

Resource Information ~ Names and Address

A

Addictions

Alcohol

Organisation	Deals with:	Address	Phone	Web Site
AddAction	Drugs / Alcohol Liverpool	Fleet Street, Liverpool L1 4AR	0151 706 7898	addaction.org.uk
Addaction	Drugs + Alcohol in Knowsley	Nutgrove Villa, Westmoreland Ave, Huyton, L39 6GA	0151 489 3005	addaction.org.uk
Young AddAction	Drugs / Alcohol ages 10-17	5th Floor, Gostin Buildings, 32-36 Hanover Street, Liverpool, L1 4LN	0151 706 9747 0800 0196 197	addaction.org.uk
Alcoholics Anonymous	Alcohol National helpline	P. O. Box 1, 10 Toft Green, York, YO1 7ND	0845 769 7555	alcoholics-anonymous.org.uk/
Al-Anon Family Groups	Families of alcoholics	61 Great Dover Street, London SE1 4YF	020 7407 0215	al-anonuk.org.uk
Al-Ateen	As above ~ Teenage		020 7407 0215	al-anonuk.org.uk
Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL	0151 226 1977	standrewslive.org.uk/wellbeing
Community Integrated Care	Drugs / Alcohol / Mental health /other	Unit 8, Wavertree Tech. Village, Tipton Way, Wavertree. L13 1DA	0151 230 4490	c-i-c.co.uk
Hope House/ Centre St Helens	Support for alcohol / drugs / homeless	103 Church Street, St Helens, Merseyside, WA10 1AJ	01744 20032	hopecentre.org.uk
MerseyCare Mental Health ~ Head office see entry under M	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk
OKUK	Drugs / Alcohol 7 – 19 year olds	The Door, 65-67 Hanover Street Liverpool, L1 3DY	0151 702 0719 0151 702 0733	okuk@mya.org.uk
Project Freedom	Drugs / Alcohol Help for homeless going into new home	15 – 17 Bridge Street, Earlsetown, Newton Le- Willows, WA12 9BE	01925 225 070	projectfreedom.org.uk
Turning Point National	Drugs / Alcohol / Mental health / Other	Standon House, 21 Mansell Street, London E1 8AA	020 7481 7600	turning-point.co.uk

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Turning Point Chester	Drugs / Alcohol / Mental health /other	27 Hoole Road, Chester, Cheshire, CH2 3NH	01244 314 320	turning-point.co.uk
Turning Point Manchester	Drugs / Alcohol / Mental health /other	The Exchange, 3 New York Street, Manchester, M1 4HN	0161 238 5100	turning-point.co.uk
Whitechapel Centre	Help for homeless	Langsdale Street, Everton, Liverpool, L3 8DU	0151 207 7617	www.whitechapelcentre.co.uk
Wirral Alcohol Treatment	Alcohol Abuse	CWP Alcohol Service, 1st Floor The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead CH42 0LQ	0800 988 1421 0151 488 7240	wirralalcohol.co.uk

Drugs

Organisation	Deals with:	Address	Phone	Web Site
AddAction	Drugs / Alcohol Liverpool	Fleet Street, Liverpool L1 4AR	0151 706 7898	addaction.org.uk
Addaction	Drugs / Alcohol in Knowsley	Nutgrove Villa, Westmoreland Ave, Huyton, L39 6GA	0151 489 3005	addaction.org.uk
Young AddAction	Drugs / Alcohol ages 10-17	5th Floor, Gostin Buildings, 32-36 Hanover Street, Liverpool, L1 4LN	0151 706 9747 0800 0196 197	addaction.org.uk
Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL	0151 226 1977	standrewslive.org.uk/wellbeing
Community Integrated Care	Drugs / Alcohol / Mental health /other	Unit 8, Wavertree Tech. Village, Taptun Way, Wavertree. L13 1DA	0151 230 4490	c-i-c.co.uk
CITA	Tranquillizers Antidepressants Painkillers	Council for information on Addiction to Tranquillizers Antidepressants and Painkillers. The JDI Centre. 3-11 Merseyview, Waterloo, Liverpool L22 6QA	Office: 0151 474 9626 Helpline: 932 0102	citap.org.uk
Frank ~ Drugs	24 hour national free helpline	On line or phone call site Email: talktofrank.com	0300 123 6600	talktofrank.com
Hope House St Helens	Support for alcohol / drugs / homeless	103 Church Street, St Helens, Merseyside, WA10 1AJ	01744 20032	hopecentre.org.uk
Merseycare Mental Health ~ Head office see entry under M	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk

Resource Information ~ Names and Address

OKUK	Drugs / Alcohol 7 – 19 year olds	The Door, 65-67 Hanover Street Liverpool, L1 3DY	0151 702 0719 0151 702 0733	okuk@mya.org.uk
Project Freedom	Drugs / Alcohol Help for homeless going into new home	15 – 17 Bridge Street, Earlsetown, St Helens, WA12 9BE	01925 225 070	
Turning Point National	Drugs / Alcohol / Mental health / Other	Standon House, 21 Mansell Street, London E1 8AA	020 7481 7600	turning-point.co.uk
Turning Point Chester	Drugs / Alcohol / Mental health /other	27 Hoole Road, Chester, Cheshire, CH2 3NH	01244 314 320	turning-point.co.uk
Turning Point Manchester	Drugs / Alcohol / Mental health /other	The Exchange, 3 New York Street, Manchester, M1 4HN	0161 238 5100	turning-point.co.uk
Wirral Christian Drugs Action	Help for addicts	68 Grange Road West, Birkenhead, Wirral CH41 4DB	0151 652 9907	

