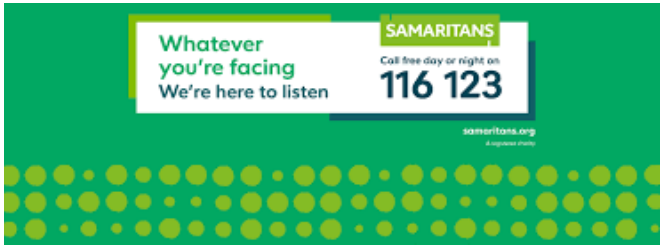
shout 85258
here for you 24/7

PAPYRUS
PREVENTION OF YOUNG SUICIDE
HOPELINEUK
0800 068 41 41

NATIONAL SUICIDE PREVENTION HELPLINE UK
0800 689 5652
Open 6pm to midnight everyday.



The Stein Centre
St Catherine's Hospital
Derby Road
Birkenhead
CH42 0LQ

Phone: 0300 303 3157
Website: www.cwp.nhs.uk

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

CREATED BY WIRRAL ACCESS TEAM
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WIRRAL ACCESS TEAM

Booklet for Wellbeing

Local and National Resources

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

- **Local and National Organisations and Apps to help people find support for their wellbeing.**

Companeros

Compañeros is a safe community space for anyone struggling to cope in a crisis. They offer a calming environment, with experienced staff members on hand to support individuals aged 18+, who are experiencing a mental health crisis A safe space, where people can talk openly, free from judgement or stigma Access to one-to-one crisis support, wellbeing recovery projects, creative arts and essential social/emotional support

Contact Details: 0151 488 8135
enquiries.comp@spiderproject.org.uk

Wirral Change

Wirral Change is a Outreach Service offering information, advice and guidance on jobs, education, training, self-employment, health and wellbeing, as well as signposting to other services for racial minority people on the Wirral.

Contact Details: www.wirralchange.org.uk | info@wirralchange.org.uk | 0151 649 8177

Tomorrow's Women Wirral

Tomorrow's Women Wirral is a small Wirral-based charity that supports vulnerable women to make positive lifestyle changes. Many of the women who attend our centre (over 4200+ referrals up to now and approximately 600 visitors through our doors each week) are dealing with a range of issues including domestic abuse/violence, drug and alcohol misuse, depression and anxiety, mental health issues, learning difficulties, childcare/support issues or other social problems.

Contact Details: www.tomorrowswomen.org.uk/ | admin@tomorrowswomen.org.uk| 0151 647 7907

Wirral Muti Cultural Organisation

To actively support members of the local Ethnic Minority Backgrounds by providing advocacy, social support and activities, assistance to access health and social care services, including advice and education services.

Contact Details 0151 792 5116

SSAFA

What makes SSAFA unique? We understand the unique demands of service life, whether it's on UK soil or overseas. Support is available for people at any stage in their military career; from the youngest recruit to the oldest veteran—no one's service is ever forgotten. We have more than 4,000 trained SSAFA volunteers who provide personalised, face-to-face support to those in their local area. Our trained welfare advisors and volunteers work with each person to find out exactly what they need. Once we've assessed what is required, we'll help the individual or family access the support they need. This may just be someone to listen to them, but, more often than not, we access financial assistance from statutory and military benevolent funds or foundations that we work with.

Contact Details:www.ssafa.org.uk| 0800 260 6767

The Poppy Factory

The Poppy Factory supports veterans with health conditions on their journey into employment, helping them overcome any barriers. Four out of five of the veterans we work with report a mental health condition. Whatever their situation, and whatever they are going through, our employment team is on hand to offer one-to-one support.

Contact Details:https://www.poppyfactory.org/| support@poppyfactory.org | 020 8939 1837

The Veterans' Gateway

The Veterans' Gateway service is the first point of contact for all Tri-Service veterans, and their families. Its expert content covers welfare areas: housing, employment, finances, living independently, mental wellbeing, families and communities, and physical health. Its unique support (both in the UK and abroad) is funded by the Armed Forces Covenant. And supported by charities and organisations and individuals, including the National Health Service (NHS), the Government of the United Kingdom (GOV.UK) and the Ministry of Defence (MOD).

