

## Service Directory

<u>Name</u>	<u>Service</u>	<u>Contact Details</u>
Covid support and volunteer line	The service aims to help residents who may not have anyone else to turn to, for example with help with shopping or picking up medicines	0800 073 0043. 7 days per week
Samaritans	Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.	Telephone: 116123 (24 hours a day, free to call) Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Website: <a href="https://www.samaritans.org">https://www.samaritans.org</a>
<u>Mind Infoline</u>	Mind provides confidential mental health information services.  With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership	Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Website: <a href="http://www.mind.org.uk/information-support/helplines">www.mind.org.uk/information-support/helplines</a>

	with around 140 local Minds providing local mental health services.	
<b><u>Rethink Mental illness advice line</u></b>	Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs <a href="#">Rethink services and groups</a> across England.	Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday) Email: <a href="#">online contact form</a> Website: <a href="http://www.rethink.org/about-us/our-mental-health-advice">http://www.rethink.org/about-us/our-mental-health-advice</a>
<b><u>The Mix</u></b>	The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.	Telephone: 0808 808 4994 (11am-11pm, free to call) Email: <a href="#">Helpline email form</a> Crisis Support: <a href="#">Text 'THEMIX' to 85258.</a> Website: <a href="http://www.themix.org.uk/get-support">www.themix.org.uk/get-support</a>
<b><u>Homestart</u></b>	Home-Start Knowsley is a voluntary organisation offering support to local families who are facing difficulty	<a href="http://www.home-start.org.uk">www.home-start.org.uk</a> Address: 55 Rupert Rd, Liverpool L36 9TB Phone: 0151 480 3910

	and have at least one child under the age of eleven	
<b><u>Credit Union</u></b>	<b><u>Financial support</u></b>	<b>Enterprise CU Hall Lane, Huyton. L36 6AX Halewood CU, Halewood Centre Roseheath Drive, L26 9UH</b>
<b><u>School Nurse</u></b>		<b>website www.nwbh.nhs.uk/school- nurses-knowsley 0151 486 4011</b>
<b>The First Step</b>	<b>Domestic Abuse</b>	<b><u><a href="https://www.thefirststep.org.uk">https://www.thefirststep.org.uk</a></u> <b>0151 548 3333</b></b>
<b>Lee Cooper Foundation</b>	<b><u>Suicide support</u></b>	<b><u><a href="https://theleecooperfoundation.co.uk">https://theleecooperfoundation.co.uk</a></u></b>