

If there are any immediate concerns regarding risk of harm to self or others, please attend your local A&E, or telephone Emergency Services via 999.

If you have urgent (non-emergency) concerns regarding risk of harm to self or others, please contact:

- **St Helens Adult Mental Health Crisis Team**  
24/7 Phone Line -0800 051 1508
- **Papyrus HOPELINE 24/7** - 0800 068 4141
- **Samaritans 24/7** - 116 123
- **NHS Direct** - 0845 46 47
- **CYP Response Team**  
01744 415 640, 9am-9pm,  
7 days per week (for urgent support)
- **CYP 24-hour Crisis Line**  
0800 051 1508

#### BARNARDO'S BOSS SERVICE

☎ 01744 753238

#### BARNARDO'S RESILIENCE SERVICE

☎ 07783763382

✉ [sthresilience@barnardos.org.uk](mailto:sthresilience@barnardos.org.uk)

Online referrals via:

🖨 <https://www.barnardos.org.uk/what-we-do/services/barnardos-st-helens-resilience-service>



## DIRECTORY: HELP FOR ADULTS



### SHOUT

Free, confidential, 24/7 text messaging service providing mental health support, advice and signposting by texting the word **SHOUT** to 85258

### HUB OF HOPE

Mental Health support network showing all resources available for your area.

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

### ST HELENS SOCIAL PRESCRIBING

Access support from a social prescribing link worker, who will signpost you to a range of free community groups, activities and services that will boost your wellbeing.

[www.sthelenswellbeing.org.uk/services/social-wellbeing](http://www.sthelenswellbeing.org.uk/services/social-wellbeing) - 01744 371 111

### LISTENING EAR

Providing a range of emotional and psychological therapies and support services for Children, Young People and Adults.

Email: [enquiries@listening-ear.co.uk](mailto:enquiries@listening-ear.co.uk) - 0151 488 6648

### CHANGE GROW LIVES

Offering support for adults, families and carers who are affected by drug and alcohol issues in St Helens. [www.changegrowlive.org/integrated-recovery-service-st-helens](http://www.changegrowlive.org/integrated-recovery-service-st-helens) - 01744 410752

### OVER THE RAINBOW

Support for young people aged 13-25 who identify as Lesbian, Gay, Bisexual or Trans\*, questioning or unsure of their sexuality or gender identity.

[www.sthelensgateway.info/organisations/over-the-rainbow](http://www.sthelensgateway.info/organisations/over-the-rainbow) - Text 07826876484, Phone 01744 457243

### ADVANCE SOLUTIONS

Support and information regarding children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health need. [www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk)

### SAFE 2 SPEAK

24 hour domestic violence helpline.

[www.safe2speak.co.uk](http://www.safe2speak.co.uk) - 01744 743 200

### ANTHONY WALKER FOUNDATION

Supports individuals and families who have experiences and or are witness to hate crimes and incidents.

[www.anthonywalkerfoundation.com](http://www.anthonywalkerfoundation.com) - 0151 237 3974

### HOME START

Emotional and practical help to support families. Offering workshops and home visits.

[www.homestartsthelens.org.uk](http://www.homestartsthelens.org.uk) - 01744 737 400

### THINK WELLBEING

Service for adults age 16 and over offering a range of support to improve wellbeing.

[www.merseycare.nhs.uk/think-wellbeing](http://www.merseycare.nhs.uk/think-wellbeing) - 01744 647100

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### LOCAL SUPPORT SERVICES

<b>CHRYSLIS CENTRE FOR CHANGE</b>	Mental health and domestic abuse support for females. <a href="https://www.chrysaliscentre.org">https://www.chrysaliscentre.org</a> - 0300 102 0044
<b>ANDY'S MAN CLUB</b>	Supporting men, aged over 18 through weekly, free-to-attend peer-to-peer support groups. Every Monday 7pm. <a href="http://www.andysmanclub.co.uk">www.andysmanclub.co.uk</a>
<b>HIMVISIBLE</b>	St Helens based mental health awareness group, making the invisible struggles of men in this world visible. <a href="http://www.himvisible.co.uk">www.himvisible.co.uk</a>
<b>CLAIR'S PARENTS MEETING PARENTS</b>	Support and information to parents and carers of children and young people diagnosed with the neuro-developmental condition Attention Deficit Hyperactive Disorder (ADHD). <a href="http://www.clairspmpadhd.org">www.clairspmpadhd.org</a>
<b>TESSA</b>	TESSA Autism and social communication offers support, strategies and interventions designed to secure better progress for children who are struggling to access learning. <a href="http://www.s4s.sthelens.gov.uk/Page/7429">www.s4s.sthelens.gov.uk/Page/7429</a>
<b>IASS</b>	St Helens IASS - Information, Advice and Support Services relating to children and young people with special educational needs and disabilities (SEND). <a href="http://www.new.sthelens.gov.uk/send/st-helens-iass-information-advice-and-support-service">www.new.sthelens.gov.uk/send/st-helens-iass-information-advice-and-support-service</a>