Contact Details:www.veteransgateway.org.uk| 0808 802 1212

The Royal British Legion

The Royal British Legion is at the heart of a national network that supports our Armed Forces community. We're here through thick and thin—ensuring their unique contribution is never forgotten. Our support starts after one day of service and continues through life, long after service is over. From providing expert advice and guidance, to recover and rehabilitation, through to transitioning to civilian life—we can be by their side every step of the way. And it's not just members of the Armed Forces but their families too. **Contact Details: www.britishlegion.org.uk | 0808 802 8080**

Project Nova

Supporting veterans who have been arrested or are at risk of arrest. Operating in five areas of the UK: the East of England, North West, North East, Devon and Cornwall and South Yorkshire and Humberside. Project Nova supports vulnerable veterans and veterans who have been arrested and enter Police Custody. Veterans may also be referred by specialist Police teams, or other statutory organisations, because they are at risk of arrest. **Contact Details:** www.rfea.org.uk/our-programmes-partnerships/project-nova/ | info.nst@projectnova.org.uk | 0800 917 7299

Combat Stress

We are Combat Stress, the UK's leading charity for veterans' mental health. For over a century, we've helped former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression. Today we provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues. Our 24 -hour Helpline is available to all veterans and their families for confidential mental health advice and support. We also have a range of online self-guided resources, to help veterans with a variety of mental health difficulties including: PTSD, depression, anxiety, anger and alcohol/substance misuse. Number: 0800 138 1619 **Contact Details:www.**combatstress.org.uk |

Open Door

Open Door is primarily a collection of young adults driven by the desire to create an organisation that is designed by young people, for young people. One that really understands and reflects the perspective of being a young person in these modern times. Working from a position of knowledge, compassion and trust. Along with a deep understanding of the lived experience of poor mental health and the skills, knowledge and interventions needed to change it right now. **Contact Details: www.opendoorcharity.com/about/ | info@opendoorcharity.com | 0151 639 4545**

We Are Citizens Advice - the people's champion. We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. We are here to help everyone who needs it with practical advice you can really trust. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free. **www.citizensadvice.org.uk 0800 144**

Men Talk

Men Talk is a space for all men to come together to talk and to listen. Peer to peer talking support group for men, a place for any man over the age of 18 to drop in, connect with others and get things off his chest. He can vocalise his thoughts and talk about anything he needs to without fear of judgement or opinion.

Contact Detail -www.facebook.com/groups/MENTalkUK

Ahead Of The Game

Ahead Of The Game Foundation is a registered cancer charity that provides fully funded physical, mental and emotional support to those with a confirmed diagnosis of cancer.

Website: www.aheadofthegamefoundation.com

Paul Lavelle Foundation

Therapeutic support to males who feel they are experiencing or have experienced domestic abuse. We also operate a Drop-In service in our Community Hub each Thursday 4pm to 8pm for males who are experiencing domestic abuse, or who have left an abusive relationship.

Support Line: 0151 651 3777 Website: www.paullavellefoundation.co.uk

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Cruse Bereavement Support

Cruse in Wirral offers 1-1 support and bereavement support groups to adults aged 18 and over. Each of our branches offers a unique mix of support services that is tailored to their local area.

Contact Details: www.cruse.org.uk

Phone: 0151 645 6604

Email: wirralarea@cruse.org.uk

MCTC

Mersey Counselling and Therapy Centre (MCTC) is a Charity which provides counselling and support to people all over the North West. Our offer to heal extends across a range of counselling including support for individuals experiencing stress, anxiety/depression, bereavement, addiction, abuse, self-harm, suicidal thoughts and feelings and many more services. MCTC's purpose is to help those in need irrespective of their ability to pay. We focus on need and helping individuals regain their inner strength to cope moving forward.

Website: www.mctcwirral.org.uk

AMPARO

Amparo means 'shelter' or 'safe-haven' in Spanish and provides support for anyone affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. **Telephone: 0330 088 9255 Website: www.amparo.org.uk**

MoodKit

MoodKit was developed by two clinical psychologists and is based on the principles and techniques used in cognitive behavioral therapy (CBT). It offers over 200 activities designed to boost your mood and help change negative thinking.