Solvents

Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL ~ Mark Ready	0151 226 1977	standrewslive.org.uk/wellbeing
Merseycare Mental Health ~ Head office see entry under M	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk
Solve It	Solvent Abuse	Satra Innovation Park, Rockingham Road, Kettering, Northants NN16 9JH	01536 510 010	solveitonline.co.uk

Sexual

Journey UK	Sexual addictions and pornography, partner support group	PO BOX 75864, London SW11 9NL	020 7799 2200	journey-uk.org/
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Organisation	Deals with:	Phone	Web Site
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Resource Information ~ Names and Address

Acorn Christian Trust	Listening + Healing	Whitehill Chase, High Street, Bordon, Hampshire, GU35 0AP	01420 478 121	acornchristian.org
A C T Helpline	Life limiting conditions	Brunswick Court, Brunswick Square, Bristol, BS2 8PE	0177 916 6422	act.org.uk
AddAction	Drugs / Alcohol Liverpool	Fleet Street, Liverpool L1 4AR	0151 706 7898	addaction.org.uk
Addaction	Drugs / Alcohol in Knowsley	Nutgrove Villa, Westmoreland Ave, Huyton, L39 6GA	0151 489 3005	addaction.org.uk
Young AddAction	Drugs + Alcohol ages 10-17	5th Floor, Gostin Buildings, 32-36 Hanover Street, Liverpool, L1 4LN	0151 706 9747 0800 0196 197	addaction.org.uk
Adullam Homes Janet Taylor	Housing + Probation support / Mental health	33 Derby lane, Old Swan, Liverpool, L13 6SL	0151 220 4400	adullam.org.uk
Advocacy Rights Hub	Access any kind of help or support	Unit 13, 7th Floor Gostins Building 32-36 Hanover Street, Liverpool, L1 4LN	0151 707 1900	advocacyrightshub.co.uk
Alcoholics Anonymous	Alcohol National helpline	P. O. Box 1, 10 Toft Green, York, YO1 7ND	0845 769 7555	alcoholics-anonymous.org.uk/
Al-Anon Family Groups / Al-Ateen	Families of alcoholics	61 Great Dover Street, London SE1 4YF	020 7407 0215	al-anonuk.org.uk
Anorexia & Bulimia Care	National Information + help	Saville Court, 10-11 Saville Place, Clifton, Bristol, BS8 4EJ	03000 11 12 13	anorexiabulimiacare.org.uk
Anxiety Care UK London + on line	Anxiety disorders, phobias OCD etc.	8 Nicholas Court, 3 Wallwood Road, London E11 1DQ	07552 877 219	Anxietycare.org.uk
The Ark ~ Wirral	Homeless	Mary Cole House, 6 Sandford Street, Birkenhead, CH41 1BN	0151 649 0111	wirralark.org.uk
Association of Christian Counsellors	Christian Counselling	29 Momus Boulevard, Coventry, CV2 5NA,	0845 124 9569 0845 124 9578	acc-uk.org
A C C Accreditation Office	Accreditation Membership	The Manna House, St Giles Street, Northampton NN1 1JF	0845 124 9572	acc-uk.org
The Avenue	Mental health services and counselling	Lee Valley Millennium Centre, Childwall Valley Road, L25 2PR	0151 487 9111	

Resource Information ~ Names and Address

B

Bereavement

Organisation	Deals with:	Address	Phone	Web Site
Bereavement Counselling West Lancashire	Bereavement	First Floor, The Malthouse Business Centre, 48 Southport Road, Ormskirk, L39 1QR	01695 570 729	thebcsonline.co.uk
Cruse Lancashire	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0177 268 6668	crusebereavementcare..org.uk
Cruse Manchester	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0161 236 8103	crusebereavementcare..org.uk
Cruse Wirral	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0151 609 0160	crusebereavementcare..org.uk
"Forget-Me-Nots" St Hilda's Hunts Cross	Bereavement	7 Kingsmead Drive Liverpool, Merseyside L25 0NG	07963 893 841 (Carole Bowden)	
Liverpool Bereavement Services	Bereavement	1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF	0151 236 3932	liverpoolbereavement.co.uk
SANDS Stillbirth and Neonatal death	Supporting those affected by the death of a baby	28 Portland Place, London, W1B 1LY	020 7436 5881 020 7436 7940	Uk-sands.org
St Helens Bereavement Service	Bereavement	Tontine House, Church Street, Saint Helens, Merseyside WA10 1BD	01744 451 793	sthelensgateway.info/organisations/st-helens-bereavement-service
Winston's Wish Head Office	Bereaved Children	4th Floor, St James's House, St James Square, Cheltenham, Gloucestershire ,GL50 3PR	01242 515 157	winstonswish.org.uk
Winston's Wish Help Line	Bereaved Children	As above	08452 030 405	winstonswish.org.uk

