



Directory of Support Services

Local and national helplines/websites:

Bereavement/Loss

Child Death Helpline (Freephone) www.childdeathhelpline.org.uk **0800 282 986**

Cruse Bereavement Care www.cruse.org.uk **0808 808 1677**

Liverpool Bereavement Services www.liverpoolbereavement.com **0151 236 3932**

Support after Murder or Manslaughter www.samm.org.uk **0121 472 2912**

Support after Murder or Manslaughter www.samm-merseyside.org.uk **0151 207 6767**

Hearing impairment

Sign Health Deaf Health Charity www.signhealth.org.uk **020 3947 2600** (Main office)/
Text 07966 976749

Sign Health Crisis Text Service - for immediate crisis support Text DEAF to 85258

Switchboard LGBTQ support www.switchboard.org.uk **01273 359 042**

The Compassionate Friends (UK) www.tcf.org.uk **0345 123 2304**

Bipolar mood disorder

Bipolar UK www.bipolaruk.org **0333 323 3880**

Manic Depression Fellowship www.mdf.org.uk

Pendulum www.pendulum.org

Sign Health Deaf Health Charity www.signhealth.org.uk **020 3947 2600** (Main office)/
Text 07966 976749

Sign Health Crisis Text Service - for immediate crisis support Text DEAF to 85258

Counselling/Therapy/Family Crisis

Barnardo's Family Therapy Service www.barnardos.org.uk **0208 550 8822**

Listening Ear www.listening-ear.co.uk **0151 488 6648**

LGBT Foundation **0345 303 030**

Parent Line Plus (Family Lives) www.familylives.org.uk **0808 800 2222**

Relate - Cheshire & Merseyside www.relatecm.org.uk **0300 330 3793**

Sign Health Deaf Health Charity www.signhealth.org.uk **020 3947 2600** (Main office)/
Text 07966 976749

Sign Health Crisis Text Service - for immediate crisis support Text DEAF to 85258

Depression

Mind.org.uk 0300 123 3393/

0151 495 3991

www.postnataldepression.com

The Seasonal Affective Disorder Association www.sada.org.uk

Domestic/Sexual Abuse/Assault

Domestic Violence Assist www.dvassist.org.uk **0800 195 8699**

Forced Marriage Unit www.gov.uk/guidance/forced-marriage **0207 008 0151**

Freedom Charity www.freedomcharity.org.uk **0845 607 0133**

Knowsley Housing Options www.knowsleyhousingoptions.org **0800 694 0280**

National Centre for Domestic Violence www.ncdv.org.uk **0800 970 2070**

National LGBT Domestic Abuse Helpline www.galop.org.uk **0800 999 5428**

National Stalking Helpline www.suzylamplugh.org **0808 802 0300**

PAPYRUS Hopeline UK www.papyrus-uk.org **0800 068 4141**

Rape Crisis

www.rapecrisis.org.uk **0808 802 9999**

Rape and Sexual Abuse Support Centre (RASAC) – (Cheshire 0330 363 0063
37 and Merseyside) www.rapecentre.org.uk

RASAC (Halton) 01928 477 980

RASAC (Knowsley) **0151 218 7960**

RASAC (St Helens) 01744 877 987

RASAC (Warrington) 01925 221 546

Refuge

www.refuge.org.uk **0808 200 0247**

SignHealth Deaf Health Charity www.signhealth.org.uk **020 3947 2600** (Main office)/
Text 07966 976749

Crisis Text Service - SignHealth for immediate crisis support Text DEAF to 85258

Sefton Women's and Children's Aid www.swaca.com 0151 922 8606

St Helens Independent Domestic Violence Advocate safer.sthelens **01744 743 200**

The Lantern Project www.lanternproject.org.uk **0151 707 2614**

Victim Support

www.victimsupport.org.uk **0808 168 9111**

Wirral Domestic Abuse & Family Safety Unit www.wirralinfobank.co.uk **0151 666 4914**

