

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:

- **CYP Response Team**
01744 415 640, 9am-9pm,
7 days per week (for urgent support)
- **CYP 24-hour Crisis Line**
0800 051 1508
- **St Helens CYPMHS Duty Team**
01925 579 405, 9-5pm, Mon - Fri

- **Papyrus HOPELINE 24/7** - 0800 068 4141
- **Samaritans 24/7** - 116 123
- **NHS Direct** - 0845 46 47

BARNARDO'S BOSS SERVICE

 01744 753238

BARNARDO'S RESILIENCE SERVICE

 07783763382

 sthresilience@barnardos.org.uk

Online referrals via:

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



SHOUT

BARNARDO'S

DIRECTORY: HELP FOR YOUNG PEOPLE

LOCAL SUPPORT | ST HELENS

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

LISTENING SERVICE

Open to anyone aged 12-18 who lives in St Helens. Provide one to one support and peer group support. www.ymcasthelens.org.uk - 01744 415260 - Email: listeningservice@sthelensymca.org.uk

LISTENING EAR

Providing a range of emotional and psychological therapies and support services including Butterflies for people affected by bereavement and loss. Email: enquiries@listening-ear.co.uk - 0151 488 6648

TEENAGE ADVICE ZONE

Combined youth services in St Helens covering sexual health, drugs and alcohol information and youth justice support and advice for young people. www.yaz.sthelens.gov.uk - 01744 627 465

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 - 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.advancedsolutions.co.uk

CHILDRENS EATING DISORDER SERVICE

Provides assessment, treatment and support for young people (Age 8-18) with eating disorders and their families. <https://www.merseycare.nhs.uk/our-services/knowsley/eating-disorder-service-children-and-young-people>

ANTHONY WALKER FOUNDATION

Supports individuals and families who have experiences and or are witness to hate crimes and incidents. www.anthonwalkerfoundation.com - 0151 237 3974

HOME START

Emotional and practical help to support families. Offering workshops and home visits. 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 - 01744 647100



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NATIONAL SUPPORT SERVICES

NSPCC	<i>Help for adults concerned about a child. www.nspcc.org.uk - 0808 800 5000</i>
YOUNG MINDS	<i>The UK's leading charity committed to improving emotional well-being and mental health of children and young people. www.youngminds.org.uk</i>
CHILDLINE	<i>24 hour free confidential advice - whatever the problem or worry. Options to Email / Chat to counsellor online. www.childline.org.uk - 0800 1111</i>
EVERY MIND MATTERS	<i>Advice and practical tips to help you look after your mental health and wellbeing. www.nhs.uk/every-mind-matters</i>
KOOTH	<i>Free, safe and anonymous online support and counselling. www.kooth.com</i>
PAPYRUS	<i>Prevention of young suicide. HopelineUK, open 9am-midnight everyday. www.papyrus-uk.org - 0800 068 4141</i>
BEAT	<i>Information on eating disorders and how to get help. Support via phone, e-mail, webchat 3pm - 8pm. www.b-eat.co.uk - 0808 801 0677</i>
MERMAIDS	<i>Supporting trans, non-binary and gender-diverse children, young people and their families. www.mermaidsuk.org.uk - 0808 801 0400</i>
KIDSCAPE	<i>UK charity for the prevention of bullying. Free workshops, helplines and resources. www.kidscape.org.uk - 08451 205 204</i>
NATIONAL BULLYING HELPLINE	<i>Information and advice for anyone dealing with bullying. www.nationalbullyinghelpline.co.uk - 0300 323 0169</i>
NHS DIRECT	<i>Health advice and reassurance. www.nhsdirect.nhs.uk - 0845 46 47 (24 hrs)</i>

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NATIONAL SUPPORT SERVICES

FAMILY LIVES	<i>Advice and support on parenting and family life. Short video clips, techniques, strategies, can filter by topics and age. www.familylives.org.uk - 0808 800 2222</i>
PARENTAL EDUCATIONAL GROWTH SUPPORT	<i>specifically designed to help parents, carers and guardians experiencing Child to Parent Abuse.. www.pegssupport.co.uk</i>
CAMPAIGN AGAINST LIVING MISERABLY	<i>Confidential help for anyone struggling to cope. www.thecalmzone.net - 0800 585858</i>
VICTIM SUPPORT	<i>Confidential help and information, Supporting young people cope with the impact and effects of crime. www.victimsupport.org - 0808 168 9111</i>
SAFE 2 SPEAK	<i>24 hour domestic violence helpline. www.safe2speak.co.uk - 01744 743 200</i>
RASASC	<i>National helpline for female and male survivors of rape and anyone affected. www.rasasc.org / www.rapecentre.org.uk - 01744 877 987 / 0330 363 0063</i>
WINSTON'S WISH	<i>Emotional and practical bereavement support to children, young people and those who care for them. www.winstonswish.org - 08088 020 021</i>
TALK TO FRANK	<i>Speak to a friendly adviser for information on drugs/alcohol. www.talktofrank.com - 0300 123 6600 - Text 82111</i>
CRUSE BEREAVEMENT CARE	<i>Offering free and confidential support to anyone who has been bereaved. www.cruse.org.uk - 0808 808 1677</i>
THE SLEEP CHARITY	<i>Supporting parents and carers who have a child/children that struggle to get good quality sleep www.thesleepcharity.org.uk/information-support/children/ 03303 530 541</i>
ANXIETY UK	<i>Supporting people living with anxiety, stress and anxiety-based depression. www.anxietyuk.org.uk - 03444 775 774 / Text 07537 416 905</i>
SHAP	<i>Providing housing and support to young and vulnerable people. www.shap.org.uk</i>