

NATIONWIDE HELPLINES

Samaritans

116 123

Accessible 24/7 365 days a year

[samaritans.org](https://www.samaritans.org)



The Mix

0808 808 4994

Accessible 3:00pm – 12:00am every day

UNDER 25 PHONELINE

[themix.org.uk](https://www.themix.org.uk)



Papyrus Hopeline

0800 068 4141

Accessible 24/7 365 days a year

[papyrus-uk.org](https://www.papyrus-uk.org)



SANELine

0300 304 7000

Accessible 4:30pm – 10:30pm every day

[sane.org.uk/how-we-help/emotional-support/saneline-services](https://www.sane.org.uk/how-we-help/emotional-support/saneline-services)



National Suicide Prevention Helpline UK

0800 689 5652

Accessible 6:00pm – 12:00am every day

[stayalive.app/find-help-now/resources-by-area/northern-ireland/national-suicide-prevention-helpline-uk/](https://www.stayalive.app/find-help-now/resources-by-area/northern-ireland/national-suicide-prevention-helpline-uk/)



SHOUT

text 'SHOUT' to 85258

Accessible 24/7 365 days a year

[giveusashout.org](https://www.giveusashout.org)



Switchboard

0800 0119 100

Accessible 10am – 10pm every day

Phone operators are LGBTQ+

[switchboard.lgbt](https://www.switchboard.lgbt)



Campaign Against Living Miserably (CALM)

0800 58 58 58

- Accessible 5:00pm – 12:00am every day.

[stayalive.app/find-help-now/urgent-support/calm-helpline/](https://www.stayalive.app/find-help-now/urgent-support/calm-helpline/)



[sahir.org.uk](https://www.sahir.org.uk) | 0151 673 1972 | info@sahir.org.uk

Sahir House is a registered charity in England (no. 1077327) and a registered company (no. 03821749) in England and Wales.



MENTAL HEALTH ORGANISATIONS

LIVERPOOL CITY REGION Mental Health Organisations

Sahir

sahir.org.uk
0151 673 1972

RASA

rasamerseyside.org
0151 558 1801

YPAS

ypas.org.uk
0151 707 1025

Talk for Life

talkforlife.org

Liverpool Bereavement

liverpoolbereavement.com
0151 236 3932

Pauls Place / Beacon Counselling

beaconcounsellingtrust.co.uk
0151 226 0696

Blackburne House

blackburnehouse.co.uk
0151 709 4356

Compass

compasscounselling.org.uk
0151 237 3993

Kooth

kooth.com

Our House

ourhouse-walton.co.uk
0151 521 7722

James Place (support for men in Liverpool in suicidal crisis)

jamesplace.org.uk
0151 303 5757

MANCHESTER Mental Health Organisations

LGBT Foundation

lgbt.foundation
0345 330 3030

Gaddum

gaddum.org.uk
0161 834 6069

42nd street (13-25)

42ndstreet.org.uk
0161 228 7321

Manchester Mind

manchestermind.org
0161 769 5732

Turning Point

turning-point.co.uk

The big Life Group

thebiglifegroup.com

The Proud Trust

theproudtrust.org
0161 660 3347

Beacon Counselling

beacon-counselling.org.uk
0161 440 0055

CHESHIRE & NORTH WALES

Mental Health Organisations

Chapter Metal Health

chaptermentalhealth.org
01244 344 409

Mid Cheshire Mind

midcheshiremind.org.uk
01606 863 305

Umbrella Cymru

umbrellacymru.co.uk
0300 302 3670

RASA

rasawales.org.uk
01248 670 628

NHS

Mental Health Services

Liverpool & Sefton

Mersey Care Crisis and Urgent Support
0800 145 6570 Freephone (24/7)

Halton, Knowsley, St Helens & Warrington

Mersey Care Crisis and Urgent Support
0800 051 1508 Freephone (24/7)

Wirral

Mersey Care Crisis and Urgent Support
0800 145 6485 Freephone (24/7)



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