



Useful local contacts for advice & support 2018-19

There are a number of local agencies and charities that offer support to young people and their families. Please find details below -

Autism Together – offer a wide range of specialist support services to people with autism and their families www.autismtogether.co.uk 0151 334 7510

Barnardo's – offer help and support to children and families who are young carers www.barnardos.org.uk 0151 678 7790

Brook – Brook provide free and confidential sexual health services for young people www.brook.org.uk 0151 670 0177

CAMHS (Child and Adolescent Mental Health) - www.mymind.org.uk advice & duty line 0151 488 8453

Childline – ChildLine is a private and confidential service for children and young people. Call free on 0800 1111 www.childline.org.uk

Kooth – An online counselling service for young people aged 11 – 24 (trained counsellors) www.kooth.com

NHS 111 service - NHS non-emergency number is 111, emergency number 999

MASH (Multi-Agency Safeguarding Hub) – for all Social Care related issues 0151 606 2008 office hours or 0151 677 6557 out of hours & weekends.

Open Door Centre - The Open Door Centre is a mental health service which aims to make the treatment of mild depression and anxiety accessible and approachable to young people. Based in Liscard, Wallasey, it is designed by young people and specifically tailored to meet the needs of the modern young person www.theopendoorcentre.org 0151 639 4545

Police – non-emergency number 101, emergency number 999

Response - Response provides confidential information, advice and guidance to young people aged 13-19 years across the borough. Services include counselling, drug & alcohol misuse, housing/homelessness support & youth work. Contact can be made via email at response@wirral.gov.uk, by phone on 0151 666 4123 or in person at the 19 Argyle Street, Birkenhead CH41 1AD. www.teenwirral.com

Samaritans - The Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide www.samaritans.org Freephone number 116 123 (24 hours a day).