Better Stop Suicide

The Better Stop Suicide app is designed with psychological techniques to help people who are having suicidal thoughts by encouraging their minds to slow, calm down, and think rationally.

Beating The Blues

Beating the Blues is an online Cognitive Behavioural Therapy (CBT) program for individuals with mild to moderate depression and anxiety. This online CBT course enables users to work through modules to learn about and apply the principles of CBT at a time and place to suit each individual.

Suicide Safety Plan

Suicidal thoughts can seem like they will last forever – but these thoughts and feelings pass with time. This app is designed to support those deal with suicidal thoughts and help prevent suicide.

The Hub of Hope

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Calm

Find Your Calm: Our goal is to help you improve your health and happiness.

Qwell

Qwell.io is commissioned by NHS, Local Authorities and Charities to improve the mental health of entire populations of specific cohorts. Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. They can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors.

Bearable

Use Bearable to track anything and discover how it affects your health. Mood and symptom tracker.

Blue Cross

Grieving for the loss of a pet, whether through death, parting or enforced separation can be a sad and difficult experience. Volunteers respond to calls and emails on the support line every day. All have experienced the loss of a pet and have completed a training course. They offer a "listening ear" and give time, patience and encouragement to pet owners as they work through their loss. **Phone: 0800 096 6606 Email: plsmail@bluecross.org.uk Website: www.bluecross.org.uk**

OCD Action

We provide support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and front-line healthcare workers, and strive to secure a better deal for people with OCD. **Helpline: 0300 636 5478 Website: www.ocdaction.org.uk**

MEN TOO

Men Too is a charity offering free support for a wide range of issues regarding men's mental health and wellbeing. We are a community-based service provider that supports Men with complex needs who may be isolated, victimised, discriminated against, have low self-esteem, and lack hope. **Website: www.mentoomerseyside.org Telephone: 0151 653 3771**

Wirral Mind

Wirral Mind is a local, independent mental health charity. We provide services to adults in our local community with mental health problems and learning disabilities. Our aim is to normalise the conversation around mental health, tackle stigma and discrimination, promote understanding and support our community to live mentally healthier lives. **Contact Details:https:// wirralmind.org.uk | learning@wirralmind.org.uk| 0151 512 2200**

The Lullaby Trust

The Lullaby Trust raises awareness of Sudden Infant Death Syndrome (SIDS) provides expert advice on safer sleep for babies and offers emotional support for bereaved families. We offer safer sleep for babies, and support for families.
Phone: 0808 802 6869

Website: www.lullabytrust.org.uk

Email: info@lullabytrust.org.uk

Koala

Koala North West believes that every parent should have the support they need in order to give their children the best start in life. Our comprehensive range of services aim to work in partnership with parents by supporting and encouraging them through the difficulties of family life. **Phone: 0151 6088288 Website: www.koalanw.co.uk**

Sands

Sands is a UK charity that works across the country to support anyone affected by the death of a baby; improve the care bereaved parents receive from health care and other professionals; and reduce the number of babies who do die by funding research and working closely with other organisations to create a world where fewer babies die.
Phone: 0808 164 3332
Email: wirral@sands.org.uk

PANDAS

We are here, whatever the weather, to offer hope, empathy and support for every parent or network affected by perinatal mental illness. PaNDAS is a community offering peer-to-peer support for you, your family and your network.

Phone: Free Helpline 0808 1961 776

Website: www.pandasfoundation.org.uk

Sleepio

Sleepio is a 6 week online program designed by sleep experts and based on cognitive and behavioral techniques.

Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 1,300,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support.

Kooth

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People.

MoodMission

MoodMission is an evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping.

Todoist

Organise your work and life, finally.
Become focused, organized, and calm with Todoist.

Clear Fear

About Clear Fear, the fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

MindShift CBT

MindShift® CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. A new feature, the Community forum, now enables you to find and offer peer-to

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Smiling Mind

Practice your daily meditation and mindfulness exercises from any device.
Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

Move Mood

About Move Mood, low mood and depression weigh you down. Instead, engage, initiate and activate. Build your power to lift this weight.

Student Space

Student Space is here to make it easier for you to find the support that you need. However, you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the uncertainty of student life.

