

Not feeling festive?

That's OK. There's HELP and SUPPORT available when you need it, get in touch...

SAMARITANS

Samaritans
24/7 support, 365 days a year
(FREE)

Call: 116 123

Email: jo@samaritans.org

www.samaritans.org

kooth

Kooth

Free, safe and anonymous
mental wellbeing support

www.kooth.com

childline

Childline

Support for anybody aged
19 and under.

Call: 0800 1111

www.childline.org.uk

CALM

Campaign Against Living
Miserably (CALM)

CALM is a leading movement
against suicide and people
needing support with their
mental health.

Call: 0800 58 58 58 (5pm-12am)

Live Chat (5pm-12am)

www.thecalmzone.net

**YOUNG
MiNDS**

Young Minds

Supporting young people's
mental health.

Text: YM to 85258

www.youngminds.org.uk

SHELTER

Shelter

housing support
and advice

Call: 0808 800 4444

www.england.shelter.org.uk

**THE
MIX**
Essential support for under 25s

The Mix

Providing a range of support
to young people under 25 from
mental health to money, from
homelessness to finding a job,
from break-ups to drugs.

Call: 0808 808 4994

1-2-1 Chat

Crisis Messenger

www.themix.org.uk

Sefton CAMHS

Child and Adolescent
Mental Health Services
(CAMHS) Crisis Number:

Sefton

0151 293 3577

West Lancashire

01695 684 262

NHS

Adult Mental Health

Crisis Teams:

Liverpool & Sefton

0800 051 1508

West Lancashire

01695 684356

**RASA
Merseyside**

Sexual Violence Support
Services Merseyside

Call: 0151 558 1801

Refuge
For women and children.
Against domestic violence.

National Domestic

Violence 24 hour hotline:

Freephone 0808 2000 247

**VS VICTIM
SUPPORT**

Lancashire Victim

Support Service

Call: 0300 323 0085

If you are worried that a child or young person may be suffering significant harm please call:

Sefton: 0345 140 0845 or 0151 934 3555 Liverpool: 0151 233 3700

West Lancashire: 0300 123 6720 or 0300 123 6722