

## [Advice and services for Mental Health – Local and National](#)

This information sheet is designed to be a quick, go to tool for referring people to appropriate services to help with their mental health.

### [Mental Health Crisis Numbers - Local](#)

These helplines are now the first port of call for mental health help – operated by people in your local area who will know how best to support you. Open 24 hours a day, seven-days a week, they are available to people of all ages including children and young people who need urgent mental health support.

#### **Cheshire Wirral Partnership**

For Cheshire East, Cheshire West and Wirral residents  
*Call 0300 303 3972 - Adults, Children and Young people*

#### **Mersey Care MH Trust**

For Liverpool, Sefton and Kirkby residents  
*Call 0151 330 7332 - Adults*

#### **Alder Hey Crisis Care Team**

For Liverpool and Sefton residents  
*Call 0151 293 3577 - Children & Young People in*

#### **North West Boroughs Healthcare Trust**

For Warrington, St Helens, Halton and Knowsley residents  
*Call 01925 275309 – Adults, Children and Young people*

### [Mental Health Crisis Numbers – National](#)

#### **Samaritans**

A safe place to talk 24 hours a day about whatever is troubling you  
*Call 116 123*

#### **Papyrus**

For Children and Young people under 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.  
*Call 0800 068 41 41*

### [Mental Health Web resources – Local](#)

#### **Kind to your Mind website**

Web page linking to Alma portal for free online therapy courses and list of expert approved apps for health and wellbeing, as well as links to local services – brought to you by the NHS and local councils in Cheshire & Merseyside.

[www.kindtoyourmind.org](http://www.kindtoyourmind.org)

### [Mental Health Web resources – National](#)

#### **Every Mind Matters website**

Expert advice and practical tips to help look after your mental health and wellbeing from NHS and Public Health England

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)