Resource Information ~ Names and Address

B

Organisation	Deals with:	Address	Phone	Web Site
Barnardos	Care and protect children	24 Colquitt Street, LIVERPOOL, L1 4DE Tanners Lane, Barkingside, Ilford, Essex IG6 1QG.	0151 708 7323	Barnardos.org.uk
Beacon Counselling Trust	Counselling gambling	Head Office: 263 Townsend Lane Liverpool L13 9DG	0151 226 0969	Beaconcounsellingtrust.co.uk
Beacon Counselling Trust	Gambling	Liverpool: 0151 349 1099, Blackpool 0125 349 1099 Anglesey 0140 789 1099 Helpline 0808 8020 133		gamcare@ Beaconcounsellingtrust.co.uk
Bereavement Counselling West Lancashire	Bereavement	First Floor, The Malthouse Business Centre, 48 Southport Road, Ormskirk, L39 1QR	01695 570 729	thebcsonline.co.uk
<i>Black + Racial Minorities Support</i> Mary Seacole House	Support + advice for Black + racial minorities	91 Upper Parliament Street, Liverpool L8 7LB (<i>Supports: Advocacy; Carers; veterans; Day care; Life skills; Independent living ~ emotional + practical</i>)	0151 707 0319	maryseacolehouse.com
British Association for Counselling and Psychotherapy	Help finding a counsellor	BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB, United Kingdom	01455 883300	bacp.co.uk
Insight ~ Bury Christian Counselling Service	Christian Counselling	Emmanuel Church Centre, Longsight Road, Holcombe Brook, Ramsbottom, BL8 4D	01204 303782	in-sight-bccs.org.uk
Budgeting + Credit Union St. Andrews	Budgeting Money Management Credit Union	St Andrews Community Network, 16 Larkhill Lane, Clubmoor L13 9BR. Centres in Clubmoor, Toxteth, Wavertree, Bootle	0151 226 3406	standrewslive.org.uk/money-management

Resource Information ~ Names and Address

C

Children and Young People

Organisation	Deals with:	Address	Phone	Web Site
Barnardos	Care and protect children	24 Colquitt Street, Liverpool, L1 4DE Tanners Lane, Barkingside, Ilford, Essex IG6 1QG.	0151 708 7323	Barnardos.org.uk
{ Childline {	Abuse + counselling for other issues	NSPCC Weston House, 42 Curtain Road, London EC2A 3NH	0800 1111	Childline.org.uk
{ Children's Society { Head Office	Care for + support children	Edward Rudolf House, Margery St, London, WC1X 0JL	0845 300 1128	childrenssociety.org.uk
{ Cheshire	Teenagers 13 - 16	Unit 1: Theatre Court, London Road, CW9 5HB	01606 333 589	
{ Manchester Safe in { The City	Runaway children + Teenagers	13-21 Brownedge Road, Holts Village , Oldham, OL4 5QQ	0161 202 0977	
{ Warrington Project	Children + families	4 Catteral Avenue, Orford, Warrington, WA2 0JA	01925 852 905	
Churches Child Protection Advisory Service	Child Protection	CCPAS P. O. Box 133 Swanley Kent BR8 7UQ	0845 120 4550	ccpas.co.uk
Kooth	On-line counselling	On line Mon – Fri 12 – 10pm. Sat + Sun 6 – 10pm		kooth.com
No Panic Youth Helpline 13 – 20's	Anxiety disorders	Phone helpline Mon-Fri 4 – 6pm	01753 840 393	Nopanic.org.uk
Pure Freedom for teenagers	Eating disorders and self-harming	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Man for teenage boys	Identity and masculinity issues	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Mentoring for teenagers	Support and encouragement	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Together for Short Lives	Families of life limited children	4th Floor, Bridge House, 48-52 Baldwin Street, Bristol, BS1 1QB	0117 989 7820	Togetherforshortlives.org.uk
Winston's Wish Head Office	Bereaved Children	4th Floor, St James's House, St James Square, Cheltenham, Gloucestershire ,GL50 3PR	01242 515 157	winstonswish.org.uk
Winston's Wish Help Line	Bereaved Children	As above	08452 030 405	winstonswish.org.uk

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Young Person's Advisory Service	Counselling Young people	36 Bolton St, Liverpool, L3 5LX	0151 7071025	ypas.org.uk
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Counselling

