



**The Life Rooms**

0151 330 6461

<https://www.liferooms.org/>

Can help you improve your mental and physical wellbeing. Whatever the issue; from housing and employment to lifestyle or exercise.



**Samaritans**

Free call 116 123

<https://www.samaritans.org/>

Samaritans works to make sure there's always someone there for anyone who needs someone.



**Crisis**

0800 145 6570

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

Crisis, the national charity for people experiencing homelessness. Together we will end homelessness.



**PAPYRUS**

0800 068 41 41

<https://www.papyrus-uk.org/>

PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK.



**Sefton Welfare Rights Team**

0151 934 3660

<https://www.sefton.gov.uk/advice-benefits/sefton-welfare-rights-team/>

To ensure everyone claims their full entitlement, Sefton Council provide a Welfare Rights Team consisting of a number of trained advisers.



**Change, Grow, Live**

0151 203 9755

<https://www.changegrowlive.org/>

We're a national health and social care charity. We can help you with challenges including drugs and alcohol, housing, justice, health, and wellbeing.



**Mind**

0800 123 3393

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

If you live in England, you can call a local NHS urgent mental health helpline for support during a mental health crisis.



**The Whitechapel Centre**

0151 207 7617

<https://www.whitechapelcentre.co.uk/>

Homelessness charity for the Liverpool City Region, providing support and housing advice to anyone who is facing homelessness.



### Ingeus

0207 265 3000

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

Ingeus deliver services across employment, health, justice, and youth. Helping people find jobs, improve skills, and support their health and wellbeing.



### Citizens Advice

03444 111 445

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

Citizens Advice is an independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing, and other problems in the United Kingdom.



### Voice 4 Change

0151 345 8499

<https://www.voice4change.org.uk/>

A platform dedicated to amplifying diverse voices and driving positive social change in England.



### Shelter

0808 800 4444

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

Shelter is a registered charity that campaigns for tenant rights in Great Britain. It gives advice, information and advocacy to people and lobbies government and local authorities for new laws and policies.



### Zero Suicide Alliance

[contactus@zerosuicidealliance.nhs.uk](mailto:contactus@zerosuicidealliance.nhs.uk)

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

The Zero Suicide Alliance (ZSA) aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention.



### SWACA

0151 922 8606

<https://swaca.com/>

Safeguarding women, young people and children. Our dedicated team supports them in surviving the impact of domestic abuse by giving free, practical and emotional help.



### Department for Work and Pensions

0800 169 0310

<https://www.gov.uk/contact-jobcentre-plus/existing-benefit-claims>

For anything to do with their current claim to JSA, ESA or Income Support including payments, changes in circumstances, queries etc.



### Swan Womens Centre

0151 933 3292

<http://www.swanwomenscentre.org/>

Offering a holistic approach to women's mental health offering counselling, befriending, courses and more.



**Sean's Place**

0151 922 5444

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

Sean's Place provides support to men experiencing stress, anxiety depression and loneliness. We provide free access to a range of 121 support as well as group therapies and activities.



**National Careers Service**

0800 100 900

<https://nationalcareers.service.gov.uk/>

We provide careers information, advice and guidance. We can help you make decisions at all stages in your career.



**British Red Cross**

0808 196 3651

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

Help for emergencies in the UK The British Red Cross can be there to give support to anyone affected. We provide the people, equipment, space and resources to support those affected by an emergency, helping them to recover. We can give support when emergencies happen to individuals and families.



**Age Concern**

01704 542 993

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

Age UK is the country's leading charity dedicated to helping everyone make the most of later life. We provide companionship, advice and support for older people who need it most.



**NSPCC**

0808 800 5000

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

Our services help children who've been abused, protect children at risk and find the best ways to prevent child abuse from ever happening.

**If you are worried about the immediate safety or welfare of yourself or someone else, please contact the Police on 101 for non-emergencies or 999 if it is an emergency.**