

Local Wirral Mental Wellbeing Support during COVID-19 Pandemic

Service	Support Available	Who is it available for?	How to Access?
Talking Together Wirral	Online and over the phone talking therapies, for people suffering from anxiety, depression, stress, OCD. Including access to specialist bereavement support via referral to Cruse Bereavement Care, Wirral.	Anyone aged 16 years +	Tel: 0151 649 1859 Online referral form via https://www.insighthhealthcare.org/our-services/talking-therapies/find-a-service/wirral/
Cheshire & Wirral Partnership NHS Foundation Trust	NHS trust commissioned to provide a range of services in Wirral to support people with their mental health.	All age	Referrals can be made via GP's and other health and care professionals.
All age 24/7 Mental Health Crisis Line	If you need urgent support for your mental health, our dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week.	The phone line is open to people of all ages – including children and young people.	Please call the mental health helpline on 0800 145 6485
Ask Us Wirral	Specialist benefits, debt and housing advice during COVID-19.	Anyone aged 16 years +	Contact Citizen's Advice Wirral on 0808 278 7848
SPIDER Project	Offering a wide range of Creative Arts courses, Holistic Therapies and Physical Exercise sessions for mental wellbeing.	Available to adults aged 18+	Contact no. 0151 647 7723 Email: enquiries@spiderproject.org.uk
Wirral Mind	Check-in and Chat call operatives are on hand to provide practical and emotional support, for anything from accessing emergency food supplies and medicines to alleviating loneliness and isolation. Phone lines are open Monday to Friday 9am – 5pm. Wirral Mind is also offering daily coffee mornings via 'zoom' and other wellbeing support.	Anyone aged 16 years +	Contact Mind Wirral on 0151 512 2200 or email learning@wirralmind.org.uk

Cruse Bereavement Care	<p>Cruse offers support, advice and information to children, young people and adults when someone dies.</p> <p>To access the local service please contact Talking Together Wirral.</p>	<p>Available to adults aged 18+</p>	<p>Contact details: Information and Support on-line at https://www.cruse.org.uk</p> <p>National Grief Helpline 0808 808 1677</p> <p>Specific online support and information for young people: https://www.hopeagain.org.uk</p>
Age UK Wirral	<p>Range of support offered from information and advice, wellbeing support, support for people living with dementia and more.</p>	<p>Older people and their families.</p>	<p>T: 0151 482 3456</p>
Involve North West	<p>A wide range of services are available including advice services for support with welfare benefits; support for people who wish to get back into employment; community based mental health projects and domestic abuse support for children aged 5 – 10 years old and their mums who have experienced domestic abuse.</p>	<p>Children and adults (depending on service required.)</p>	<p>T: 0151 644 1100 E: Email: info@involenorthwest.org.uk Online: http://involenorthwest.org.uk/get-in-touch/</p>
WIRED	<p>The service provides free support to adult Carers (including Parent Carers and Young Adult Carers in transition), the service focuses on identifying Carers and supporting them to access services to assist them in their caring roll and to help them to maintain and improve their health and wellbeing.</p>	<p>Anyone aged 16 years +</p>	<p>Contact details: T: 0151 522 7990 E: contact@wired.me.uk</p>
<p>Social Prescribing</p>	<p>Personalised care and support planning to improve health and wellbeing. Support with practical issues (debt, housing, food, relationships etc.), social needs (befriending, connecting with groups etc.) and emotional support. Telephone/video conferencing/email support offered.</p>	<p>Anyone aged 16 years +</p>	<p>Email: social@citizensadvicewirral.org.uk</p> <p>Referral via GP/CWP/Adult Social Care/Secondary Care/TTW/ABL.</p>

Martin Gallier Project	Offering face to face support for individuals considering suicide and their families.	Anyone aged 16 years +	Tel: 0151 644 0294 open 9.30am-4.30pm email: triage@gallierhouse.co.uk
Paul's Place	Providing free counselling and group sessions to anyone living in Merseyside who has lost a family member or friend to suicide. <i>Please note the service is based in Bootle, Liverpool but online support is offered.</i>	Anyone aged 16 and over, who has been bereaved by suicide	Tel: 0151 226 0696 email: paulsplace@beaconcounsellingtrust.co.uk
Open Door Centre	Online support to maintain feeling good both now and in the future. Creative Therapeutic Support, numerous different activities within music and the arts, unique training and volunteering opportunities.	Available to young people aged between 15-30 years	Contact no. 0151 639 4545 For online CBT support – email info@opendoorcharity.com with your name date of birth and contact no. OD will give you a call back.
Kooth	Online support offering direct chats with fully trained counsellors, fully moderated forums with other young people and articles and stories about a vast range of wellbeing issues.	Young people aged between 11 and 25 can register anonymously and receive online support	All support is accessed online via https://www.kooth.com/
JourneyMEN	Services range from professional counselling through to outdoor “walk & talk” therapies & online social gatherings via Zoom. Activities are available as & when covid-19 regulations allow.	We provide mental health & wellbeing support to adult men & their families both at times of crisis & also early intervention.	Professional (non-counselling) referrals via CWP Access Team. Other enquiries to: Phil@journeymencic.com Tel No - 0151 792 9159
Tomorrows Women	Service which supports women suffering from abuse, substance misuse & mental health problems.	Women only aged 18+	Contact details: T: 0151 647 7907 E: admin@tomorrowswomen.org.uk
Wirral Ways to Recovery	The service provides a range of treatment, recovery and support services for people who have concerns about their drug or alcohol use.	Adults aged 18+	Contact details: T: 0151 556 1335 E: Wirral.services@cgl.org.uk
Ethnic Minority support	Each of these organisations provides a range of	Anyone aged 16 years +	Wirral Multicultural Organisation:

<p>services</p> <p>Wirral Multicultural Organisation</p> <p>Wirral Change</p> <p>Wirral Deen Centre</p>	<p>support to our BAME community including but not limited to; language support, advocacy, wellbeing support social support and numerous creative activities.</p>		<p>T: 0151 792 5116</p> <p>E: info@wmo.org.uk</p> <p>Wirral Change:</p> <p>T: 0151 649 8177</p> <p>E: info@wirralchange.org.uk</p> <p>Wirral Deen Centre:</p> <p>E: info@wirraldeencentre.org.uk</p>
<p>Sahir House</p>	<p>Sahir House supports people who are living with and affected by HIV, those seeking asylum and people identifying as part of LGBT communities. Support workers are working from home however are in regular contract with clients and counselling workers are offering online meditation and yoga lessons, as well as one-to-one emotional support.</p>	<p>Aged 18+</p>	<p>info@sahir.uk.com</p>

Mental health support for NHS & frontline staff

Service	Support Available	Who is it available for?	How to Access?
<p>Cheshire & Merseyside Resilience Hub</p>	<p>The Cheshire and Merseyside Resilience Hub has been established to ensure all NHS staff in the region has access to the right support, information and confidential psychological interventions they need during the COVID-19 pandemic.</p>	<p>All NHS staff</p>	<p>https://www.cheshiremerseyresiliencehub.nhs.uk/</p>
<p>NHS England</p>	<p>#OurNHSPeople Wellbeing Support</p> <ul style="list-style-type: none"> A free wellbeing support helpline available from 7am – 11pm seven days a week, providing confidential listening and advice 	<p>NHS workers</p>	<p>Helpline – 0300 131 7000</p> <p>Text message service – text FRONTLINE to 852258</p> <p>Online at -https://people.nhs.uk/help</p>

	<p>from trained professionals including coaching, bereavement care, mental health and financial help</p> <ul style="list-style-type: none"> • A 24/7 text message alternative to the above helpline • Online peer to peer, team and personal resilience support and access to free mental health apps for NHS staff including Silvercloud (online CBT) and Headspace (mindfulness) 		
SBK Healthcare	<p>Various free webinars both live and downloadable on managing mental health for frontline staff. Examples include “managing anxiety at work for NHS frontline staff”, “managing burnout for NHS frontline staff” and “team leader’s guide to staff wellbeing”.</p>	Frontline Staff	https://sbk-healthcare.co.uk/home/index/
Blue Light Project (Via Mind)	<p>The Merseyside Blue Light Mental Health and Wellbeing Network work collaboratively to raise mental health awareness; tackle stigma and deliver support to Merseyside blue light staff, volunteers and their families.</p>	Blue light staff	<p>Blue Light infoline: T: 0300 303 5999 (local rates) E: bluelightinfo@mind.org.uk Text: 84999</p>
Safe Harbour Project (Via Wirral Ways to Recovery)	<p>The Safe Harbour Project' offers support to key workers within our community.</p> <p>The support offer includes online interventions, addressing physiological aspects of stress and or trauma, mindfulness and guided relaxations.</p>	Front Line Workers, to Access free intervention/preventative training sessions for staff and management.	<p>For more information call T: 07776725949 (confidential telephone support Tuesday & Friday 5pm - 7pm and Saturday 12pm - 2pm.)</p>

Mental health support – National

Service	Support Available	Who is it available for?	How to Access?
#StayAlive Suicide prevention app	A smartphone application for suicide prevention resources. Includes information and tools for people to use to stay safe in crisis. Aimed at people who are having thoughts of suicide or who are concerned about someone else.	Anyone of any age	Downloaded via the Apple Store or Google Play https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/
SHOUT crisis text line	24/7 text service for people who are struggling to cope, in crisis and need immediate help. The service is free and anonymous.	Anyone of any age	Text 85258
Samaritans	Samaritans have published information on their website with advice on how to manage mental health during the coronavirus outbreak.	Anyone of any age	116 123 or email jo@samaritans.org https://www.samaritans.org/
Every Mind Matters	Advice and information on managing mental health whilst staying at home due to coronavirus	Anyone of any age	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/