Organisation	Deals with:	Address	Phone	Web Site
Acorn Christian Trust	Listening + Healing	Whitehill Chase, High Street, Bordon, Hampshire, GU35 0AP	01420 478 121	acornchristian.org
Association of Christian Counsellors	Christian Counselling	29 Momus Boulevard, Coventry, CV2 5NA,	0845 124 9569 0845 124 9578	acc-uk.org
A C C Accreditation Office	Accreditation Membership	The Manna House, St Giles Street, Northampton. NN1 1JF	0845 124 9572	acc-uk.org
The Avenue	Mental health services and counselling	Lee Valley Millennium Centre, Childwall Valley Road, L25 2PR	0151 487 9111	
British Association for Counselling and Psychotherapy	Help finding a counsellor	BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB, United Kingdom	01455 883300	bacp.co.uk
C.A.L.M Campaign against living miserably	Men's listening service (Suicide prevention)	CALM, PO Box 68766, London SE1P 4JZ	0800 58 58 58 helpline 0203 697 9331 office	thecalmzone.net
Care Confidential Helpline – national	Pregnancy crisis and post abortion	Clarendon House, 9-11 Church Street, Basingstoke, RG21 7QG	01256 477300 0800 028 2228	careconfidential.com
Care Confidential Helpline – Liverpool	Pregnancy crisis and post abortion	Frontline centre Lawrence road / Wellington Road Liverpool L15 0HY	0787 012 9060	careconfidential.com
Chester Diocesan Counselling Service	Counselling	Jane Knight, Head of Counselling Services Church House Lower Lane Aldford Chester CH3 6HP	01270 652034 07918 732806	chester.anglican.org (search for counselling)
CLASP Counselling Life Advice Suicide Prevention	On line counselling for suicide prevention	28 Canada Road, London, W3 0NP	111 helpline 0203 600 3 601 office	claspcharity.com
CLASP South Cheshire	As above		01270 250 629	e: s-cheshire@clasp.fsnet.co.uk.
Community Integrated Care	Drugs / Alcohol / Mental health /other	Unit 8, Wavertree Tech. Village, Tapton Way, Wavertree. L13 1DA	0151 230 4490	c-i-c.co.uk

Resource Information ~ Names and Address

Compass Counselling	Counselling	151 Dale Street Liverpool L2 2AH	0151 237 3993	compass-counselling.org.uk
Counselling & Family Centre	Counselling + advice	40 Mayors Road Altrincham Cheshire WA15 9RP	0161 941 7754	thecfc.org.uk
Crossroads Christian Counselling	Counselling	c/o Kings Centre Raglan Road Sale Cheshire M33 4AQ	0161 747 7880	lifechurch.uk.net/crossroads
CWR	Counselling	Waverley Abbey House, Waverley Lane, Farnham, Surrey GU9 8EP	01252 784 700	cwr.org.uk
Deep Release ministries	Counselling + Training	Dr. Chris Andrews. 122 Hunter Avenue, Shenfield, Brentwood, Essex CM15 8PG	0207 5116011 M: 07833 060535	Deepprelease.org.uk
Ferries Family Group Elaine Banks	Support group for families	St. Peter's Church, St. Peter's Road, Rock Ferry, Wirral, CH42 1PY	0151 643 1042	ferriesfamilygroups.org.uk
Insight ~ Bury Christian Counselling Service	Christian Counselling	Emmanuel Church Centre, Longsight Road, Holcombe Brook, Ramsbottom, BL8 4D	01204 303782	in-sight-bccs.org.uk
John Moores University counselling	Counselling / Advice Students	LJMU Counselling Team, Kingsway House, 24 Hatton Garden, Liverpool, L3 2AJ	0151 9046123	ljmu.ac.uk/healthandwellbeing/114146.
Lighthouse Christian Care Ministry	Counselling in Coventry	1A Argyll Street, Coventry, CV2 4FJ	0247 644 0095	lighthousechristiancare.co.uk
Listening Ear	Listening Service	St. Nicholas Centre, 70 Church Road, Halewood, Merseyside, L26 6LB	0151 488 6648	listeningearmerseyside.org.uk
Listening Service St Andrews	Listening Service	St Andrews Community Network, 16 Larkhill Lane, Clubmoor, Liverpool, L13 9BR	0151 226 3406 Tracy Crookall	standrewslive.org.uk/wellbeing
Liverpool Psychotherapy and consultation Services	Therapy for psychiatric disorders	Liverpool Psychotherapy and consultation Services, Merseycare trust, Mossley House, Mossley Hill Hospital, Park Ave, Liverpool, L18 8BU	0151 417 7733	
Liverpool University counselling services	Counselling students	14 Oxford St, Liverpool, L69 7WX	0151 794 3304	liv.ac.uk/studentssupport/counselling/
Mary Seacole House	Support + advice for Black + racial minorities	91 Upper Parliament Street, Liverpool L8 7LB <i>(Supports: Advocacy; Carers; veterans; Day care; Life skills; Independent living ~ emotional + practical)</i>	0151 707 0319	maryseacolehouse.com
Network Counselling	counselling	Network counselling and training Ltd, Wesley College, Henbury Road, Henbury, BS10 7QD	01179 507271	network.org.uk
Oasis Christian Counselling	Counselling	80 Manchester Road, Southport, Merseyside, PR9 9BJ	01704 544388	