Women's Aid (Domestic Violence helpline) www.womensaid.org.uk **0808 200 0247**

Worst Kept Secret helpline (Merseyside) www.worstkeptsecret.org.uk **0800 028 3398**

Drugs/Alcohol/Gambling

AA (Liverpool Intergroup) **0151 709 2900**

AA National Helpline www.alcoholics-anonymous.org.uk **0800 917 7650/0845 769 7555**

CGL (Change, Grow, Live) www.changegrowlive.org (Kirkby) **0151 546 9557**

CGL (Change, Grow, Live) www.changegrowlive.org (Huyton) 0151 482 6291

Gamblers Anonymous www.gamblersanonymous.org.uk **0808 802 0133**

Mersey Care Hope Centre Addiction treatment **0151 330 8074**

Merseyside/Cheshire Alcohol Services www.charitychoice.co.uk **0151 707 1221**

Narcotics Anonymous www.ukna.org **0300 999 1212**

Eating Disorders

Beat Eating Disorders www.b-eat.co.uk **0808 801 0677**

Women's Health Information & Support Centre www.whisc.org.uk **0151 707 1826**

Mental Health

CALM – Campaign Against Living Miserably (Men, 15-35 yrs)

7 days per week www.thecalmzone.net **0800 585 858**

Ben Mental Health www.ben.org.uk **0808 131 1333**

Changing Lives - Kirkby **0151 547 7800**

Changing Perceptions for HIV www.changingperceptions.co.uk

Just Like Us LGBT+ young people's charity www.justlikeus.org **0300 365 5002**

Knowsley Assessment Team www.merseycare.nhs.uk **0151 290 4999**

Mental Health Foundation www.mentalhealth.org.uk **0207 803 1100**

Mental Health Care mentalhealthcare.org.uk

Mind www.mind.org.uk **0300 1233 393**

Mind Out LGBTQ Mental Health Service www.mindout.org.uk **0127 323 4839**

Respect Men's Advice Line www.mensadviceline.org.uk **0808 801 0327**

Rethink Mental Illness www.rethink.org **03005 000 927**

Samaritans Liverpool (24 hours, 365 days a year) www.samaritans.org **0151 708 8888**

Samaritans UK (24 hours, 365 days a year) www.samaritans.org 116 123

SANE www.sane.org.uk **0300 304 70**

SignHealth Deaf Health Charity www.signhealth.org.uk **020 3947 2600** (Main office)/
Text 07966 976749

Crisis Text Service - SignHealth for immediate crisis support Text DEAF to 85258

Text Relay www.relayuk.bt.com **0800 731 1888**

The Pottergate Centre for Dissociation and Trauma
www.dissociation.co.uk **0160 366 0029**

Self-help - NHS (www.nhs.uk) www.111.nhs.uk 111 or 999 in an emergency

Panics and Phobias

Anxiety UK www.anxietyuk.org.uk **0344 477 5774**

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No Panic www.nopanic.org.uk **0300 772 9844**

No Panic Youth Line www.nopanic.org.uk **0330 606 1174**

OCD Action www.ocdaction.org.uk **0845 390 6232**

OCD UK www.ocduk.org **0845 120 3778**

Self-Harm

Papyrus www.papyrus-uk.org **0800 068 4141**

www.selfharm.co.uk

Other

Carer's UK Advice Line www.carersuk.org **0808 808 7777**

Citizen's Advice Bureau www.citizensadviceknowsley.org.uk **0808 278 7839**

Gay, Lesbian, Bisexual and Transgender national hotline **0300 330 0630**

Knowsley Support and Volunteer Line (9-5 Mon-Fri, 10-2 Sat-Sun) **0800 073 0043**

Helpful links:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-duringcoronavirus-outbreak/while-working>

<https://community.virginpulse.com/work-from-home-playbook?submissionGuid=42051d20-ae00-4f1f-8ce4-54f0548c1e0c>

<https://www.acas.org.uk/coronavirus>

With thanks to FACE Knowsley Family and Community Education for collating these contacts,

(We do not contribute to the content of the above websites).