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| **Service** | **Contact Details** | **Overview** |
| **Access sefton** | **Tel- 0300 303 2708** | Provides talking therapies including counselling and CBT |
| **Living Well Sefton** | **Tel: 0300 323 0181**  www.livingwellsefton.org.uk | Living well sefton service can direct you to local services for support and to give your wellbeing a boost |
| **Online Cognitive Behavioural Therapy** | **Living life to the full**  Llttf.com  **The Mood Gym**  www.moodgym.com.au | Free websites that offer therapy to help depression and anxiety symptoms |
| **Headspace App** | [www.headspace.com](http://www.headspace.com)  or via the App store | App for guided meditation and mindfulness |
| **7/11 Breathing Technique** | Demonstrations on youtube | For relaxation and to help reduce a panic attack |
| **Mindfulness** | Introduction at:  [www.mind.org.uk](http://www.mind.org.uk) search mindfulness | Mindfulness has its roots in meditation to help you feel calmer and helps respond to your thoughts and feelings |
| **Sefton Directory Website** | [www.seftondirectory.com](http://www.seftondirectory.com) | Has information on all the services ran across sefton |
| **Compass Counselling**  **Including Anger Management** | **Tel: 0151 237 3993**  151 Dale Street l2 2AH  [www.compasscounselling.org.uk](http://www.compasscounselling.org.uk) | They offer counselling and anger management counselling and courses |
| **The Samaritans** | **Tel: 116 123**  www.samaritans.org | If you need to talk about what’s on your mind or if you’ve had suicidal thoughts |
| **Bereavement Courses** | Available through living well sefton  **Tel: 0300 323 0181** | Small group course to help cope with bereavement |
| **Liverpool Bereavement service** | **Tel: 0151 236 3932**  1st Floor Granite Buildings, 6 Stanley Street L1 6AF | Charity that offers support with loss |
| **Relate** | **Tel: 0300 330 5793**  **1st Floor, 151 Dale Street l2 2jw**  **www.relate.org.uk** | Offers relationship and family counselling |
| **Parenting 2000** | **Tel: 0151 932 1163**  Crosby Youth & Community Centre l23 5rq | Offers children’s counselling and youth projects |

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|  | **www.parenting2000.org.uk** |  |
| **Young Persons Advisory Service** | Tel:0151 707 1025  YPAS Central Hub, 36 Bolton Street L3 5LX  **www.ypas.org.uk** | For ages 5 to 25. Services include counselling, Family counselling, Anger awareness, self-injury groups and support services |
| **Websites for younger people** | [www.themix.org.uk](http://www.themix.org.uk)  [www.youngminds.org.uk](http://www.youngminds.org.uk)  [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)  [www.voicecollective.co.uk](http://www.voicecollective.co.uk)  [www.mya.org.uk](http://www.mya.org.uk)  [www.anxietybc.com](http://www.anxietybc.com)  [www.kooth.com](http://www.kooth.com)  www.selfharm.co.uk | Offer webchat + phone counselling plus self-help  Support with mental health  Self help website  Help with hearing voices  General support  Self help with anxiety  Online counselling  Support with self-harm |
| **British Association of counselling and psychotherapy** | Tel: 01455 833 300  www.bacp.co.uk | Register of private therapists |
| **The Swan Centre** | Tel: 0151 933 3292  Former Litherland Library, Linacre Road l21 6NR  [**www.swanwomenscentre.org**](http://www.swanwomenscentre.org) | Womens centre offers counselling, befriending, support groups, courses and therapies |
| **The Venus Centre** | Tel- 0151 474 4744  215 Linacre Lane, Bootle L20 6AD  www.venuscharity.org | To support women and their children. Includes counselling, support services, empowerment projects |
| **The Star Centre** | Tel- 0151 474 4744  98b Linacre Lane, Bootle L20 6ES  www.venuscharity.org/service/star-centre | young people up to the age of 18 can access information and advice on mental health issues, as well as group support and a variety of therapies. counselling, CBT, psychoeducation, peer support, family therapy. |
