



Mental Health Support Over Christmas

The festive period can be a difficult time for many. It's important to remember that you're never alone and there is always support available to you.

Crosby Crisis Café

One-to-one helping reduce distress and manage crisis situations

Drop-ins on Friday/Saturday/Sunday
5pm-11pm

Crosby Youth and Community Centre,
58 Coronation Road, Crosby, L23 5RQ

Tel: 0300 323 0197



SANEline

Specialist support, guidance, and information to those affected by mental illness

Freephone open 4pm-10pm, 365 days:

0300 304 7000



Shout 85258



A free, confidential 24/7 text messaging service supporting anyone struggling with their mental wellbeing.

Text 'SHOUT' to 825258

Mersey Care

Support for anyone experiencing a mental health crisis

24/7 freephone helpline:

0800 145 6570



The Silver Line Helpline



Telephone service for older adults experiencing loneliness and isolation

Freephone open 24/7, 365 day a year:

0800 470 8090

Refuge

Confidential service for women experiencing domestic abuse. BSL interpreter service is also available Mon-Fri 10am-6pm.

24/7 freephone helpline: 0800 2000 247



NAPAC

Helpline for adults who have experienced abuse in childhood. Can talk through your experiences and how they are affecting you now.

Open Mon-Thurs 10am-9pm, Fri 10am-6pm : 0300 304 7000



Samaritans

Emotional support for anyone in distress, struggling to cope, or at risk of suicide

24/7 freephone: 116 123



SOUTH SEFTON
PRIMARY CARE NETWORK