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Phillippi Trust Head Office St Helens	counselling	63 Park Road, St.Helens, Merseyside, WA9 1DS	01744 679001	philippitrust.com
Phillippi Trust Blackpool	counselling	34 Sherbourne Road, Blackpool, Lancashire, FY1 2PW	01253 621859	philippitrust.com
Phillipi Trust Southport	Counselling	Lakeside Christian Centre, North Promenade, Southport, PR8 1RY	01704 503300	philippitrust.com
Protem Christian Counselling	Christian Counselling	8 Ward Street Didsbury Manchester M20 6TJ	0161 4342224	protem.org
Pure Engage for Men	Support & encourage masculinity & inspiration for their families	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Relate	Relationship counselling	Allman House, Langley Road, Northwich, Cheshire, CW9 8AW	0151 245 0183/ 0161 350 995	relate-cheshire-merseyside.org.uk
The Roundabout Centre	counselling	Stanley Road, Birkenhead, Merseyside, CH41 7BG	0151 652 9108	
Samaritans Liverpool	24 hour Emotional support	25 Clarence Street, Liverpool, L3 5TN	08457 909090 National 0151 708 8888 Local	samaritans.org
Sefton Choices	Counselling	297 Knowsley Road, Bootle, Merseyside, L20 5DF	0151 9223760	seftonchoices.org.uk
Stockport Christian Counselling	Counselling	The Town House, Hope Terrace, Stockport, SK3 9DU	0161 4287388	sccounselling.org
Tapestry Counselling	Counselling	2 Myrtle Street, Chorley Old Road, Bolton, BL1 3AH	07580 553 375	tapestrycounselling.co.uk
True Freedom Trust	Gender issues, Counselling + support	True freedom Trust, PO Box 13, Prenton, Wirral, CH43 6YB, UK	0151 653 0773	truefreedomtrust.co.uk
Wirral Rape Crisis	Help and advice Rape victims	PO box 20, Wallasey, L44 9HE	0151 6661392	

Resource Information ~ Names and Address

C

Organisation	Deals with:	Address	Phone	Web Site
C.A.L.M Campaign against living miserably	Men's listening service (Suicide prevention)	CALM, PO Box 68766, London SE1P 4JZ	0800 58 58 58 helpline 0203 697 9331 office	thecalmzone.net
Cancer Resource Store	Help with Cancer related issues	64 Mount Pleasant, Liverpool L3 5SD	0151 709 6161	
Care Confidential Helpline – national	Pregnancy crisis and post abortion	Clarendon House, 9-11 Church Street, Basingstoke, RG21 7QG	01256 477300 0800 028 2228	careconfidential.com
Care Confidential Helpline – Liverpool	Pregnancy crisis and post abortion	Frontline centre Lawrence road / Wellington Road Liverpool L15 0HY	0787 012 9060	
Carers UK	Info + advice for carers	20 Great Dover Street, London SE1 4LX	020 7378 4999	Careresuk.org
Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL	0151 226 1977	standrewslive.org.uk/celebrate- recovery
Chester Diocesan Counselling Service	Counselling	Jane Knight, Head of Counselling Services Church House Lower Lane Aldford Chester CH3 6HP	01270 652034 07918 732806	chester.anglican.org (search for counselling)
Childline	Abuse + counselling for other issues	NSPCC Weston House, 42 Curtain Road, London EC2A 3NH	0800 1111	Childline.org.uk
{ Children's Society { Head Office	Care for + support children	Edward Rudolf House, Margery St, London, WC1X 0JL	0845 300 1128	childrenssociety.org.uk
{ Cheshire	Teenagers 13 - 16	Unit 1: Theatre Court, London Road, CW9 5HB	01606 333 589	
{ Manchester Safe in { The City	Runaway children + Teenagers	13-21 Brownedge Road, Holts Village , OLD, OL4 5QQ	0161 202 0977	
{ Warrington Project	Children + families	4 Catteral Avenue, Orford, Warrington, WA2 0JA	01925 852 905	
Christians Against Poverty – Head office	Debt counselling	Jubilee Mill, North Street Bradford, BD1 4EW	01274 760 720	cap.org

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Christians Against Poverty – Liverpool	Debt Counselling	Claire Wilner Frontline Church Corner Lawrence Rd and Wellington Rd Liverpool L15 0HY	0151 733 3373 ext 22	
Christian Enquiry Agency	Info + teaching about Christianity	Selsdon House, 212 – 220 Addington Road, South Croydon, CR2 8LD	020 3490 3315	Christianity.org.uk
Christians in Caring Professions	Support for Christians	Ty Blaenant Ddu, Felindre, Swansea, SA5 7ND (group name to change soon)	0870 909 2006	cicp.org.uk/
Christian Link Association of Single Parents – CLASP	Support for lone parent families	Linden, Shorter Avenue, Shenfield, Brentwood, Essex, CM15 8RE	01277 233 848	
CLASP South Cheshire	Support for lone parent families		01270 250 629	e: s-cheshire@clasp.fsnet.co.uk.
Churches Child Protection Advisory Service	Child Protection	CCPAS P. O. Box 133 Swanley Kent BR8 7UQ	0845 120 4550	ccpas.co.uk
CITA	Tranquillizers Antidepressants Painkillers	Council for information on Addiction to Tranquillizers Antidepressants and Painkillers. The JDI Centre. 3-11 Merseyview, Waterloo, Liverpool L22 6QA	Office: 0151 474 9626 Helpline: 932 0102	citap.org.uk
Citizens Advice Bureau Liverpool Main Branch	General Advice (See on line for local areas)	2nd Floor, 1 Union Court, Cook Street, Liverpool, L2 4SJ	0844 848 7700	liverpoolcab.org
CLASP Charity Counselling Life Advice Suicide Prevention	On line counselling for suicide prevention	28 Canada Road, London, W3 0NP	111 helpline 0203 600 3 601 office 01372 587 000	claspcharity.com
Combat Stress	Help for Armed forces	Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX	office 0800 138 1619 helpline	combatstress.org.uk
Community Integrated Care	Drugs / Alcohol / Mental health /other	Unit 8, Wavertree Tech. Village, Tipton Way, Wavertree. L13 1DA	0151 230 4490	c-i-c.co.uk
Compass Counselling	Counselling	151 Dale Street Liverpool L2 2AH	0151 237 3993	compass-counselling.org.uk
Contact For Christ (Deo Gloria Trust)	Links seekers with local Christians	Selsdon House, 212-220 Addington Rd, South Croydon, Surrey, CR2 8LD	0208 651 6428	deo-gloria.co.uk/cfc.php
Counselling & Family Centre	Counselling + advice	40 Mayors Road Altrincham Cheshire WA15 9RP	0161 941 7754	thecfc.org.uk

