

## Mental Health Crisis Support

Please click on logos to take you to individual websites



SAMARITANS

**Tel: 116 123**

Operates a 24-hour service available every day of the year. Or you can email [jo@samaritans.org](mailto: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](http://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.



STUDENTS AGAINST DEPRESSION  
.ORG

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.



Hub of Hope

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

## Mental Health Crisis Support

Please click on logos to take you to individual websites



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.



**Tel: 0800 051 1508 (freephone)**

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