

## Signposting: Services Supporting Mental Health and Well Being.

### Emergency Contact Numbers:

Organisation	Description	Contact Information
<b>A&amp;E</b>	If you feel there are immediate concerns for your safety use your local A & E at a local hospital, there are mental health workers who are available for assessments within A & E, if you feel risk of safety is definite, please use the police/emergency services - 999.	Address: Whiston Hospital, Warrington Rd, Rainhill, Prescot L35 5DR  Phone: 999
<b>Emergency Duty Team</b>	If you require support/guidance you can contact out of hours social care team.	03450500148
Papyrus HOPELINEUK	If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus.	0800 068 4141  (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm).  Email pat@papyrus-uk.org Or text 07786 209 697. *Responses from email and text are not immediate.
Samaritans	To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year.  Samaritans are a useful helpline for anyone to assess, with this is for a young person or parent. They do not offer advice but an opportunity for an individual to have someone listen to them.	Call: 116 123 (free from any phone).  Email: jo@samaritans.org Visit some branches in person.  You can also call the Welsh Language Line on 0300 123 3011 (7pm-11pm every day).

## NHS Recommended Helplines and Websites:

Organisation	Description	Contact Information
Childline	Support for children and young people in the UK, including a free 24-hour helpline.	0800 1111 childline.org.uk
SANEline	If you're experiencing a mental health problem or supporting someone else, you can call SANEline.	0300 304 7000 (4.30pm–10.30pm every day).
The Mix	If you're under 25, you can call The Mix or request support by email using the form on The Mix website or use their crisis text messenger service.	0808 808 4994 (Sunday-Friday 2pm–11pm) <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
YoungMinds	Provides support and advice to parents and carers worried about the emotional wellbeing or behaviour of a young person in their care with confidential expert advice.	<a href="http://youngminds.org.uk">youngminds.org.uk</a> Parents Helpline – call 0808 802 5544
Anxiety UK	Support for anxiety.	Infoline: 03444 775 774 Mon-Fri 9:30am - 5.30pm Weekend between 10am -8pm (During the coronavirus pandemic to provide a weekend service) Text Service: 07537 416 905
NHS Recommended Mental Health Helplines		<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>
NHS Create Your own Wellbeing Plan		<a href="https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&amp;WT.mc_id=Brand&amp;gclid=EAlaIQobChMI86bYjL216AIVV-DtCh1mgw4GEAAYASAAEgJmXfD_BwE">https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&amp;WT.mc_id=Brand&amp;gclid=EAlaIQobChMI86bYjL216AIVV-DtCh1mgw4GEAAYASAAEgJmXfD_BwE</a>

## Apps:

Organisation	Description	Contact Information
Action for Happiness	Helps people take action for a happier and more caring world.	
Calm Harm	This app is around self-harm minimisation and strategies	
Stay Alive	Suicide prevention app.	
STOPP	An app to help to stop the vicious cycles of anxiety and depression and other unhelpful behaviours. Based on CBT (Cognitive Behavioural Therapy).	<p><a href="https://www.getselfhelp.co.uk//anxiety.htm">https://www.getselfhelp.co.uk//anxiety.htm</a></p> <p><a href="https://www.getselfhelp.co.uk//relax.htm">https://www.getselfhelp.co.uk//relax.htm</a></p> <p><a href="https://www.getselfhelp.co.uk//sleep.htm">https://www.getselfhelp.co.uk//sleep.htm</a></p> <p><a href="https://www.getselfhelp.co.uk//stopp.htm">https://www.getselfhelp.co.uk//stopp.htm</a></p> <p>– this is also available on an APP</p>