Website: www.studentspace.org.uk

Sole Survivor—PTSD Support

At Sole Survivor, we are here to help you through your PTSD journey and offer support in any way we can. "Our mission is to offer a safe, professional and effective peer support service for people who are having trouble accessing mainstream trauma therapy—or have not achieved the recovery they desire through traditional approaches.

Website: www.ptsdsupport.co.uk

Huntington's Disease Association

We're here to help people living with Huntington's disease to live a better life. We improve care and support services for people with Huntington's disease, educate families and professionals, and champion people's rights.
Website: www.hda.org.uk Helpline: 0151 331 5444

James' Place

We help men in suicidal crisis fin hope for the future. We offer free, life—saving treatment to suicidal men in London, the North West and the North West. We provide a safe, friendly, therapeutic environment in which men are cared for and respected.

Phone: 0151 3035757

Website: www.jamesplace.org.uk

Autism Together

We host regular autism-related events and training opportunities for families, individuals and employers.
These range from our regular Introduction To Autism and Behaviour workshops, to our monthly coffee mornings where families can get advice and support whilst socialising with other parents and carers.

Website: www.autismtogether.co.uk

Everyturn Mental Health

Our services offer a range of free NHS talking therapies, advice, information and support. Talking therapies can help you to understand and work through your difficult feelings and develop strategies for coping better. The best therapy will depend on your particular situation.

Contact Number: 0151 649 1859

Website: www.everyturn.org/talking-therapies/self-refer/

Space 2B You

We offer multi-disciplinary psychological services to people of all ages living or working with mental health, autistic spectrum, attention deficit, and hyperactivity difficulties.
Assessments, Therapy (individual and family)
Group support/training.

Contact Details: www.space2byou.co.uk

| 020 3048 3331

SWITCHBOARD LGBTQIA + SUPPORT LINE

We are Switchboard, the LGBT+ Helpline. We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. **Phone: 0800 0119 100**
Email: hello@switchboard.lgbt

Wirral Military Community Services

Community based drop-in centre for armed forces veterans and their families. We offer a sign posting service with direct access to various support agencies. We also offer an open-door policy for anybody just looking for a brew and a chat.
Contact Details:**https://www.facebook.com/pg/WirralMCS/about/?ref=page_internal | wirralmcs@outlook.com | 07514113813**

The Life Tree

The Life Tree have a passion to provide practical and emotional support for anyone who needs it, and we will do so with love and compassion, from our family to yours. We are working in partnership with Quirky Cafe (Hoylake) to provide cooked meals, packed lunches, snacks and support packs (store cupboard food/toiletries/baby stuff etc) to those who are struggling or just need a bit of a helping hand.
Contact Details:https://www.facebook.com/TheLifeTreeCIC

Involve Northwest

We're passionate, we're driven, we're dynamic and we're there for you. We are Involve Northwest. Whether your focus is on returning to workplace, on seeking advice and guidance for your family or making positive steps to change your life, Involve Northwest can help.

Contact Details:https://www.involvenorthwest.org.uk | 0151 644 4500

PAPYRUS

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people (under 35).
Contact Details:https://www.papyrus-uk.org/ | northwest@papyrus-uk.org
| 0800 068 4141/01925 388 428

Comics Youth

We offer a range of creative services designed to support and amplify the often diminished voices of marginalised young people aged 8 - 25. From zine creation and comic book reading workshops to youth-led publishing hubs and AQA Unit Award Scheme programmes, we believe young people deserve to have their voices discovered, distributed, and elevated.
Contact Details: www.comicsyouth.co.uk/

Sahir House

Sahir House is Merseyside's HIV Centre, providing support, prevention, testing, information and training. Services include: Counselling & psychotherapy HIV asylum support Outreach Peer support & well being activities Health promotion Training service Campaigning & fundraising Volunteering opportunities. **Number: 0151 237 3989 Contact Details: www.sahir.org.uk**

RASA

RASA is here for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. We offer a range of support services for those impacted by sexual violence including counselling, ISVA (Independent Sexual Violence Advisor) Service, course for parents and carers, psychoeducation, clinical hypnotherapy, single session therapy, group work and helpline support.
Contact Details: www.rasamerseyside.org/ | helpline@rasamerseyside.org | 0151 666