Resource Information ~ Names and Address

Credit Action	Self help guide + literature consumer credit counselling service	6 th Floor, Lynton House, 7-12 Tavistock Sq, London, WC1H 9LT ~ Free helpline Mon-Fri 9:30 – 5pm	0800 138 1111	creditaction.org.uk
Crossroads Christian Counselling	Counselling	c/o Kings Centre Raglan Road Sale Cheshire M33 4AQ	0161 747 7880	lifechurch.uk.net/crossroads
Cruse Lancashire	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0177 268 6668	crusebereavementcare..org.uk
Cruse Manchester	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0161 236 8103	crusebereavementcare..org.uk
Cruse Wirral	Bereavement	Head office: Unit 01, One Victoria Villas, Richmond, TW9 2GW	0151 609 0160	crusebereavementcare..org.uk
Crimestoppers	Reporting crime info	Crimestoppers North West, PO Box 224, Kendal, LA9 9DQ	0800 555 111	crimestoppers-uk.org
CWR	Counselling	Waverley Abbey House, Waverley Lane, Farnham, Surrey GU9 8EP	01252 784 700	cwr.org.uk

Christian Bookshops

Organisation	Deals with:	Address	Phone	Web Site
Christian Bookshop Birkenhead	Christian literature	Mrs Val Clarke, 14 Grange Road West, Birkenhead, Wirral, CH41 4DA	0151 647 8743	christian-bookshop.org
Gladstones books Liverpool	Christian literature	Mr Bill Tonge, 18 Slater Street, Liverpool, L1 4BS	0151 708 9550	gladstonestrust.org
Good News Wallasey	Christian literature	Mr Brian Greenhalgh, 117 Wallasey Village, Wirral, CH45 3LF	0151 638 3415	
The Haven Christian Bookshop New Brighton	Christian literature	Mrs Sue Waters, 142 Seabank Road, Wallasey, Wirral, CH45 1HG	0151 638 5910	
Living Oasis Liverpool	Christian literature	Miss Anna Bunn, 52 Lord Street, Liverpool, L2 1TD6	0151 709 1029	livingoasis.co.uk
Southport Christian Book Centre	Christian literature	Mr Cuan Arch, 3 wesley Street, Southport, PR8 1BN	01704 542226	southportchristianbookcentre.co.uk
Spirit Books and Gifts Chester	Christian literature	96/98 Northgate Street, Chester CH1 2HT	01244 630054	spirit.gloryfires.org

Resource Information ~ Names and Address

D

Debt Counselling

Organisation	Deals with:	Address	Phone	Web Site
Budgeting + Credit Union St. Andrews	Budgeting Money Management Credit Union	St Andrews Community Network, 16 Larkhill Lane, Clubmoor, Liverpool, L13 9BR	0151 226 3406	standrewslive.org.uk/money-management
Christians Against Poverty – Head office	Debt counselling	Jubilee Mill, North Street Bradford, BD1 4EW	01274 760 720	cap.org
Christians Against Poverty – Liverpool	Debt Counselling	Claire Wilner Frontline Church Corner Lawrence Rd and Wellington Rd Liverpool L15 0HY	0151 733 3373 ext 22	capuk.org/help/capcentres.php
Credit Action	self help guidance and literature consumer credit counselling service	6 th Floor, Lynton House, 7-12 Tavistock Sq, London, WC1H 9LT Free helpline Mon-Fri 9:30 – 5pm	0800 138 1111	creditaction.org.uk
Debt Counselling St. Andrews	Debt Counselling	16 Larkhill Lane, Clubmoor, Liverpool, L13 9AL Centres in Clubmoor, Toxteth, Wavertree, Bootle	0151 226 3406	standrewslive.org.uk/money-management
West Lancashire Debt Advice	Debt advice and support	The Boiler Room, 37 Burscough Street, Ormskirk, L39 2EG	01695 573 348	westlancashiredebtadvice.org.uk

