

Advice and services for Mental Health – Local and National

This information sheet is designed to be a quick, go to tool for referring people to appropriate services to help with their mental health.

Mental Health Crisis Numbers - Local

These helplines are now the first port of call for mental health help – operated by people in your local area who will know how best to support those in need. Open 24 hours a day, seven-days a week, they are available to people of all ages including children and young people who require urgent mental health support.

Cheshire & Wirral Partnership

For Cheshire East, Cheshire West and Wirral residents

Call 0300 303 3972 - Adults, Children and Young people

Mersey Care Mental Health Trust

For Liverpool, Sefton and Kirkby residents

Call 0151 330 7332 - Adults

Alder Hey Crisis Care Team

For Liverpool and Sefton residents

Call 0151 293 3577 - Children & Young People in

North West Boroughs Healthcare Trust

For Warrington, St Helens, Halton and Knowsley residents

Call 01925 275309 – Adults, Children and Young people

Mental Health Crisis Numbers – National

Samaritans

A safe place to talk 24 hours a day about whatever is troubling you

Call 116 123

Papyrus

For Children and Young people under 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.

Call 0800 068 41 41

Our Frontline - National mental health line for health, emergency services, social care and key workers. Offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. Phone line open between 07:00 and 23:00 every day. Text service available 24/7.

Call **0300 131 7000** or staff can text **FRONTLINE** to **85258**.

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

Mental Health Web resources

Kind to your Mind website

Web page linking to Alma portal for free online therapy courses and list of expert approved apps for health and wellbeing, as well as links to the PHE Every Mind Matters campaign and local services – brought to you by the NHS and local councils in Cheshire & Merseyside.

www.kindtoyourmind.org