The Hive

Let's Work It Out Support group for 13-19 years (up to 25 with additional needs) who are LGBTQ+ and/ or questioning their sexuality and gender. The group itself is confidential, if you wish to attend please contact us on the email address below to arrange an induction.
Contact Details: www.thehiveyouthzone.org/ | 0151 705 8000

WEB

WEB is a community-based service provider that supports women and girls and men and boys with complex needs who may be isolated, victimised, discriminated against, have low self-esteem and lack hope; a significant number of these being as a result of crimes such as domestic/societal violence, abuse, bullying, hate crime and other criminal activity. We aim to provide a high-quality service to such women men and children which: Provides time, space and flexible support to help them regain confidence and self-esteem Opportunities to explore personal choices to support their personal growth. Promote opportunities for personal growth and skills development to enable them to get more from life.
Contact Details: www.webmerseyside.org | info@webmerseyside.org | 0151 653 3771

Gamblers Anonymous—Birkenhead

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same. This site offers various aids for the compulsive gambler including a forum, a chat room, literature and most importantly a meeting finder.

Website: www.gamblersanonymous.org.uk

The Whitechapel Centre

To prevent and resolve homelessness, social exclusion and housing poverty by providing practical, realistic, tailored support so that each person can find a route out of homelessness, maintain a home and achieve their individual potential. To be an excellent, high profile independent local charity working in partnership to see an end to homelessness, social exclusion and housing poverty in our communities.

Contact Details: www.whitechapelcentre.co.uk | info@whitechapelcentre.co.uk | 0151 207 7617

Wirral Ways To Recovery

Wirral Ways to Recovery is a free and confidential drug and alcohol service for adults (including offenders), young adults, families, carers and affected others in Wirral. CGL leads the Wirral Ways to Recovery partnership. We provide a range of treatment, recovery and support services for those who have concerns about their drug or alcohol use. Contact Details: **www.changegrowlive.org/content/wirral-ways-recovery | wirral.services@cgl.org.uk | 0151 556 1335 | 84 Market Street, Birkenhead, CH41 6HB**

NARCOTICS ANONYMOUS

If using drugs is causing problems in your life NA can help. NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle.

Website: www.ukna.org

COCAINE ANONYMOUS

Cocaine Anonymous is for men and women who share their experience, strength and hope so that they may solve their common problem and help others to recover from their addiction.

Phone: 0800 612 0225

Website: www.cocaineanonymous.org.uk

DRUG TALK:

Accessible drug and alcohol information for people from ethnic backgrounds living in Wirral.

Information available in over 100 languages.

Website: www.drugtalk.co.uk

Hoarders Helping Hoarders

We are a network of peer groups based in Merseyside, Manchester, Lancashire and Cheshire.

Wirral Group Contact:
bringinghoarderstogether@gmail.com
Number: 07921814374

Beacon Counselling Trust

At Beacon Counselling Trust, we offer support for people in the North West who are suffering from gambling-related harms, whether the gambler themselves or anyone affected by another person's gambling.

Website:
www.beaconcounsellingtrust.co.uk

Pauls Place

Pauls place offers support for people in the Merseyside area who have been bereaved by suicide.

The Lighthouse Centre

The Lighthouse Centre Wirral is a safe, warm and friendly space for women and children who have or are experiencing domestic abuse. We provide a drop in service Monday to Friday 10am until 3pm where we offer independent advocacy, risk assessment and safety planning.

Address: The Lighthouse Centre, The Community Village, New Chester Road, Rock Ferry, Wirral, CH42 1LE
Telephone: 0151 644 4839

Family Safety Unit

Wirral Family Safety Unit (FSU) is a team of Independent Domestic Violence Advocates (IDVA's). The FSU provides independent and impartial advice to any high risk victim / survivor of domestic abuse. We provide support to victims and their families who are experiencing domestic abuse. We also provide support for people experiencing or at risk from harmful practices; honour-based abuse and forced marriage.

For further information please contact the Family Safety Unit on 0151 666 4914.

#ITSNEVEROK

#ItsNeverOk offers a one-stop view of services across Wirral for domestic abuse support. It is open to anyone who may be experiencing or think they are experiencing domestic abuse, professionals supporting someone through domestic abuse, and if you are worried about a family member of friend **Website: www.itsneverokwirral.org**

REFUGE

Need help now?

