



Cheshire and Merseyside

Self Harm – Further advice, support and information

Cheshire & Merseyside NHS Mental Health Crisis Helplines and TEXT support

Open 24 hours a day, seven-days a week, helplines are available to people of all ages including children and young people who need **urgent** mental health support. The helplines are now the first port of call for mental health help –operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to your local service. A&E and 999 are not the best places to get help for the majority of mental health problems. However still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.

You can also **TEXT** the identified keyword for each of the Mental Health Trusts listed below to **85258** and start a conversation with a trained volunteer who will text you back and forth, sharing only what you feel comfortable. This service is completely free, anonymous and available 24/7. Volunteers will be able to signpost you to both local and national support services.

What number should I call/text?

<p>CHESHIRE WIRRAL PARTNERSHIP</p> <p>Cheshire East, Cheshire West & Wirral</p> <p><i>Adults, Children and Young People.</i></p> <p>0800 145 6485</p> <p>Text BLUE to 85258</p>	<p>ALDER HEY CRISIS CARE TEAM</p> <p>Liverpool & Sefton</p> <p><i>Children and Young People Only.</i></p> <p>0808 196 3550 or 0151 293 3577</p> <p>Text GREEN to 85258</p>
<p>MERSEYCARE</p> <p>Liverpool, Sefton & Kirkby</p> <p><i>Adults and Young People (aged 16+).</i></p> <p>0800 145 6570</p> <p>Text HEAL to 85258</p>	<p>MERSEYCARE</p> <p>Halton, Knowsley, St Helens and Warrington</p> <p><i>Adults, Children and Young People.</i></p> <p>0800 051 1508</p> <p>If you live in Wigan</p> <p>0800 051 3253</p> <p>Text REACH to 85258</p>

National Helplines

Young Minds Crisis Messenger Support **Text YM to 85258**

Samaritans **116 123**

The Mix **0808 808 4994**

Childline **0800 1111**

National Information, Advice and Support

National Self-harm Network **nshn.co.uk**

Self-harm UK **selfharm.co.uk**

Self-injury Support **www.selfinjurysupport.org.uk/**

Beat Eating Disorders **beateatingdisorders.org.uk/**

Life Signs **https://www.lifesigns.org.uk/**

Young Minds

**https://www.young
minds.org.uk/**

papyrusuk.org

https://harmless.org.uk/

NHS Recommended Apps

Calm Harm

DistrACT

Hub of Hope

Stay Alive

Local Support

https://www.kooth.com/

www.kindto yourmind.org/support-near-me

https://no-more.co.uk/

Ideas for Distractions

<https://wellbeingandcoping.net/>

www.mind.org.uk/need-urgent-help/how-can-i-distract-myself

www.papyrus.org.uk

www.lifesigns.org.uk/help

Information and support for Parents and Carers

Young Minds Parents Helpline

0808002 5544

<https://www.annafreud.org/on-my-mind/>

<https://www.minded.org.uk/>

<https://stem4.org.uk/>