

Urgent support: if you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening, and confusing, but you do not have to struggle alone. You can speak to your GP. If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact **Mersey care Mental Health Crisis Line 24/7 freephone** on **[0800 051 1508](tel:08000511508)**

You can also contact any of the services listed in this document.

Mersey care Mental Health Crisis Line

24/7 freephone – 0800 051 1508

For all ages – children, young people, and adults. If you need urgent mental health support, please call the free 24/7 helpline.

Amparo

0330 088 9255

Amparo provides emotional and practical support for anyone who has felt the impact of suicide.

Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Talk to someone 24/7

Ok to Ask Suicide Prevention Campaign

www.oktoaskcampaign.co.uk

Lifelines, resources, and help. The campaign encourages St Helens residents to NOT be afraid to talk about Suicide Prevention

HOPELINE247

0800 068 41 41

For children and young people (under the age of 35) or anyone concerned about a young person.

Mersey Care Children and Adolescent 24/7 Mental Health Crisis Response Team

Available 24/7 freephone- 01744 415 640 This service is available for children and young people up to the age of 18.

Shout

Text SHOUT to 85258 - 24/7 text support.

A free and confidential messaging support service for anyone who is struggling to cope.

Talking Therapies

<https://www.mersecare.nhs.uk/our-services/st-helens/talking-therapies> offer free NHS therapy for people

registered with a St Helens GP with common mental health problems.

Stay Alive App

<https://www.stayalive.app/>

An essential suicide prevention resource for the UK, packed full of useful information and tools to help people stay safe in crisis.

St Helens Wellbeing Service

<https://www.sthelenswellbeing.org.uk/services/mental-wellbeing>

Mental Health and Suicide Prevention Training.

Service	Description and Contact Details
St Helens Wellbeing Service	<p>We deliver a range of training and campaigns to promote knowledge and awareness of mental health, offering ways to improve mental wellbeing, and reducing stigma by encouraging discussions.</p> <p>01744 371111 chcp.sthelens@nhs.net www.sthelenswellbeing.org.uk</p> <p>Infant Feeding Service: 07919 305 174</p>
KOOTH/QWELL	<p>Free instant access digital mental health support is available across St Helens for everyone aged 11+. These services provide free, safe and anonymous online mental health support whenever you need it.</p> <p>There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7.</p> <p>Go to Kooth.com (11-25) or Qwell.io (18+) to get started today.</p> <p>Support available includes:</p> <ul style="list-style-type: none"> - Live chat or messaging with qualified mental health professionals - Self help tools and activities - Online community <p>For enquiries about the service, get in touch via contact@kooth.com</p> <p>For promotion or signposting support, contact kel@kooth.com</p>
Creative Alternatives	<p>Creative Alternatives (CA) is the Arts and Wellbeing Service for adult residents of St Helens who are experiencing mild to moderate anxiety, depression &/or stress. CA offer free weekly creative sessions as a complimentary or alternative remedy that can help to improve your mental wellbeing, confidence, and social connections. All sessions currently take place in St Helens Town Hall.</p> <p>For further information and details of how to refer please contact:</p> <p>Helen Holden, Programme Manager Email: helen@creativealternatives.org.uk Tel: 07745 590698</p> <p>Steph Fry, Support Worker Email: stpehanie@creativealternatives.org.uk Tel: 07594 677296</p> <p>Or visit - www.creativealternatives.org.uk</p>

