

Mental Health Crisis Support

Please click on logos to take you to individual websites



Tel: 116 123

Operates a 24-hour service available every day of the year.
Or you can email jo@samaritans.org



Tel: 0800 58 58 58

CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.



Tel: 0808 1961 776

Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Tel: 0800 1111

Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

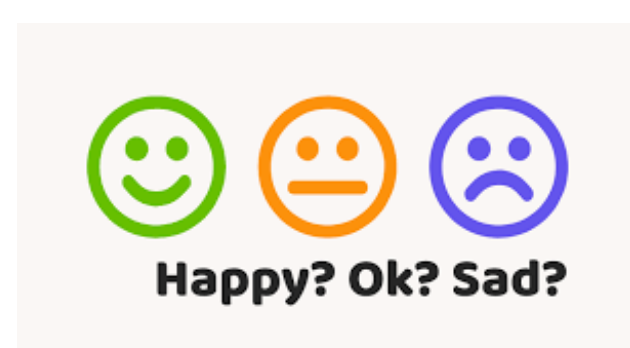


Tel: 0800 068 41 41

Support for teenagers and young adults who are feeling suicidal.



A website for students who are depressed, have a low mood or are having suicidal thoughts.



A website containing a comprehensive list of mental health resources for the people of Warrington.



A comprehensive national mental health support database. Download the free app, or text HOPE to 85258 to find relevant services near you.

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The stay alive app is a suicide prevention resource for the UK. Download via your chosen app store.



Tel: 0300 123 3393

Provides advice and support to empower anyone experiencing a mental health problem.



Tel: 0300 0030396

Relate are the UK's largest provider of relationship support.



Tel: 0808 8020133

Support for anyone affected by gambling problems across Great Britain.



A website for both children and adults affected by bullying.



Tel: 0300 088 9255

Provides emotional and practical support for anyone who has been affected by a suicide.



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Need urgent help with your mental health?

You can call us 24/7 for FREE

Call **0800 145 6570** if you're age 16 and over and live in **Liverpool or Sefton**.

Call **0800 051 1508** available for all ages if you live in **Halton, St Helens, Warrington and Knowsley**.

It's always okay to ask for help.
www.mersecare.nhs.uk/urgent-help



Mersey Care
NHS Foundation Trust
Community and Mental Health Services

Tel: 0800 051 1508 (freephone)

Dedicated 24/7 urgent mental health crisis helplines, covers Warrington, St Helens, Knowsley and Halton.