

Support over Christmas and New Year

The festive period isn't always festive for everyone. It can be a difficult time for some. Whatever the issue and whatever is going on, it's #OK2ASK for help.

Urgent support: if you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening, and confusing, but you do not have to struggle alone. You can speak to your GP. If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact **Mersey care Mental Health Crisis Line 24/7 freephone** on [0800 051 1508](tel:08000511508)

You can also contact any of the services listed in this document.

Mersey care Mental Health Crisis Line

24/7 freephone – 0800 051 1508

For all ages – children, young people, and adults. If you need urgent mental health support, please call the free 24/7 helpline.

Amparo

0330 088 9255

Amparo provides emotional and practical support for anyone who has felt the impact of suicide.

Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Talk to someone 24/7

Ok to Ask Suicide Prevention Campaign

www.oktoaskcampaign.co.uk

Lifelines, resources, and help. The campaign encourages St Helens residents to NOT be afraid to talk about Suicide Prevention

HOPELINE247

0800 068 41 41

For children and young people (under the age of 35) or anyone concerned about a young person.

Mersey Care Children and Adolescent 24/7 Mental Health Crisis Response Team

Available 24/7 freephone- 01744 415 640 This service is available for children and young people up to the age of 18.

Shout

Text SHOUT to 85258 - 24/7 text support.

A free and confidential messaging support service for anyone who is struggling to cope.

Talking Therapies

<https://www.merseycare.nhs.uk/our-services/st-helens/talking-therapies> offer free NHS therapy for people registered with a St Helens GP with common mental health problems.

Stay Alive App

<https://www.stayalive.app/>

An essential suicide prevention resource for the UK, packed full of useful information and tools to help people stay safe in crisis.

St Helens Wellbeing Service

<https://www.sthelenswellbeing.org.uk/services/mental-wellbeing>

Mental Health and Suicide Prevention Training.