

ADVICE AND SUPPORT INFORMATION

Safeguarding Resource Hub	A hub of national safeguarding resources for children, young people and all adults supporting them www.safeguardingresourcehub.co.uk
Liverpool Early Help Directory	A comprehensive directory of local services for families www.liverpool.gov.uk/children-and-families/early-years-and-childcare/early-help-directory
Hub of Hope – local services directory	Directory of local support services www.hubofhope.co.uk
CAMHS - Child & Adolescent Mental Health Services	Crisis line 0151 293 3577 www.liverpoolcamhs.com/support/camhs-crisis-care-team
PAPYRUS – suicide prevention	0800 068 4141 www.papyrus-uk.org
Young Minds – 24/7 crisis support	Mental health crisis support Text YM to 85258 www.youngminds.org.uk
KOOTH – over 14s on-line counselling	On-line counselling for 14-25 yr olds www.kooth.com
Talk Liverpool – over 16s counselling	0151 228 2300 www.talkliverpool.nhs.uk
MindEd – information on mental health	www.minded.org.uk
YPAS - young people’s support service	0151 707 1025 www.ypas.org.uk
Samaritans – 24/7 listening support	24/7 listening support Tel: 116 123 www.samaritans.org
Childline - 24/7 support and advice	0800 1111
Harmless - self harm support & advice	Information and support www.harmless.org.uk
Child Bereavement UK - bereavement support	01928 577164 www.childbereavementuk.org/cheshire
ADDvanced Solutions - ASC/ADHD/SEND support & info	Information & support for ASD/ASC/ADHD/SEND/Neurodevelopmental conditions 0151 486 1788 http://www.addvancedsolutions.co.uk
Switchboard - LGBT+ support & advice	Information and support www.switchboard.lgbt 0300 330 0630
Addaction – drugs information and advice	0151 541 2856 www.addaction.org.uk
REFUGE – domestic violence support and advice	www.refuge.co.uk
eCRIME – on-line abuse advice	www.ecrime-action.co.uk