wellbeing a boost |
| **Online Cognitive Behavioural Therapy** | **Living life to the full**Llttf.com**The Mood Gym**www.moodgym.com.au | Free websites that offer therapy to help depression and anxiety symptoms  |
| **Headspace App** | [www.headspace.com](http://www.headspace.com)or via the App store | App for guided meditation and mindfulness |
| **7/11 Breathing Technique** | Demonstrations on youtube | For relaxation and to help reduce a panic attack |
| **Mindfulness** | Introduction at:[www.mind.org.uk](http://www.mind.org.uk) search mindfulness | Mindfulness has its roots in meditation to help you feel calmer and helps respond to your thoughts and feelings |
| **Sefton Directory Website** | [www.seftondirectory.com](http://www.seftondirectory.com) | Has information on all the services ran across sefton |
| **Compass Counselling** **Including Anger Management**  | **Tel: 0151 237 3993**151 Dale Street l2 2AH[www.compasscounselling.org.uk](http://www.compasscounselling.org.uk) | They offer counselling and anger management counselling and courses |
| **The Samaritans** | **Tel: 116 123**www.samaritans.org | If you need to talk about what’s on your mind or if you’ve had suicidal thoughts |
| **Bereavement Courses** | Available through living well sefton **Tel: 0300 323 0181** | Small group course to help cope with bereavement  |
| **Liverpool Bereavement service** | **Tel: 0151 236 3932**1st Floor Granite Buildings, 6 Stanley Street L1 6AF | Charity that offers support with loss |
| **Relate** | **Tel: 0300 330 5793****1st Floor, 151 Dale Street l2 2jw****www.relate.org.uk** | Offers relationship and family counselling |
| **Parenting 2000** | **Tel: 0151 932 1163**Crosby Youth & Community Centre l23 5rq | Offers children’s counselling and youth projects |

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|  | **www.parenting2000.org.uk** |  |
| **Young Persons Advisory Service** | Tel:0151 707 1025YPAS Central Hub, 36 Bolton Street L3 5LX**www.ypas.org.uk** | For ages 5 to 25. Services include counselling, Family counselling, Anger awareness, self-injury groups and support services  |
| **Websites for younger people** | [www.themix.org.uk](http://www.themix.org.uk)[www.youngminds.org.uk](http://www.youngminds.org.uk)[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)[www.voicecollective.co.uk](http://www.voicecollective.co.uk)[www.mya.org.uk](http://www.mya.org.uk)[www.anxietybc.com](http://www.anxietybc.com)[www.kooth.com](http://www.kooth.com)www.selfharm.co.uk | Offer webchat + phone counselling plus self-help Support with mental healthSelf help websiteHelp with hearing voicesGeneral supportSelf help with anxietyOnline counsellingSupport with self-harm |
| **British Association of counselling and psychotherapy**  | Tel: 01455 833 300www.bacp.co.uk | Register of private therapists |
| **The Swan Centre** | Tel: 0151 933 3292Former Litherland Library, Linacre Road l21 6NR [**www.swanwomenscentre.org**](http://www.swanwomenscentre.org) | Womens centre offers counselling, befriending, support groups, courses and therapies |
| **The Venus Centre** | Tel- 0151 474 4744215 Linacre Lane, Bootle L20 6ADwww.venuscharity.org | To support women and their children. Includes counselling, support services, empowerment projects |
| **The Star Centre** | Tel- 0151 474 474498b Linacre Lane, Bootle L20 6ESwww.venuscharity.org/service/star-centre | young people up to the age of 18 can access information and advice on mental health issues, as well as group support and a variety of therapies. counselling, CBT, psychoeducation, peer support, family therapy. |
| **The Feel Good Factory** | Tel: 0151 291 8010Glovers Lane L30 5QWwww.feelgoodfactory.org.uk | Provides activities and services to improve health and wellbeing |
| **Bootle Tool Shed** | Tel: 0151 792 038626-27 The Palatine, Strand Shopping Centre L20 4SWwww.bootletoolshed.org.uk | Community workshop to promote health and well-being |
| **The Life Rooms**  | Tel: 0151 330 6461 St Winefride’s CampusMerton RoadBootle L20 7APwww.liferooms.org | Online staying well at home learning courses.Pathway advisors who can offer support and advise with debt management, employment, house issues benefits and moreSocial inclusion advise for isolated community groups. |
| **Rape and Sexual Abuse Service (RASA)** | Tel: 0151 558 1801Units 2 + 3 Stella Nova, Washington Parade L20 4TZ www.rasamerseyside.org | Supports men and Women who have been victims of sexual abuse as an adult or a child |
| **Sefton Carers Centre** | Tel- 0151 288 606027-37 South Road L22 5PE [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk) | Can offer advice and support to carers. |

