

MENTAL HEALTH SERVICES & SUPPORT
Source: Heswall and Pensby Patient Participation Group

NAME/CONTACT	ADDRESS	SERVICES/AIMS
<p>Wirral Mind Tel: 0151 512 2200 (weekdays 9am-5pm weekends 10am-4pm) Website: http://wirralmind.org.uk</p> <p>Wirral Mind Counselling Tel: 0151 678 5111 Extn. 3621</p>	<p>The Fountain Project 90-92 Chester Street Birkenhead CH41 5DL</p> <p>St. Catherine's Community Hospital Church Road Birkenhead CH42 0LQ</p>	<p>Drop in Centre Befriending Blue Light Supported Housing Floating Support Support 4 All Conference Service Carrog Mill Cottages</p> <p>Counselling Services</p>
<p>Wirral Pathfinders Tel: 0151 334 2111 (Office hours Mon-Fri 10.30-15.30) Email: support@wirralpathfinders.org.uk Website: http://wirralpathfinders.org.uk</p>	<p>27a Allport Lane Bromborough Wirral CH62 7HH</p>	<p>Support for individuals to help themselves to learn to cope with their mental health difficulties by providing a listening ear; decreasing isolation; sharing experiences and providing further information where possible.</p>
<p>AGE UK Wirral Email: enquiries@ageukwirral.org.uk Website: www.ageuk.org.uk/wirral</p>	<p>Devonshire Resource Centre & Bradbury Wing 141 Park Road North Birkenhead CH41 0DD</p>	<p>Age UK promotes the wellbeing of older people and offers support, advice and organising events and activities.</p>
<p>Family Tree Wirral Email: family.tree@cwps.nhs.uk Email: paul.etherington@cwps.nhs.uk</p>	<p>The Stein Centre St Catherine's Hospital Derby Road Birkenhead CH42 0LQ</p>	<p>This service supports carers and families to cope better caring for someone with a mental illness, particularly where symptoms are more complex. Counselling, Advocacy</p>

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		and advice, social activities, family action support group, training and information events and newsletter.
	Home-Start Hub Woodchurch Lane Prenton Wirral CH42 9PH	Works in partnership with families to help them manage the difficulties of family life and run various projects to help support parents as they learn to cope and build better lives for themselves and their children.
Inclusion Matters Wirral Tel: 0151 649 1859 (10-4pm daily) Website: www.inclusion-matters-wirral.org.uk	Units 20-28 Woodside Business Park Birkenhead CH41 1EL	Offers a range of talking therapies for people/young people experiencing low mood, depression or problems with anxiety including CBT, online CBT and counselling. Provides range of services to military veterans. GP referral or self referral available on website.
Kidstime Wirral Tel: 0151 666 3718	Wirral Creative Development Team Pilgrim Arts Centre 1 Pilgrim Street Birkenhead CH41 5EH	Kidstime is a monthly workshop for local families where there is parental mental health difficulty with an emphasis on helping children and young people affected by the issue to access information and support. Referrals can be made by family workers, Adult Mental Health Services, GPs, school nurses and CAMHS.

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<p>Maggies Merseyside Email: clatterbridge@maggiescentres.org Tel: 0151 334 4301 Open 9am-5pm There is an online community forum at https://community.maggiescentres.org/home</p>	<p>The Clatterbridge Cancer Centre Clatterbridge Road Bebington CH63 4JY</p>	<p>This organisation provides free practical, emotional and social support to people with cancer and their family and friends.</p>
<p>Merseyside Counselling & Therapy Centre Website: http://mctcwirral.org.uk Tel: 0151 639 0400 Open 09.00-20.00</p>	<p>3 Dudley Road Wallasey CH45 9JP</p>	<p>MCTC provides support to a range of clients unable to access the help they need through the social care system and extends across a range of counselling including support for stress, anxiety/depression, self-harm and many more services. All clients are asked to contribute at least £10.00 per session. If this is genuinely beyond a client's means they should talk to MCTC.</p>
<p>ADHD Parents Support Group Email: tlcnetwork@outlook.com Tel: 0151 647 9584</p>	<p>The Welcome Centre 39-41 Hamilton Street CH41 5AA</p>	<p>Meetings are held every Tuesday between 10am-12noon that provide support to parents/carers with children both diagnosed and undiagnosed and to discuss strategies and coping methods.</p>
<p>Autism & Aspergers Autism Together Website: autismtogether.co.uk Tel: 0151 335 7510 Email: enquiries@autismtogether.co.uk</p> <p>Children & Family Service Tel: 0151 666 9960</p>	<p>Wirral Centre for Autism Oak House Tebay Rd Bromborough CH62 3PA</p> <p>Rainbow Resource Centre 120 Chester St Birkenhead</p>	<p>Supports children, young people and their families in helping them understand autism and social and communication difficulties. They hold Family and Friends Meetings where parents, siblings, friends and staff meet to exchange ideas in a friendly and informal atmosphere.</p>

