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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 1025  YPAS 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 health  Self help website  Help with hearing voices  General support  Self help with anxiety  Online counselling  Support with self-harm |
| **British Association of counselling and psychotherapy** | Tel: 01455 833 300  www.bacp.co.uk | Register of private therapists |
| **The Swan Centre** | Tel: 0151 933 3292  Former 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 4744  215 Linacre Lane, Bootle L20 6AD  www.venuscharity.org | To support women and their children. Includes counselling, support services, empowerment projects |
| **The Star Centre** | Tel- 0151 474 4744  98b Linacre Lane, Bootle L20 6ES  www.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 8010  Glovers Lane L30 5QW  www.feelgoodfactory.org.uk | Provides activities and services to improve health and wellbeing |
| **Bootle Tool Shed** | Tel: 0151 792 0386  26-27 The Palatine, Strand Shopping Centre L20 4SW  www.bootletoolshed.org.uk | Community workshop to promote health and well-being |
| **The Life Rooms** | Tel: 0151 330 6461  St Winefride’s Campus  Merton Road  Bootle L20 7AP  www.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 more  Social inclusion advise for isolated community groups. |
| **Rape and Sexual Abuse Service (RASA)** | Tel: 0151 558 1801  Units 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 6060  27-37 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 542 993  179 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 8934  21 Aigburth Road L17 4JR  [www.liverpoolsunflowers.com](http://www.liverpoolsunflowers.com) | Support centre for cancer patients and their families |
| **Autism Initiatives** | Tel: 0151 330 9500  Sefton House Bridle Road L30 4XR  [www.autisminitiatives.org](http://www.autisminitiatives.org) | Charity that supports people who have autism |
| **ADHD Foundation** | Tel: 0151 237 2661  151 Dale Street, Liverpool L2 2AH  [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) | Support for those with ADHD |
| **Ambition Sefton** | Tel: 0151 944 5334  Sefton House Canal Street  Bootle L20 8AH  Self-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](tel:0808%20801%200750)  [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 5683  Goddard 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 3719  Bootle 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 3541  Ground 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 3541  Sefton Council emergency out of hours service 0151 934 3555  Rough Sleeper Outreach Team via Life for Life Tel- 01704 501256 or 07918746042  The Whitechapel Centre Tel- 0151 207 7617 Langsdale Street L3 8DY  Bosco House  Tel- 0151 924 1818 59-61 Merton House L20 7AP  [www.boscohouse.org.uk](http://www.boscohouse.org.uk)  Shelter  Tel- 0344 515 1900  2nd Floor Stanley Building, 3 Hanover Street L1 3DN  www.england.shelter.org.uk | Support for homelessness |
| **South Sefton Foodbank** | Tel- 0151 934 3055  St 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 |