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| **Age Concern** | Tel: 01704 542 993179 Townsend Lane L13 9DY [www.ageconcernliverpoolandsefton.org.uk](http://www.ageconcernliverpoolandsefton.org.uk) | For aged 50+ Services include counselling, befriending, exercise and relaxation classes and advice |
| **Sunflowers Cancer Care Centre** | Tel: 0151 726 893421 Aigburth Road L17 4JR [www.liverpoolsunflowers.com](http://www.liverpoolsunflowers.com) | Support centre for cancer patients and their families  |
| **Autism Initiatives** | Tel: 0151 330 9500Sefton House Bridle Road L30 4XR[www.autisminitiatives.org](http://www.autisminitiatives.org) | Charity that supports people who have autism |
| **ADHD Foundation** | Tel: 0151 237 2661151 Dale Street, Liverpool L2 2AH[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) | Support for those with ADHD |
| **Ambition Sefton**  | Tel: 0151 944 5334Sefton House Canal Street Bootle L20 8AHSelf-Referrals or GP Referrals accepted  | Drug and Alcohol Treatment Service |
| **Alcoholics Anonymous** | [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) | Support with alcoholism |
| **Over 50s alcohol helpline** |  0808 801 0750 [Over 50s Alcohol Helpline - With You (wearewithyou.org.uk)](https://www.wearewithyou.org.uk/help-and-advice/over-50s-alcohol-helpline/) | [With You](https://southseftonccg.us12.list-manage.com/track/click?u=1643137dae8499da6dc7ef312&id=25a0442be6&e=21a7507232) is a charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health. Provides advice and support to individuals aged over 50, concerned others, and professionals, who are worried about their own or someone else's drinking.  |
| **Active Lifestyles and Diets don’t work** | Tel: 0151 934 2352 Accessed via GP referral[www.activelifestyles-sefton.co.uk](http://www.activelifestyles-sefton.co.uk) | 12 Week Referral programme for monitored exercise or 8 week weight management and nutrition programme |
| **Citizen’s Advice Bureau** | Tel: 0151 288 5683Goddard Hall, 297 Knowsley Road L20 5DF[www.citizensadvice.org](http://www.citizensadvice.org) | Advice on issues such as benefits, work, money, debt, housing, Law |
| **Job Centre** | Tel: 0845 604 3719Bootle Park House, 218 Stanley Road L20 3PN[www.jobcentreguide.co.uk](http://www.jobcentreguide.co.uk) | Employment agency and social security office |
| **Sefton Council Housing Advice** | Tel: 0151 934 3541Ground Floor, Merton House, Stanley Road L20 3UU [www.sefton.gov.uk/housing](http://www.sefton.gov.uk/housing) | Access to the housing options team who can give advice on housing issues. |
| **Social Services** | Referrals available via GP[www.sefton.gov.uk](http://www.sefton.gov.uk) | Includes access to social support, care packages, family support and safeguarding |
| **Homeless Services** | Sefton Council Housing options team Merton House- Tel 0151 934 3541Sefton Council emergency out of hours service 0151 934 3555Rough Sleeper Outreach Team via Life for Life Tel- 01704 501256 or 07918746042 The Whitechapel Centre Tel- 0151 207 7617 Langsdale Street L3 8DY Bosco HouseTel- 0151 924 1818 59-61 Merton House L20 7AP[www.boscohouse.org.uk](http://www.boscohouse.org.uk)ShelterTel- 0344 515 19002nd Floor Stanley Building, 3 Hanover Street L1 3DN www.england.shelter.org.uk | Support for homelessness |
| **South Sefton Foodbank** | Tel- 0151 934 3055St Leonards Youth and Community Centre, 60 Peel Road L20 4RW[www.southsefton.foodbank.org.uk](http://www.southsefton.foodbank.org.uk) | Call the foodbank to get their advice on how to get a foodbank voucher via a referral agency  |

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| **Domestic Violence**  |

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| **Service** | **Contact Details** | **Overview** |
| **Respect** | [**www.respect.uk.net/pages/29-helplines**](http://www.respect.uk.net/pages/29-helplines) | Respect operates two domestic abuse helplines; The Respect Phoneline and the Men’s Advice Line. |
| **Safelives** | [**https://safelives.org.uk/news-views/domestic-abuse-and-covid-19**](https://safelives.org.uk/news-views/domestic-abuse-and-covid-19) | Help and support with Domestic Violence during COVID-19  |
| **Women’s Aid**  | [**www.womensaid.org.uk**](http://www.womensaid.org.uk) | Helping to keep women and children safe from Domestic Violence |
| **Refuge** | [**www.refuge.org.uk**](http://www.refuge.org.uk)**0808 2000 247** | Help includes Freephone 24 hour national domestic abuse helpline |

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| **Support for Cancer Patients** |

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| **Service** | **Contact Details**  | **Overview** |
| **Macmillan**  | **University Hospital Aintree****0151 529 4742****Freephone Helpline 0808 808 0000**[**www.macmillan.org.uk**](http://www.macmillan.org.uk)**www.canceradvice.co.uk** | Offering advice and support to anyone with questions about cancer |