Contact us free, 24/7 on **0808 2000 247**

Wirral Women and Children's Aid

We run a bright, friendly refuge for women and their children who need a place of safety. The refuge is a safe, comfortable home.

Phone: 0151 643 9766 Website: www.wwaca.org

The Positivitree

The Positivitree is a Wirral based social enterprise that works with families who have children with disabilities, special educational, medical or mental health needs. We work to enable parents and carers to look after their personal health and wellbeing, which in turn enables easier access to services that support their child's needs.

Website: thepositivitree.com

Phone: 0151 458 8033

Flourish Wellbeing Hub

Flourish Wellbeing Hub is the first Social Prescribing Hub in the Wirral. These partners are working collaboratively to provide access to a variety of services in an NHS setting that has been transformed to look anything but clinical.

Timetable available on website.
Website: www.flourishwellbeinghub.org

Tom Harrison House

Tom Harrison House is an addiction recovery centre for ex-forces personnel. We support veterans from across the UK and from all three services – The Army, Royal Navy and Royal Air Force – as well as reservists, still-serving soldiers, and those in the emergency service. We also offer support to the family members of those who access our programme.

Website: www.tomharrisonhouse.org.uk

CMAGIC

A new, free counselling service has been launched in Wirral for trans, non-binary and intersex residents. This is a vital service and can be accessed by a self-referral.

Website: www.cmagic.org.uk

Alzheimer's Society

No matter what type of dementia you have, we're here for you. Alzheimer's Society offers a range of support services. From a listening ear on the phone to a visit in person and opportunities to connect with others. We'll be there for you again and again and again, no matter what. If you need dementia support, we're here for you.

Get personalised information, support and advice by calling the Dementia Support line on 0333 150 3456 or www.alzheimers.org.uk

Wirral Age UK

Age UK Wirral exists to promote the wellbeing of older people on the Wirral, helping to make later life a fulfilling and enjoyable experience.

Telephone: 0151 482 3456
Email: enquiries@ageukwirral.org.uk

Family Tree Wirral

At Family Tree Wirral we aim to support carers and families by providing the knowledge they need to be able to cope better with caring for someone with a mental illness, particularly where symptoms are more complex.
Contact Details: | 0151 488 8159

Wired

The Wirral Carers Health and Wellbeing Service provides free support to adult Carers (including Parent Carers and Young Adult Carers in transition), the service focuses on identifying unpaid Carers and supporting them to access services to assist them in their caring roll and to help them to maintain and improve their health and wellbeing.
Contact Details: 0151 670 0777

Website: www.wired.me.uk

The Martin Gallier Project

The Martin Gallier Project is fiercely dedicated to preventing suicides, breaking down stigmas and supporting families, including those bereaved by suicide, in the North West.
Contact Details: www.gallierhouse.co.uk| admin@gallierhouse.co.uk| 0151 644 0294

Asto

Asto's founder, Steve Turnock, has previously suffered from severe OCD and is aware of how life-changing the right support can be. Asto is a UK charity that was established in 2020 for the sole purpose of providing treatment based on what works for individuals suffering from OCD.

Website: www.astoclinics.com

The Brink

The Brink is a revolutionary venue that's so much more than your usual café bar. They've taken alcohol out of the mix to provide a truly welcoming, creative and intelligent space where people from all backgrounds and walks of life can dine, hang out, socialise and relax. The Brink is a recovery social enterprise, which means that all our profits go directly back into the community to fund support for those who have suffered through alcoholism and addiction.
Contact Details: www.thebrink.org.uk

SAFE Place Merseyside

At SAFE Place Merseyside we offer forensic medical examination services for both males and females who have been sexually assaulted. The crisis worker is there for you. They are the first person you will meet, and they understand that you have been through a major trauma and personal crisis. Your crisis worker is trained to listen to any worries you may have and answer any questions. They will give you time to absorb and reflect on the information you are being given. Our team of crisis workers also offer a 24 hour telephone support service you can ring them at any time.
Contact Details:
www.safeplacemerseyside.org.uk | 0151 295