



## Mental Health Support in the Community



### Mental Health Support for parents and carers

**Whisc** – The Women’s Health Information and Support Centre. They support women who are living with anxiety, depression stress-related illness and those who are feeling isolated or simply in need of a listening ear. Women can join free workshops, classes and training courses at their warm and welcoming city-based centre.

<https://whisc.org.uk/>

**Compass Counselling Services** – Offers a range of counselling services to support adults in the community with their mental health needs.

<https://compasscounselling.org.uk/>

**Talk Liverpool** – Talk Liverpool offers a range of services to adults needing support with depression and anxiety including online CBT and counselling.

<https://www.talkliverpool.nhs.uk/>

**Central Liverpool Primary Care Network** – Central Liverpool Primary Care Network is a group of nine GP practices, working with others, with the aim of improving health and wellbeing and addressing health inequalities in central Liverpool.

[www.clpcn.co.uk](http://www.clpcn.co.uk)

**James’ Place** - A local charity for men feeling suicidal and needing urgent support.

<https://www.jamesplace.org.uk/>

**Liverpool Light out of hours** – 6pm-1am – 181-185 London Road

The Liverpool Light is an out-of-hours mental health crisis service, open from 6pm – 1am, 7 days a week. It has been set up to provide a safe place for people experiencing a mental health crisis to come and begin their recovery.

<https://www.liverpool-light.org.uk/about/>

**With You** - Get free, confidential support with alcohol, drugs or mental health from one of our local services or online.

<https://www.wearewithyou.org.uk/>

**PSS** - We're a social enterprise that supports people to live happy, healthy and hopeful lives, whether they're:

- adults who have learning or physical disabilities, challenges with their mental health or difficulties as they're getting older;
- people in and around the criminal justice system; or
- families who've been through unsteady times.

No-matter who you are or where your life has taken you, we'll listen, understand and find a way to help you reach your goals.

<https://psspeople.com/>

### Mersey Care

<https://www.merseycare.nhs.uk> › urgent-help

Urgent mental health support · Freephone telephone support

If you need urgent mental health support, please call our 24/7 freephone crisis line on: **0800 051 1508**

**New Beginnings, Improving Lives** - Men's mental health boxing and peer support group

<https://www.nbil-community.org/>

## **Liverpool Bereavement Service**

Liverpool Bereavement Service has been supporting people experiencing bereavement and loss since 1998. We are a dedicated bereavement service for children and adults across the Liverpool City Region.

<https://liverpoolbereavement.com/>

## **Mary Seacole House**

The BAMER Family Service is a support service that provides emotional and practical assistance to local BAMER families who are experiencing mental health problems.

<https://www.maryseacolehouse.com/>

## **Kinship Carers Liverpool**

Kinship Carers Liverpool offers a number of different services for carers from all walks of life. From someone to talk, to help and advice, direction to helpful and relevant services, links to other kinship families, all the way through to our free activities programme for kin families.

<https://kinshipcarersliverpool.co.uk/>

## **Adult Mental Health - Liverpool CAMHS**

Tel: 0151 228 2300 8.00am to 6.00pm by phone Monday to Friday

24/7 online via [talkliverpool.nhs.uk](https://talkliverpool.nhs.uk)

## Sean's Place

Men's mental health based in Sefton, we provide practical proactive support to improve mental health and wellbeing to men across Liverpool.

<https://seansplace.org.uk>

211 Linacre Lane

0151- 922-5444

[Wellbeing Centres | PSS](#) 0151 702 5555

Eleanor Rathbone House

Connect Business Village

24 Derby Road

Liverpool

L5 9PR

[info@pss.org.uk](mailto:info@pss.org.uk)

Crisis

96 Kent Street

Liverpool

L1 5BD

Contact us:

T:0151 218 7000

E:[merseyside@crisis.org.uk](mailto:merseyside@crisis.org.uk)

Opening hours

Monday - Friday 8:30am-5pm.

## Mind Mental Health Charity

We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.

If you need non-urgent information about mental health support and services that may be available to you:

<https://www.mind.org.uk/>

Please call our Infoline on 0300 123 3393

Email [info@mind.org.uk](mailto:info@mind.org.uk)



## Children's Mental Health Services in Liverpool



**CAMHS:** Child and Adolescent Mental Health Services are an NHS provided service that run in each borough or via borough partnerships. Their websites can provide useful resources as well as contact information.

Email: [mentalhealthpromotion@mya.org.uk](mailto:mentalhealthpromotion@mya.org.uk)

Tel: 0151 702 0700

**Fresh CAMHS:** Alder Hey CAMHS is part of the wider Liverpool CAMHS Partnership covering Liverpool and Sefton. They offer specialist services to support children and young people in Liverpool and Sefton, up to the age of 18, who are experiencing mental health difficulties as well as providing support to their families or carers. Their website has some useful material for young people to use such as self-help and quizzes. -<http://www.freshcamhs.org>

FRESH CAMHS is based at the FRESH Building on the old Alder Hey hospital site. We are open Monday to Friday, 8am to 5pm.

Tel - 0151 293 3662.

You can also email us at [camhs.referrals@alderhey.nhs.uk](mailto:camhs.referrals@alderhey.nhs.uk)

**Liverpool CAMHS Partnership:** A service covering Liverpool and Sefton promoting the mental health, emotional wellbeing of all children, young people and their families/carers. As well as providing counselling via community providers (information and contact details provided), their website has useful resources, including videos, on many aspects of mental health.

<https://www.liverpoolcamhs.com>

**Life Rooms:** The Life Rooms is a concept developed by Mersey Care NHS Foundation Trust, designed to provide enhanced support for the mental health and wellbeing of service users, carers, their families and the local community. Anyone can access Life Rooms which can currently be found in Walton and Southport.

<https://liferooms.uk>

**Live Well Directory:** A directory covering Knowsley, Liverpool and Sefton which lists physical and mental health and care services. The Directory is searchable via specific services, e.g. 'youth counselling' and then through postcode. –

<https://www.thelivewelldirectory.com>

**Mental Health Foundation:** A charity with a mission to help people to thrive through understanding, protecting and sustaining their mental health. Their website contains lots of information about all different aspects of mental health and research around particular topics. There is also a directory of national sources of help.

<https://www.mentalhealth.org.uk>

**Mind map:** A Liverpool ONE Foundation funded website designed to help young people navigate their mental health journey. Read magazine content with artistic and sporting talent, browse therapeutic resources, or utilise their 'find help' section to locate the free mental health services available in your area. –

<https://themindmap.co.uk/>

**NHS:** The NHS provides information on how to access their mental health services, a directory of support services, and have a quiz for young people to signpost them to relevant resources.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>

**On My Mind:** A resource aimed to help young people make empowered choices about their mental health and wellbeing. The webpages have been co-produced by young people and include a help directory, what to expect when receiving help, a jargon buster and ideas for self-care.

<https://www.annafreud.org/on-my-mind/>

**Talk Liverpool:** A free NHS service to people 16+ in Liverpool who are feeling depressed or anxious. The website also offers to downloadable self-help guides and a section on who to contact for urgent help.

<https://www.talkliverpool.nhs.uk>

**Young Minds:** A national charity fighting for a future where all young minds are supported and empowered whatever the challenges. The website includes a crisis message service for free 24/7 support, details for Childlike and a parents support section including a helpline number.

<https://youngminds.org.uk>

[Young Minds](https://youngminds.org.uk) offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

- call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm, Monday to Friday
- email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk) and Young Minds will respond to your query within 3 working days



The charity also has [information for parents and carers about mental health](#)