| **The Feel Good Factory** | Tel: 0151 291 8010  Glovers Lane L30 5QW  www.feelgoodfactory.org.uk | Provides activities and services to improve health and wellbeing |
| **Bootle Tool Shed** | Tel: 0151 792 0386  26-27 The Palatine, Strand Shopping Centre L20 4SW  www.bootletoolshed.org.uk | Community workshop to promote health and well-being |
| **The Recovery College at the life rooms** | Tel: 0151 330 6461  St Winefride’s Campus  Merton Road  Bootle L20 7AP  www.liferooms.org | Ran by merseycare.Offers workshops supporting recovery, living with and managing mental health conditions. Have advisors on things such as employment, volunteering, money, housing etc |
| **Rape and Sexual Abuse Service (RASA)** | Tel: 0151 558 1801  Units 2 + 3 Stella Nova, Washington Parade L20 4TZ  www.rasamerseyside.org | Supports men and Women who have been victims of sexual abuse as an adult or a child |
| **Sefton Carers Centre** | Tel- 0151 288 6060  27-37 South Road L22 5PE  [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk) | Can offer advice and support to carers. |

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| **Age Concern** | Tel: 01704 542 993  179 Townsend Lane L13 9DY  [www.ageconcernliverpoolandsefton.org.uk](http://www.ageconcernliverpoolandsefton.org.uk) | For aged 50+ Services include counselling, befriending, exercise and relaxation classes and advice |
| **Sunflowers Cancer Care Centre** | Tel: 0151 726 8934  21 Aigburth Road L17 4JR  [www.liverpoolsunflowers.com](http://www.liverpoolsunflowers.com) | Support centre for cancer patients and their families |
| **Autism Initiatives** | Tel: 0151 330 9500  Sefton House Bridle Road L30 4XR  [www.autisminitiatives.org](http://www.autisminitiatives.org) | Charity that supports people who have autism |
| **ADHD Foundation** | Tel: 0151 237 2661  151 Dale Street, Liverpool L2 2AH  [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) | Support for those with ADHD |
| **Ambition Sefton** | Tel: 0151 944 5334  Sefton House Canal Street  Bootle L20 8AH  Self-Referrals or GP Referrals accepted | Drug and Alcohol Treatment Service |
| **Alcoholics Anonymous** | [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) | Support with alcoholism |
| **Active Lifestyles and Diets don’t work** | Tel: 0151 934 2352  Accessed via GP referral  [www.activelifestyles-sefton.co.uk](http://www.activelifestyles-sefton.co.uk) | 12 Week Referral programme for monitored exercise or 8 week weight management and nutrition programme |
| **Citizen’s Advice Bureau** | Tel: 0151 288 5683  Goddard Hall, 297 Knowsley Road L20 5DF  [www.citizensadvice.org](http://www.citizensadvice.org) | Advice on issues such as benefits, work, money, debt, housing, Law |
| **Job Centre** | Tel: 0845 604 3719  Bootle Park House, 218 Stanley Road L20 3PN  [www.jobcentreguide.co.uk](http://www.jobcentreguide.co.uk) | Employment agency and social security office |
| **Sefton Council Housing Advice** | Tel: 0151 934 3541  Ground Floor, Merton House, Stanley Road L20 3UU  [www.sefton.gov.uk/housing](http://www.sefton.gov.uk/housing) | Access to the housing options team who can give advice on housing issues. |
| **Social Services** | Referrals available via GP  [www.sefton.gov.uk](http://www.sefton.gov.uk) | Includes access to social support, care packages, family support and safeguarding |
| **Homeless Services** | Sefton Council Housing options team Merton House- Tel 0151 934 3541  Sefton Council emergency out of hours service 0151 934 3555  Rough Sleeper Outreach Team via Life for Life Tel- 01704 501256 or 07918746042  The Whitechapel Centre Tel- 0151 207 7617 Langsdale Street L3 8DY  Bosco House  Tel- 0151 924 1818 59-61 Merton House L20 7AP  [www.boscohouse.org.uk](http://www.boscohouse.org.uk)  Shelter  Tel- 0344 515 1900  2nd Floor Stanley Building, 3 Hanover Street L1 3DN  www.england.shelter.org.uk | Support for homelessness |
| **South Sefton Foodbank** | Tel- 0151 934 3055  St Leonards Youth and Community Centre, 60 Peel Road L20 4RW  [www.southsefton.foodbank.org.uk](http://www.southsefton.foodbank.org.uk) | Call the foodbank to get their advice on how to get a foodbank voucher via a referral agency |