

URGENT MENTAL HEALTH SUPPORT

URGENT mental health line

0800 145 6485

URGENT support

[Urgent support - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Text **BLUE** to **85258**

CHILDREN AND YOUNG PEOPLE SERVICES

CAMHS

Ages 0-18

<https://www.cwp.nhs.uk/our-services/wirral/camhs-0-18-wirral>

Childrens and Young Peoples Services

Ages 0-19

[Our services - Wirral Community Health and Care NHS Foundation Trust \(wchc.nhs.uk\)](http://www.wchc.nhs.uk)

Family Toolbox

<https://familytoolbox.co.uk/>

Kooth

Ages 11-25

[Home - Kooth](http://www.kooth.com)

Open Door Centre

Ages 15-30

[Open Door Charity - Shaping Change](http://www.opendoorcharity.org)

Young Minds

Young People

[Mental Health Support For Young People | YoungMinds](http://www.youngminds.org.uk)

ADULT SERVICES

Cruse Bereavement Support

Personalised bereavement support

0808 808 1677

[http://Get support - Cruse Bereavement Support](http://www.cruse.org.uk)

CWP Crisis Line

24 hour urgent mental health support

0800 145 6485

Every Mind Matters

Advice, practical tips, and help

[Mental health issues - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Martin Gellier Project

Face to Face support for those considering suicide Age 16+

<https://www.themartingallierproject.org/>

Qwell

Digital mental wellbeing support for adults

[Home - Qwell](http://www.qwell.org)

Samaritans

24 hour support line

116 123

Shout

24 hour urgent mental health support texting service

Text **BLUE** to **85258**

Talking Together Wirral

Confidential talking therapy service

0151 649 1859

Tomorrow's Women

Supporting women with a range of services and interventions

<https://www.tomorrowwomen.org.uk/contact-us>

Veterans in Mind

Specialist therapy service for Veterans

[Military Veterans Services | Greater Manchester Mental Health NHS FT \(gmmh.nhs.uk\)](http://www.gmmh.nhs.uk)

Wirral Ways to Recovery

Alcohol and Drugs Service

[Birkenhead hub - Wirral Ways to Recovery | Change Grow Live](http://www.wirralways.org)