

# DIRECTORY: HELP FOR YOUNG PEOPLE

## LOCAL SUPPORT | ST HELENS



### 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>

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:

- **Response Team** | 01744 627 618, 9am-9pm, 7 days per week (for urgent support)
- **24-hour Crisis Line** | 0800 051 1508
- **St Helens CYPMHS Duty Team** | 01925 579 405, 9am-5pm, Mon-Friday



### LOCAL SUPPORT SERVICES

#### REACH

People living in Halton, Knowsley, St Helens and Warrington can get 24/7 mental health support, advice and signposting by texting the word **REACH** to 85258

#### CHAT HEALTH

Young people, aged 11-19, can access confidential advice and support from school nurses via text - 07312 263250 - on a range of health and wellbeing issues.

#### A & E

0151 426 1600

**Use only in an emergency**

#### YMCA LISTENING SERVICE

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

#### LISTENING EAR

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

Providing a range of emotional and psychological therapies and support services including Butterflies for people affected by bereavement and loss.

#### YOUTH ACTION ZONE

www.yaz.sthelens.gov.uk

Combined youth services in St Helens covering sexual health, drugs and alcohol information and youth justice support and advice for young people.

#### OVER THE RAINBOW

www.sthelensgateway.info/organisations/over-the-rainbow

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

#### ADVANCE SOLUTIONS

www.advancedsolutions.co.uk

Support and information regarding children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health need.

#### THINK WELLBEING

www.merseycare.nhs.uk/think-wellbeing - 01744 647100

Service for adults age 16 and over with common mental health problems



# NATIONAL SUPPORT & HELPLINES

<b>NHS DIRECT</b>	0845 46 47 (24 hrs)	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> <i>Health advice and reassurance</i>	<b>NSPCC</b>	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <i>Help for adults concerned about a child</i>
<b>YOUNG MINDS</b>		<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> <i>The UK's leading charity committed to improving emotional well-being and mental health or children and young people</i>	<b>CHILDLINE</b>	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a> <i>24 hour free confidential advice - whatever the problem or worry. Options to Email / Chat to counsellor online.</i>
<b>EVERY MIND MATTERS</b>		<a href="http://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a> <i>Advice and practical tips to help you look after your mental health and wellbeing</i>	<b>KOOTH</b>		<a href="http://www.kooth.com">www.kooth.com</a> <i>Free, safe and anonymous online support and counselling</i>
<b>RETHINK</b>	0845 456 0455	<a href="http://www.rethink.org/young_people">www.rethink.org/young_people</a> <i>Telephone helpline and web resource with online information and self help sheets for young people living with a mental illness</i>	<b>VICTIM SUPPORT</b>	0845 30 30 900 01772 201142	<a href="http://www.victimsupport.com">www.victimsupport.com</a> <i>Confidential help and information for victims and witnesses of crime.</i>
<b>PARENTS</b>	0808 800 2222	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a> <i>Advice and support on parenting and family life.</i>	<b>SAFE 2 SPEAK</b>	0151 452 1326	<a href="http://www.safe2speak.co.uk">www.safe2speak.co.uk</a> <i>24 hour domestic violence helpline.</i>
<b>PAPYRUS</b>	0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> <i>Prevention of young suicide. HopelineUK, open 9am-midnight everyday</i>	<b>RASASC</b>	01744 877987	<a href="http://www.rasasc.org">www.rasasc.org</a> <i>National helpline for female and male survivors or rape and anyone affected.</i>
<b>THE SAMARITANS</b>	116123	<a href="http://www.samaritans.org">www.samaritans.org</a> <i>24 hour confidential support by phone or e mail</i>	<b>BEAT</b>	0845 634 7650	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> <i>Information on eating disorders and how to get help</i>
<b>CAMPAIGN AGAINST LIVING MISERABLY</b>	0800 58 58 58	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a> <i>Confidential help for young men suffering from depression</i>	<b>WINSTON'S WISH</b>	08088 020 021	<a href="http://www.winstonswish.org">www.winstonswish.org</a> <i>Emotional and practical bereavement support to children, young people and those who care for them.</i>
<b>NHS MENTAL HEALTH HELPLINE</b>	0500 639000	<a href="http://www.lancs-mentalhealthhelpline.nhs.uk">www.lancs-mentalhealthhelpline.nhs.uk</a> <i>Will put you in touch with local support services or are simply there to listen</i>	<b>MERMAIDS</b>		<a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a> <i>Information for gender diverse young people</i>
<b>KIDSCAPE</b>	08451 205 204	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a> <i>UK charity for the prevention of bullying.</i>	<b>GENDER IDENTITY SERVICE</b>		<a href="http://www.gids.nhs.uk/">www.gids.nhs.uk/</a> <i>Highly specialized clinic for young people presenting with difficulties with their gender identity</i>
<b>NATIONAL BULLYING HELPLINE</b>	0300 323 0169	<a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a>	<b>TALK TO FRANK</b>	0800 77 66 00 Text 82111	<a href="http://www.talktofrank.com">www.talktofrank.com</a> <i>Speak to a friendly adviser for information on drugs/alcohol.</i>
			<b>CRUSE BEREAVEMENT CARE</b>	0844 477 9400 01772 686668	<a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a> <a href="http://www.rd4u.org.uk">www.rd4u.org.uk</a>