

Outside agencies providing Counselling

Students can **contact their GP** to be referred to external counselling agencies.
There are also the following local services that students can contact and refer themselves to:

Liverpool

Compass – <https://www.compasscounselling.org.uk/> 18+ – 0151 237 3993

Young Persons Advisory Service (YPAS) <http://www.ypas.org.uk/> 16yrs – 25yrs – 0151 707 1025

Talk Liverpool – <https://www.talkliverpool.nhs.uk/> 16+ online referral from website or GP referral

MYA Counselling Service- <http://www.mya.org.uk/event/okuk/> Up to age 25- 0151 702 0700 or counselling@mya.org.uk

Knowsley

IAPT Knowsley – <http://www.nwbh.nhs.uk/iapt-knowsley> 16+ online referral from website

Sefton

Access Sefton Talking Therapies – <https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/access-sefton/> 16+ and registered with a Sefton* GP – online referral from website, 0300 303 2708 or GP referral

Wirral:

Inclusion Matters – <http://inclusion-matters-wirral.org.uk/> 16+ - online or GP referral.

Response – <https://www.teenwirral.com/mental-health> 13-19s – email response@wirral.gov.uk or call 0151 666 4123

The Open Door- <http://theopendoorcentre.org/> Age 15- 30. 0151 639 4545 or info@theopendoorcentre.org

Bereavement (also families and young people at time of death/dying, divorce/separation, incarceration)

Liverpool Bereavement Service www.liverpoolbereavement.com 1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF. Tel 0151 2363932 email: enquiries@liverpoolbereavement.co.uk- for adults (16+)

***Oakleaf**- same address and telephone number as above, email: oakleaf@liverpoolbereavement.co.uk, for age 4-19

Victims of Road Collision

Aftermath Support www.aftermathsupport.org.uk Aftermath Support, c/o Bromborough Police Station, Bromborough Village Road, Bromborough, Wirral, CH62 7JG supporting anyone injured, families/ carers of injured, bereaved friends and family, drivers, witnesses. Contact 0845 634 4273 or 0151 777 2562. Email: support@aftermathsupport.org.uk

Childhood Cancer

CHICS <https://www.chicsonline.org/> Supporting children, parents, relatives and friends of children and young people with cancer. Wirral Group- 0151 632 6150; Liverpool Group- 0151 523 8886.

Online and external support for students

Kooth – Counselling support for students and access to counselling support before 10pm. Under 25's only

www.Kooth.com

Big White wall – Counselling specifically for City of Liverpool college students – Any age

www.bigwhitewall.com

Outside agencies providing Mental Health Crisis Support

For 16-17 year olds who can not access the 18+ services, they need to get an **emergency appointment with their GP**, or **present themselves to A&E**.

James' Place <https://www.jamesplace.org.uk/> Males only, age 18+. Offering psycho-social intervention to men experiencing a suicidal crisis. 0151 303 5757
admin@jamesplace.org.uk, James' Place, 50 Catherine Street, Liverpool, L8 7NG

Liverpool Light- Age 18+ <https://liverpool-light.org.uk/online-referral/> Out of hours mental health crisis service, 6pm-12am, 7 days a week. 181-185 London Road, Liverpool, L3 8JG.

CALM- Male only suicide prevention helpline 0800 585 858

Samaritans- Suicide Helpline 0151 708 8888 (24 hours)

SANE SANEline 0300 304 7000. A national out-of-hours mental health helpline for anyone affected by mental illness, including family, friends and carers. Open 4:30pm- 10:30pm.

MIND- Mental Health Support- 0151 259 3247.

Papyrus- Young people suicide prevention- Hopeline 0800 068 4141, Text: 07786209697, Email: pat@papyrus-uk.org

Muslim Youth Helpline- 0808 8082008, open 4pm-10pm, 365 days a year.