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<p>Rape and Sexual Abuse RASA Merseyside, Hoylake Website: rasamerseyside.org Tel: 0151 633 2151 (Hoylake) Tel: 0151 650 0155 (Birkenhead) Helpline: 0151 666 1392 (Tue and Thur 6.00pm-8.00pm: Fri 12.00 noon - 2.00pm) Email: helpline@rasamerseyside.org</p>	<p>122c Market Street Hoylake CH47 3BH</p>	<p>Support for those affected by sexual violence at any time in their lives offering emotional support, counselling and advocacy.</p>
<p>Tomorrow's Women Wirral Website: tomorrowswomen.org.uk Tel: 0151 647 7907 M 0792 733 5655 Email: admin@tomorrowswomen.org.uk</p>	<p>Beckwith St East Birkenhead CH41 3JE</p>	<p>TWW helps women make positive lifestyle choices and changes designed for those aged 18+ and is committed to reducing female imprisonment and offending and provides assistance to those who want to make positive lifestyle changes.</p>
<p>Wirral Bipolar Support Group Website: bipolaruk.org Tel: 0333 323 3880</p>	<p>Windsor Community Centre Windsor Close CH62 5BX</p>	<p>This group meets every 1st Thursday of the month 6.00pm-8.00pm. Meetings are free to attend and open to anyone affected by bipolar, including family, friends and carers.</p>
<p>Wirral Military Community Services Tel: 0151 792 6623 M 07514 113 813 Email: wirralmcs@outlook.com (See them on Facebook)</p>	<p>Unit 7 Brandon St Birkenhead CH41 5HN</p>	<p>Veteran outreach service and drop-in centre offering healthy living, employment support, access to holistic therapies and 1-1 peer support. Also works with Combat Stress (see Websites/Helplines).</p>
<p>Response Counselling Tel: 0151 666 4123</p>	<p>Callister Centre 19 Argyle Street Birkenhead CH41 1AD</p>	<p>This is a confidential service for young people aged 13-19 offering a wide range of support including drugs and alcohol, mental health and homelessness/threatened homelessness.</p>

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<p>The Open Door Centre Website: http://theopendoorcentre.org Tel: 0151 639 4545</p>	<p>108 Seaview Road Wallasey CH45 4LD</p>	<p>Provides mental health support and musical provision for young people, free of charge with free and immediate access to 'Beating the Blues' Computerised CBT, face-to-face counselling and meditation/mindfulness to improve concentration and relieve stress. This service operates on a membership format – membership is free, with no waiting lists.</p>
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WEBSITES/HELPLINES – COPING & GETTING HELP

<p>CALM (Campaign Against Living Miserably) www.thecalmzone.net Webchat and Helpline 0800 585858 5pm-midnight all year helps to prevent male suicide.</p>	<p>Get Self-Help http://getselfhelp.co.uk Provides information about various mental health conditions and self-help resources.</p>	<p>The Lowdown www.getthelowdown.co.uk Is a teenage health site, the 'Mind' section offers information and advice about common mental health conditions and dealing with difficult conditions.</p>	<p>MindEd www.minded.org.uk Provides e-learning modules on children and young people's mental health, wellbeing and development to any adult to help identify and support children and young people with mental health issues.</p>	<p>The Mix www.themix.org.uk 1-2-1 chatline and helpline 0808 808 4994 is suitable for 16-25 year olds to help them including with mental health difficulties, sexuality and drugs.</p>
<p>My Mind www.mymind.org.uk Is the CWP CAMHS webpage for those interested in mental health and well-being of children and young people including activities for CYP and</p>	<p>PAPYRUS (Prevention of Young Suicide) www.papyrus-uk.org Helpline 0800 068 4141: Text 07786209697</p>	<p>STEM4 www.stem4.org.uk Targets early identification of teenage Eating Disorders, Addiction, Self-Harm, Anxiety and Depression including downloadable apps.</p>	<p>Young Minds www.youngminds.org.uk Provides information and real-life stories about children and young people's mental health and ways to get help. Young Minds Parent Helpline</p>	<p>Youth2Youth www.youth2youth.co.uk Is a Helpline run by young people for young people 11-19 years who would prefer to speak to another young person in confidence about their worries.</p>

