

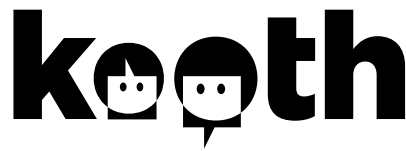
Finding support for your mental health



Mersey Care
NHS Foundation Trust



Bespoke support for LGBT+ young people and their adults
theproudtrust.org



Online mental wellbeing community for free, safe, anonymous support
kooth.com



here for you 24/7
giveusashout.org



Whatever you're going through 24 hours a day, 365 days a year
samaritans.org | 116 123



Online, on the phone, anytime
childline.org.uk | 0800 1111



Essential support for under 25s

Free information and support for under 25s in the UK
themix.org.uk



Giving hope to grieving children

Helping young people navigate grief
winstonswish.org



Helping you focus on staying safe from suicide
papyrus-uk.org/
papyrus-hopeline247



Discrete emotional wellbeing drop-in service for young people aged 7-19 (25 if additional needs)
warringtonyouthzone.org/youth-in-mind



Teenager and Gender Sexuality Youth Support group
warrington.gov.uk/youth-service



Youth group for young people aged 13-18 who self-identify as Black, Asian or other ethnic minority
warrington.gov.uk/youth-service



A referral can be made to Warrington CYPMHS or schools can have a consultation with the Mental Health Support Team



Do you need urgent help with your mental health?
Call our 24/7 mental health crisis line FREE

0800 051 3253 if you live in Wigan

0800 051 1508 if you live in Halton, Knowsley, St Helens and Warrington