



Meadow Park
Patience, Guidance and Determination

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

27/7 support, 365 days a year.

Please contact them for free. Call: 116 123 or email jo@samaritans.org

Papyrus

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

Young Minds

www.youngminds.org.uk

Free 24/7 support.

Text: YM to 85258.

Support

ALMA

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

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

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

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

Call: 0151 607 1873

Email: info@caremerseyside.org.uk

Childline

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

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

Call: 0808 808 1677

Evolving Mindset

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

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

Imagine Independence

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

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

Kooth

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

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

Mary Seacole House

www.maryseacolehouse.com

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

MIND

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

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

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

The Open Door Centre

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

SANE is a leading UK mental health charity.

Call: 07984 967 708 email: support@sane.org.uk

SHOUT

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

LGBTQ+ Support

GYRO (YPAS)

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

The Michael Causer Foundation

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

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

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

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

Addiction

Alcoholics Anonymous

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

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

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