SOBs Survivors of Bereavement by Suicide	<p>We are the only UK-based organisation offering peer-led support to adults impacted by suicide loss. We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.</p> <p>Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)</p>
Amparo & Listening ear	<p>Emotional & practical support following a suicide, from day 1. Counselling services.</p> <p>CONTACT YOU (PHONE/EMAIL/WEBSITE/LOCATION)</p> <p>https://amparo.org.uk/refer/ 0330 088 9255 https://listening-ear.co.uk/refer/ 01514886648</p>
Hope House	<p>Hope House is a drop-in service which also is providing Christmas holiday provision. It provides a basic needs and personal care service for local homeless and those at risk of homelessness and offers advice, advocacy, and support to support those in need. On Christmas Day, A Christmas Breakfast and Dinner will be available to those who will be accessing the service.</p> <p>Contact Number: 01744 20032 E-Mail Address: Julie.hand@hopecentre.org.uk</p> <p>Location: 41-43 Corporation Street St.Helens WA10 1ED</p>
PAPYRUS Prevention of Young Suicide	<p>HOPELINE247</p> <p>HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.</p> <p>Call: 0800 068 4141 Text: 07860 039 967 Email: pat@papyrus-uk.org Opening Hours 24 Hours, 7 days a week Weekends and Bank Holidays included</p>

St Helens Think wellbeing (NHS Talking therapies Service)	<p>Primary care support for common mental health problems. We will be offering initial assessments and ongoing therapy for clients with common mental health problems, For Crisis support we recommend contacting St Helens crisis numbers. Talking Therapies :: Mersey Care NHS Foundation Trust</p>
St Helens Bereavement Services Team	<p>Information on Bereavement support and other support services, information about the Cemeteries and Crematorium over the holiday period.</p> <p>Visit the Crematorium Office, St Helens Crematorium, Rainford Road, St Helens, WA10 6DF Telephone: 01744 675490</p>
Healthwatch St Helens	<p>Healthwatch is the local watchdog around health & social care services, designed to collect local residents' experiences and represent their views.</p> <p>Contact: 0300 111 0007 Email: info@healthwatchsthelens.co.uk Website: https://www.healthwatchsthelens.co.uk/</p>
HOME-START ST HELENS	<p>Family Support/School Readiness/Young Persons Mentoring & Sleep Management. Have a chat with a member of our team on 01744 737400 to discuss our support services.</p> <p>Do you feel you would benefit from a volunteer's home visiting supporting for you and your family? Volunteers can provide emotional and practical support having life and lived experiences that are matched to your needs. Alternatively, volunteers provide play sessions in your home that encourage your child's development, supporting them to become school ready for life's next chapter.</p> <p>info@homestartsthelens.org.uk https://homestartsthelens.org.uk/</p>
Change Grow Live (CGL)	<p>Adult substance misuse service providing treatment, interventions and support for individuals effected by substance use.</p> <p>Contact Details: Tel: 01744 410752 Email: sthelens.info@cgl.org.uk Address: CGL, Lincoln House, WA10 6LE Website: www.changegrowlive.org/integrated-recovery-service-st-helens/drugs-support</p>

St. Helens Council Library Service	<p>For the public library service, the public will be able to access St Helens Library, Newton-le-Willows Library and Schools Library Service during Christmas week as normal.</p> <p>Contact is via the Council switchboard: 01744676789</p>
St Helens Council Arts in Library Service	<p>Our mission is to provide diverse creative opportunities for audiences and participants within library spaces, online and in the community; to collaborate with artists and communities for the mutual benefit of all, and to share best practice with other library services across England.</p> <p>Contact if urgent is via Arts Service email ArtsService@sthelens.gov.uk</p>
YPDAAT	<p>St Helens Young People's Drug and Alcohol Team (YPDAAT), provide young people and their families in St Helens with a range of interventions to help them to make informed choices around drug and alcohol use in order to achieve their full potential.</p> <p>Normal business operating as usual.</p> <p>Telephone 01744 675605 or email ypdaat@sthelens.gov.uk</p>
St. Helens College	<p>St. Helens College</p> <p>Home (sthelens.ac.uk)</p>
DWP Department for Work and Pensions	<p>Via Journal message or drop in at Job Centre</p> <p>Gregson House, 2 Central St, Saint Helens WA10 1UF</p> <p>Phone: 0800 169 0190</p> <p>Department for Work and Pensions - GOV.UK (www.gov.uk)</p>