



**FOUNDRY
COMMUNITY
CHURCH**

Mental Health Support Numbers

Please click on logos to take you to individual websites



SAMARITANS

Operates a 24-hour service available every day of the year.
Or you can email jo@samaritans.org

Tel: 116 123



CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.

Tel: 0800 58 58 58



Support for teenagers and young adults who are feeling suicidal.

Tel: 0800 068 41 41



Happy? OK? Sad?

A website containing a comprehensive list of mental health resources for the people of Warrington.

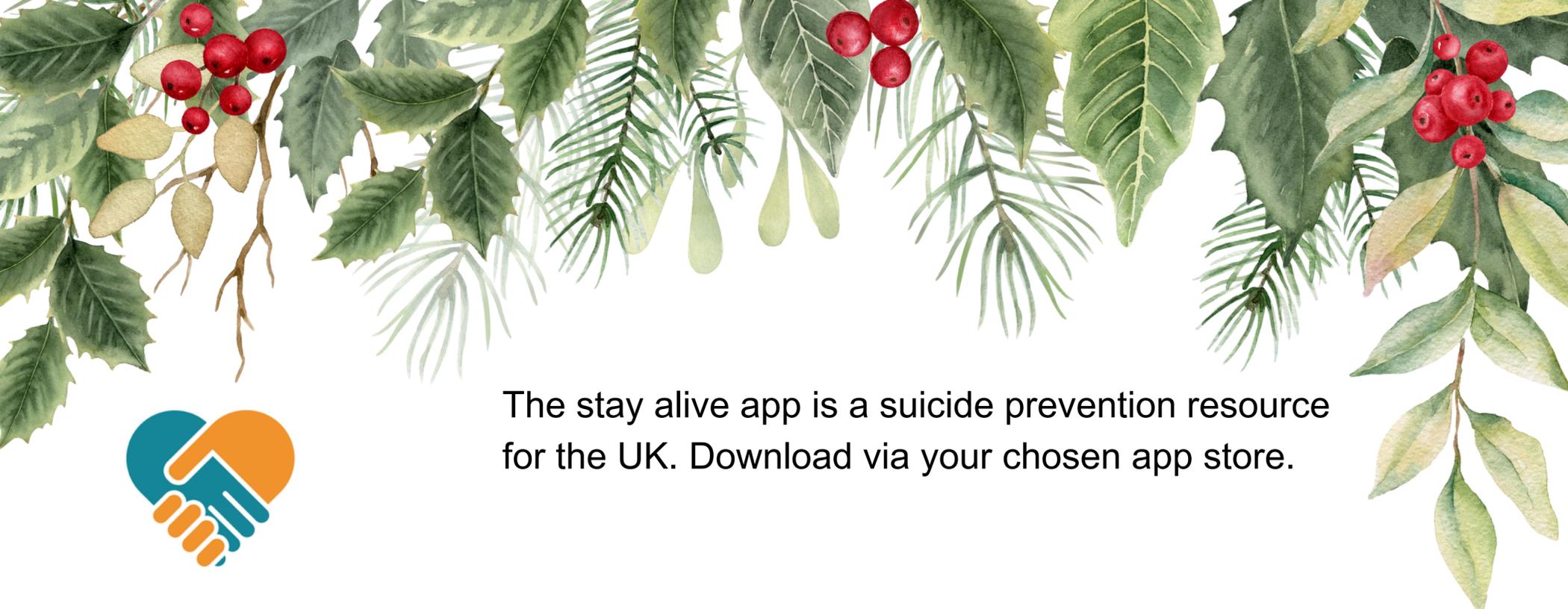


Mental Health Info Point

A website containing a comprehensive list of mental health resources for the people of Halton.



Side by Side is Mind's online community website for peer support for people over the age of 18 which is available 24/7.



The stay alive app is a suicide prevention resource for the UK. Download via your chosen app store.



Hub of Hope

A comprehensive national mental health support database. Download the free app, or text HOPE to 85258 to find relevant services near you.



Beat is the leading charity supporting those affected by eating disorders.

Tel: 0808 801 0677 (Adults) Tel: 0808 801 0711 (Youth)



Crisis support hub for Warrington and Halton.
mhm-no2.warringtonandhalton@nhs.net

Tel: 07816 269727



A free, fast emergency injunction service to survivors of domestic abuse

Tel: 0800 970 2070



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



Dedicated 24/7 urgent mental health crisis helplines, covers Warrington, St Helens, Knowsley and Halton.

Tel: 0800 051 1508 (freephone)