

## Support over the Holiday Period:

**23rd Dec 2023 - 8th Jan 2024**

### Mental Health Support

If you need **urgent** mental health support:

- Call the Mersey Care Crisis Line on **0800 145 6570** (for over 18s)
- Call CAMHS Crisis Line on **0808 196 3550** (for under 18s)

If you need mental health support, it may be helpful for you to speak to your GP or to visit your local hospital's Accident and Emergency (A&E) department. You can also access:

**Samaritans:** judgement-free listening support for people who are struggling to cope. Call **116 123** or visit [www.samaritans.org](http://www.samaritans.org) (available 24/7).

**Papyrus:** suicide prevention support for anyone under 35. Call **0800 068 4141** or visit [www.papyrus-uk.org](http://www.papyrus-uk.org) (available 24/7).

**Kooth:** online mental wellbeing service for young people aged 10-25. Visit [www.kooth.com](http://www.kooth.com)

**Qwell:** online mental wellbeing service for people aged 18+. Visit [www.qwell.io](http://www.qwell.io)

### Welfare Support

**If you are in immediate danger, you should call 999 or 101.**

To learn more about the support available in your local area, visit the Hub of Hope [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

**The Whitechapel Centre:** provides a safe space to sleep for people who are homeless. Call **0300 123 2041** (available 24/7).

**Housing Options:** housing support for people who are homeless. Call **0151 233 3044** (Monday-Friday, 9am-5pm) or call **0800 731 6844** (out of hours).

**North Liverpool Foodbank:** free food parcels for those in need. Call **0151 226 3406** or email [foodbank@standrewslive.org.uk](mailto:foodbank@standrewslive.org.uk)

**SAFE Place Merseyside:** medical support for people who have been sexually assaulted. Call **0151 295 3550** (available 24/7) or visit [www.safeplacemerseyside.org.uk](http://www.safeplacemerseyside.org.uk)

**RASA Merseyside:** sexual violence services in Liverpool. Call **0151 558 1801** or visit [www.rasamerseyside.org](http://www.rasamerseyside.org)

**Refuge:** support for people experiencing abuse. Call **0808 2000 247** (available 24/7) or visit [www.nationaldahelpline.org.uk/en](http://www.nationaldahelpline.org.uk/en)

**Children's Social Care:** if you need support with day-to-day living, call **0151 233 3700**.

**Adult's Social Care:** if you need support with day-to-day living, call **0151 233 3800**.

**The Mix:** free and confidential support and advice for 13 to 25-year-olds about anything from money worries to relationships. Call **0808 808 4994** (Monday-Friday, 4pm-11pm) or visit [www.themix.org.uk](http://www.themix.org.uk)