### NATIONAL SUPPORT SERVICES

<b>NSPCC</b>	Help for adults concerned about a child. <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> - 0808 800 5000
<b>MERMAIDS</b>	Supporting trans, non-binary and gender-diverse children, young people and their families. <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a> - 0808 801 0400
<b>EVERY MIND MATTERS</b>	Advice and practical tips to help you look after your mental health and wellbeing. <a href="http://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a>
<b>BEAT</b>	Information on eating disorders and how to get help. Support via phone, e-mail, webchat 3pm - 8pm. <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> - 0808 801 0677
<b>SURVIVORS OF BEREAVEMENT BY SUICIDE</b>	Support and overcome the isolation experienced by people over 18 who have been bereaved by suicide. <a href="http://www.uksobs.org">www.uksobs.org</a>
<b>QWELL</b>	Free, safe and anonymous online support and counselling. <a href="http://www.qwell.io">www.qwell.io</a>

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### NATIONAL SUPPORT SERVICES

<b>FAMILY LIVES</b>	Advice and support on parenting and family life. Short video clips, techniques, strategies, can filter by topics and age. <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> - 0808 800 2222
<b>PARENTAL EDUCATIONAL GROWTH SUPPORT</b>	specifically designed to help parents, carers and guardians experiencing Child to Parent Abuse.. <a href="http://www.pegssupport.co.uk">www.pegssupport.co.uk</a>
<b>ADULT ADVOCACY</b>	"Advocacy Focus exists purely to make a positive difference to the lives of people in our community who would benefit from having a voice that may otherwise struggle to get heard. <a href="http://www.advocacyfocus.org.uk">www.advocacyfocus.org.uk</a> - 0300 323 0965
<b>VICTIM SUPPORT</b>	Confidential help and information, Supporting young people cope with the impact and effects of crime. <a href="http://www.victimsupport.org">www.victimsupport.org</a> - 0808 168 9111
<b>SANELINE</b>	Offering non judgemental and compassionate emotional support. <a href="http://www.sane.org.uk">www.sane.org.uk</a> - 0300 304 7000
<b>CAMPAIGN AGAINST LIVING MISERABLY</b>	Confidential help for anyone struggling to cope. <a href="http://www.thecalmzone.net">www.thecalmzone.net</a> - 0800 585858
<b>RASASC</b>	National helpline for female and male survivors of rape and anyone affected. <a href="http://www.rasasc.org">www.rasasc.org</a> / <a href="http://www.rapecentre.org.uk">www.rapecentre.org.uk</a> - 01744 877 987 / 0330 363 0063
<b>TALK TO FRANK</b>	Speak to a friendly adviser for information on drugs/alcohol. <a href="http://www.talktofrank.com">www.talktofrank.com</a> - 0300 123 6600 - Text 82111
<b>CRUSE BEREAVEMENT CARE</b>	Offering free and confidential support to anyone who has been bereaved. <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> - 0808 808 1677
<b>THE SLEEP CHARITY</b>	Supporting individuals that struggle to get good quality sleep. <a href="http://www.thesleepcharity.org.uk">www.thesleepcharity.org.uk</a> - 03303 530 541
<b>ANXIETY UK</b>	Supporting people living with anxiety, stress and anxiety-based depression. <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a> - 03444 775 774 / Text 07537 416 905
<b>SHAP</b>	Providing housing and support to young and vulnerable people. <a href="http://www.shap.org.uk">www.shap.org.uk</a>
<b>REFUGEE RESETTLEMENT SERVICE</b>	Supporting refugees and asylum seekers. <a href="http://www.sthelens.gov.uk/article/1827/Refugee-resettlement-service">www.sthelens.gov.uk/article/1827/Refugee-resettlement-service</a>