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<p>parents/carers to download.</p>	<p>Email pat@papyrus-uk.org 10am-10pm weekdays 2pm-10pm weekends 2pm-5pm bank holidays for advice and support.</p>		<p>http://youngminds.org.uk/for-parent-helpline Helpline 0808 802 5544 provides information about common mental health and behaviour concerns aged 0-25 years.</p>	
<p>Kooth www.kooth.com Is an on-line counselling service for those aged 11-25 and is free to use, confidential, safe and anonymous way to ask for help.</p>	<p>OCD-UK HTTP://ocdk.org/ Provides resources and information for children and adults who are affected by Obsessive Compulsive Disorder.</p>	<p>Wirral CAMHS Adcote House Kent Street Oxton CH63 6TX Tel: 0151 488 8111</p> <p>CAMHS Duty Worker www.mymind.org.uk Advice Line 0151 488 8453 Mon-Fri 9am-4.30pm</p> <p>Early Intervention Team Tel: 0151 488 7773 Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead Ch42 0LQ</p>	<p>OCD Youth Email: youthhelpline@ocdaction.org</p> <p>Offers confidential services for help, information and support for those under 25 who have – or think they might have – OCD. Operates via instant messaging and email.</p>	<p>OCD Action Wirral Email Louise Stothard lmstothard1@tiscali.co.uk Email Lynne Houghton lynnehoughton@yahoo.co.uk Tel 0151 342 7679 For people with OCD, BDD & Hoarding minimum age 18 although younger people may attend if accompanied by a parent or guardian. The Group meets the second Friday of the month and provides the opportunity to meet others who are truly in the same boat. There is no charge.</p>

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<p>The Silver Line Website: http://thesilverline.org.uk Tel: 0800 470 8090 Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.</p>	<p>Crisis Support For those <i>not</i> currently receiving mental health services Contact GP out of hours 24 hour service (8.00am-8.00am) Tel: 0151 678 8496 For those currently receiving mental health services. Call the Community Mental Health Support Team. Out of hours mental health support. Tel: 0151 482 7639</p>	<p>Rethink Mental Illness Website: http://rethink.org Largest voluntary sector provider of mental health services in England. Nearest group appears to be in Chester. Contact: Zoe Swithenbank Email: chestersupportgroup@rethink.org Tel: (M) 07922 670521 1 The Mount, Boughton, Chester, CH3 5UD Helplines include: Email: advice@rethink.org Tel: 0300 5000 927 Open 9.30am-2.00pm Advice for people with mental health problems, their friends, families and carers. Provide advice to professionals who want to know more about mental illness and how they can support the person they are working with.</p>	<p>Bipolar UK Website: http://bipolaruk.org Tel: 0333 323 3880 Open 9.am-5.pm Monday to Friday Provides advice on how to support a loved one, how to manage your bipolar and links to useful support services.</p>	<p>Samaritans Website: www.samaritans.org.uk Tel: 08457 909090 24 hours a day, 7 days a week. Volunteers who are available to talk to in confidence.</p>
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<p>Combat Stress Website: Combatstress.org.uk Tel: 0800 138 1619 (24 hour helpline) Text: 07537 404 719 Email: helpline@combatstress.org.uk Veterans Mental Health Charity offering residential treatment programmes, therapies and support.</p>	<p>Veterans in Mind Website: gmmh.nhs.uk Greater Manchester Mental Health offers services for military veterans in Cheshire and Merseyside (excl Liverpool) and works with <i>Combat Stress</i>. Email: military.veterans@gmmh.nhs.uk Tel: 0151 908 0019</p>	<p>The National Autistic Society Website: autism.org.uk Helpline: 0808 800 4104 (Mon-Thur 10am-4.00pm: Fri 9am-3.00pm excl Bank Holidays) Email: supportercare@nas.org.uk</p>		
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MOBILE APPS

<p>Coping Strategies Apps</p> <p>Listening Ear-Butterflies App http://listening-ear.co.uk/mobile-app This toolkit helps to support young people who can store memories, thoughts and feelings to remind themselves how to look after themselves in a positive way. It can be used to create lists of people to depend on</p>	<p>Problem Solving Mobile App Http://www.healthy-mindsapp.ca</p>	<p>Self-harm tracking/distraction tips http://stem4.org.uk</p>	<p>Mindfulness Apps https://smilingmind.com.au https://www.headspace.com http://mindful.org/free-mindfulness-apps-worthy-of-your-attention</p>	
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and includes a directory of professional support. http://inhand.org.uk This app allows you to focus yourself in a moment of stress or low mood.				
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PRIVATE THERAPISTS AND PSYCHOLOGISTS

- **British Psychological Society** (www.bps.org.uk) holds a directory of chartered psychologists which can be found under the 'Find a Psychologist' section.
- **British Association for Behavioural and Cognitive Psychotherapies (BABCP)** www.babcp.com holds an official register of all accredited Cognitive Behavioural therapists which can be found under the 'Public – Search for a Therapist' section.
- **British Association for Counselling & Psychotherapy (BACP)** www.bacp.co.uk holds a register of counsellors and psychotherapists which can be found under the 'Information – It's Good to Talk' section.