Domestic Violence (See also Sexual abuse and Rape)

Organisation	Deals with:	Address	Phone	Web Site
Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL	0151 226 1977	standrewslive.org.uk/celebrate-recovery
Liverpool Domestic Abuse Service	Help for those struggling with domestic abuse	72-74 Durning Road, Kensington, Liverpool, L7 5NG	0151 263 7474	liverpooldomesticabuseservice.org.uk
Mankind	Support for men who are victims of domestic abuse / violence	Email: chairman@mankind.org.uk	01823 334 244	mankind.org.uk/
Men's advice line	Free phone advice for men in abusive relationships	Email: info@mensadvice.org.uk	0808 801 0327	mensadvice.org.uk
National Domestic Violence Helpline	Women's Domestic Violence	See Women's Aid Federation	0808 200 0247 Free-phone	nationaldomesticviolencehelpline.org.uk

Resource Information ~ Names and Address

Rape Crisis National	Rape and abuse	BCM 4444, London, WC1N 3XX	0808 8029999	rapecrisis.org.uk
RASA Merseyside	Rape and abuse men and women	RASA PO Box 35 Birkenhead Wirral CH42 4RX <i>Helplines: Birkenhead 650 0155 / Sefton - 922 9385 Liverpool - 707 4313 / West Wirral - 633 2151</i>	0151 650 0155 office	rasamerseyside.org
RASASC Merseyside + Cheshire	Rape and abuse	Rape + Sexual Abuse Support Centre PO Box 35, Warrington, Cheshire, WA1 1DW	01260 697900 helpline 01925 221546 general	rapecentre.org.uk
Refuge National 24 hour helpline	Domestic violence helpline and safe houses		0808 2000 247 020 7395 7700 office	refuge.org.uk
Respect	Working to end domestic violence	64 Leonard St, London EC2A 4LT	020 7549 0578 office	respect.uk.net
Respect Help Phone Line	Help for domestic violence perpetrators	64 Leonard St, London EC2A 4LT	0808 802 4040 9-5 Mon - Fri	Respectphoneline.org.uk
Respect Men's advice line		64 Leonard St, London EC2A 4LT	0808 801 0327	mensadvice.org.uk
South Liverpool Domestic Abuse Services	Women's domestic Violence	email services@sldas.co.uk	0151 448 0720	
The Survivors Trust Resource list of local providers	Sexual abuse + violence	Unit 2, Eastlands Court Business Centre, St Peter's Road, Rugby , Warwickshire. CV21 3QP	01788 550554	thesurvivorstrust.org
Survivors UK	Male rape and sexual abuse	Survivors UK, ground floor, 34 Great st. James street, London, WC1N 3HB	0845 122 1201	www.survivorsuk.org
Wirral Woman's Refuge	Women's Domestic Violence	P O Box 14 Birkenhead Wirral CH41 6PX	0151 643 9766	Wirralwomensrefuge.co.uk
Women's Aid	Women's domestic violence	Women's Aid Federation of England, P O Box 391 Bristol, BS99 7WS (General Enquiries)	0177 944 4411 (Helpline above)	Womensaid.org.uk
Zero Centre	Women's Domestic violence	169 – 171 Laird Street Birkenhead Wirral CH41 0AA e-mail zerocentre@aol.com	0151 670 1528	Zerocentre.org.uk

Resource Information ~ Names and Address

D

Organisation	Deals with:	Address	Phone	Web Site
Dare to Care	Holistic healthcare	112 Mill Street, Dingle, Liverpool, L8 5UB	0151 709 1316	dare2care.co.uk
Debt Counselling St. Andrews	Debt Counselling	16 Larkhill Lane, Clubmoor, Liverpool, L13 9BR Centres in Clubmoor, Toxteth, Wavertree, Bootle	0151 226 3406	standrewslive.org.uk/money-management
Deep Release ministries	Counselling + Training	Dr. Chris Andrews 122 Hunter Avenue, Shenfield, Brentwood, Essex CM15 8PG	0207 5116011 M: 07833 060535	Deeprelease.org.uk
Deo Gloria Trust Contact For Christ	Links seekers with local Christians	Selsdon House, 212-220 Addington Rd, South Croydon, Surrey, CR2 8LD	0208 651 6428	deo-gloria.co.uk/cfc.php
Depressives anonymous Merseyside Fellowship	Self help group depression	Christina Young, c/o 17 Lime Street, Liverpool, Merseyside, L1 1JG	0151 260 3560	zyra.org.uk/depanon.htm
Depression UK £10 p.a. membership	Depression self-help	C/O Self Help Nottingham, Ormiston House, 32-36 Pelham Street, Nottingham, NG1 2EG		depressionuk.org

