

# Mental Health & Wellbeing

If you need support with your mental health and wellbeing, there are lots of charities and local organisations that can help. Below is a directory of contacts that you can reach out to.

## Crisis Services

### 999

If you or somebody you know is in immediate danger, please call 999 as soon as possible.

### Samaritans

[www.samaritans.org](http://www.samaritans.org)

27/7 support, 365 days a year.

Please contact them for free. Call: 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

### Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Weekdays (10am – 10pm), Weekends and Bank Holidays (2pm-10pm).

Please call the free Hopeline on 0800 068 4141 text 07786209697 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Free 24/7 support.

Text: YM to 85258.

## Support

### ALMA

[www.almahealth.co.uk](http://www.almahealth.co.uk)

A website with information and resources that will support your physical and mental wellbeing during the Coronavirus (COVID-19) outbreak.

### Anxiety UK

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Support for those suffering with anxiety, stress, anxiety-based depression or a phobia.

Monday-Friday

Text: 07537 416905 (9:30am-5:30pm)

Call: 03444 775 774 (9:30am-5:30pm)

### Campaign Against Living Miserably (CALM)

[www.thecalmzone.net](http://www.thecalmzone.net)

CALM is a leading movement against suicide.

Please call them for free, 365 days a year on 0800 58 58 58 from 5pm-12am.

### Care Merseyside

[www.caremerseyside.org.uk](http://www.caremerseyside.org.uk)

Care Merseyside offer non-clinical interventions for people in the local community.

Call: 0151 607 1873

Email: [info@caremerseyside.org.uk](mailto:info@caremerseyside.org.uk)

### **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Childline are a children's charity who you can talk to about anything. It is free and confidential.  
Call: 0800 1111 or visit their website for instant messaging.

### **Cruse Bereavement Care**

[www.cruse.org.uk](http://www.cruse.org.uk)

Cruse Bereavement Care are the national leading charity for people experiencing bereavement.

Call: 0808 808 1677

### **Evolving Mindset**

[www.evolvingmindset.co.uk](http://www.evolvingmindset.co.uk)

A mental health CIC which delivers free mental health assistance to those who need it, as well as a variation of programmes to improve mental health and well-being.

### **Every mind matters**

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

A website to support you in looking after your mental health.

### **Imagine Independence**

[www.imagineindependence.org.uk](http://www.imagineindependence.org.uk)

A charity helping people with mental and physical health issues live their lives as independently as possible.

Call: 0151 709 2366

### **Kind to your mind**

[www.kindtoyourmind.org](http://www.kindtoyourmind.org)

A website full of tips, advice, apps or even online courses to help with your mental wellbeing.

### **Kooth**

[www.kooth.com](http://www.kooth.com)

Free, safe anonymous emotional and mental health support for children and young people aged between 11 – 24 years.

### **The Lee Cooper Foundation**

[www.theleecooperfoundation.co.uk](http://www.theleecooperfoundation.co.uk)

Providing mental health support to young people in Knowsley and surrounding areas.

### **Mary Seacole House**

[www.maryseacolehouse.com](http://www.maryseacolehouse.com)

Mary Seacole provide support services to local, primarily BAMER, people who are experiencing mental illness.

### **MIND**

[www.mind.org.uk](http://www.mind.org.uk)

Supporting and empowering people experiencing mental health problems.

Call: 0300 123 3393

Text: 86463

Email: info@mind.org.uk

### **Mpower People CIC**

[www.mpowerpeople.co.uk](http://www.mpowerpeople.co.uk)

Providing a variety of activities to support individuals towards living healthier, more independent lives through education programmes, training, employment opportunities, enterprise development or personal development.

### **OCD UK**

[www.ocduk.org](http://www.ocduk.org)

OCD UK provide advice, information and support services for those affected by OCD.

### **The Open Door Centre**

[www.theopendoorcentre.co.uk](http://www.theopendoorcentre.co.uk)

The Open Door Centre provides creative therapeutic support to people ages 15-13.

Call: 0151 639 4545

### **SANE**

[www.sane.org.uk](http://www.sane.org.uk)

SANE is a leading UK mental health charity.

Call: 07984 967 708 email: [support@sane.org.uk](mailto:support@sane.org.uk)

### **SHOUT**

[www.giveusashout.org](http://www.giveusashout.org)

A free, confidential 24/7 text service. Text "SHOUT" to 85258.

### **Talk Liverpool**

A free NHS service offering psychological therapies to adults in Liverpool who are feeling depressed or anxious.

Call: 0151 228 2300 (Mon to Fri 8am – 6pm) email: [talkliverpool@merseycare.nhs.uk](mailto:talkliverpool@merseycare.nhs.uk)

### **LGBTQ+ Support**

#### **GYRO (YPAS)**

[www.liverpoolcamhs.com/support/gyro-ypas](http://www.liverpoolcamhs.com/support/gyro-ypas)

A youth group for young people who identify themselves as: Lesbian, Gay, Bisexual or Trans, or who are questioning their sexuality or gender identity in Liverpool.

GYRO- LGBTQ+ Youth groups on Zoom:

Tuesday 4:30pm-5:30pm (12-16)

Thursday 4pm-5pm (16-25)

Contact YPAS or GYRO via email: [support@ypas.org.uk](mailto:support@ypas.org.uk)

### **The Michael Causer Foundation**

[www.michaelcauser.co.uk](http://www.michaelcauser.co.uk)

The Michael Causer Foundation works alongside housing, police, education, charity and other partners to support young LGBTQ+ people in Merseyside.

### **Mermaids**

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Mermaids supports gender-diverse children and young people until 20, they aim to reduce isolation, improve self-esteem and to work with parents and work professionals to provide the tools required to negotiate education and health services.

Call: 0808 801 0400 (9am-9pm)

### **The Proud Trust**

[www.theproudtrust.org](http://www.theproudtrust.org)

The Proud Trust helps empower LGBT+ young people and to make positive changes. This is done through youth groups, coordinating national and regional LGBT+ youth work networks, training and education.

Call: 0161 660 3347 (9am-5.30pm daily plus emergency calls on weekends)

### **Switchboard**

[www.switchboard.lgbt](http://www.switchboard.lgbt)

Call: 0300 330 0630 (10am-10pm every day) email: Chris@witchboard.lgbt

### **Addiction**

#### **Alcoholics Anonymous**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

AA is a free fellowship for men and women to share their experience, strength and hope and help others to recover from alcoholism, the only requirement is the desire to stop drinking.

Call: 0800 9177 650

### **BeGambleAware**

[www.begambleaware.org](http://www.begambleaware.org)

Free, confidential help for anyone who is worried about their or someone else's gambling.

Call: 0800 802 0133

### **National Gambling Helpline**

Free, confidential support 24/7.

Call: 0808 8020 133

### **Eating Disorders**

#### **BEAT**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

The UK's eating disorder charity offers support and resources.

Call Helpline: 0808 801 0677

Call Youthline: 0808 801 0711

Helplines operate 365 days, weekdays (9am-8pm) and weekends (4pm-8pm).

If you need any support from school, please contact us.

Call: 0151 477 8100

Twitter: @meadowparkscho