Resource Information ~ Names and Address

E

Eating Disorders

Organisation	Deals with:	Address	Phone	Web Site
Anorexia & Bulimia Care	National Information + help	Saville Court, 10-11 Saville Place, Clifton, Bristol, BS8 4EJ	03000 11 12 13	anorexiabulimiacare.org.uk
Eating Disorders Clinic	Eating disorders	Rathbone Hospital, Mill Lane, Old Swan, Liverpool, L13 4AW	0151 250 3000	
International centre for eating disorders	Eating disorders Rehabilitation	121 Wendover Road, Aylesbury, Buckinghamshire, HP21 9LW	01296 330 557	eatingdisorderscentre.co.uk
Kainos Advisory Service	Support for eating disorders	Nicholaston House, Penmaen, Gower, Swansea, SA3 2HL		helenawilkinson.co.uk
Mercy Ministries	Eating disorders abuse self harm 6 month residential young women	Cragg Royd, Lowertown, Oxenhope, BD22 9JE	01535 642 042	mercyministries.co.uk
Trinity Eating Disorder Service	Anorexia, bulimia, binge eating disorders obesity	9 Owlets Hall Close, Hornchurch, Essex, RM11 3TS	01708 341 569	trinityeds.co.uk
Mrs Carol Wain	Eating disorders + general counselling	Liverpool, Merseyside, L15	0151 722 6106	email: carol@thewains.co.uk

E

Organisation	Deals with:	Address	Phone	Web Site
Eating Disorders Clinic	Eating disorders	Rathbone Hospital, Mill Lane, Old Swan, Liverpool, L13 4AW	0151 250 3000	
Ellel Ministries	Healing	Bay Horse, Lancaster, Lancashire, LA2 0HN,	01524 751 651	Ellelministries.org

Resource Information ~ Names and Address

F

Organisation	Deals with:	Address	Phone	Web Site
Ferries Family Group Elaine Banks	Support group for families	St. Peter's Church, St. Peter's Road, Rock Ferry, Wirral, CH42 1PY	0151 643 1042	ferriesfamilygroups.org.uk
"Forget-Me-Nots" St Hilda's Hunts Cross	Bereavement	7 Kingsmead Drive Liverpool, Merseyside L25 0NG	07963 893 841 (Carole Bowden)	
Frank ~ Drugs	24 hour national free helpline	On line or phone call site Email: talktofrank.com	0300 123 6600	talktofrank.com
Friend Merseyside	Homosexuality advice + counselling	36 Bolton Street, Liverpool, L3 5LX	0151 708 0234	

G

Gambling

Organisation	Deals with:	Address	Phone	Web Site
Beacon Counselling Trust	Gambling	Liverpool: 0151 349 1099, Blackpool 0125 349 1099 Anglesey 0140 789 1099 Helpline 0808 8020 133		gamcare@ Beaconcounsellingtrust.co.uk
Celebrate Recovery	Support group for hurts, habits and hang-ups	St Andrew's Church, 176 Queens Drive, Clubmoor Liverpool, L13 0AL	0151 226 1977	standrewslive.org.uk/wellbeing
Gamblers Anonymous	Gambling Addiction	Go to website for local information, helpline phone numbers, meetings and help pages		gamblersanonymous.org.uk

Resource Information ~ Names and Address H - I

Homelessness

Organisation	Deals with:	Address	Phone	Web Site
Hope House / Centre St Helens	Homelessness Life skills training	Hope House 103 Church Street St Helens, Merseyside, WA10 1AJ	01744 26414	hopecentre.org.uk
MerseyCare Mental Health ~ Head office See entries under M	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk
Plus Dane	Homeless, refugees Vulnerable, ASBO's	Andrew Gale, Baltimore Buildings, 13/15 Rodney Street, Liverpool L1 9EF	0151 703 2048 M: 07800 543 380	plusgrouppltd.org.uk
Project Freedom	Drugs + Alcohol Help for homeless going into new home	15 – 17 Bridge Street, Earlsetown, St Helens, WA12 9BE	01925 225 070	
The Ark ~ Wirral	Homeless	Mary Cole House, 6 Sandford Street, Birkenhead, CH41 1BN	0151 649 0111	wirralark.org.uk
Whitechapel Centre	Help for homeless	Langsdale Street, Everton, Liverpool, L3 8DU	0151 207 7617	www.whitechapelcentre.co.uk
Young Person's housing resource centre	Advice and information	3 rd Floor, Wellington buildings, The Strand, Liverpool, L2 0PP	0151 236 8236	

Homosexuality and Related issues

Organisation	Deals with:	Address	Phone	Web Site
Friend Merseyside	Homosexuality advice + counselling	36 Bolton Street, Liverpool, L3 5LX	0151 708 0234	
Lesbian + Gay Christian Movement	Pro- Homosexuality	Oxford House, Derbyshire Street, London, E2 6HG	0207 739 1249	lgcm.org.uk
Pure Engage for Men	Support & encourage Masculinity & inspiration for their families	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk

Resource Information ~ Names and Address

True Freedom Trust	Gender issues, Counselling + support	True freedom Trust, PO Box 13, Prenton, Wirral, CH43 6YB	0151 653 0773	truefreedomtrust.co.uk
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H - I

Organisation	Deals with:	Address	Phone	Web Site
Hearing Voices Network	Voices Visions etc.	c/o Sheffield Hearing Voices Network, Limbrick Day Service, Limbrick Road, Sheffield, S6 2PE	0114 271 8210	hearing-voices.org
Harnhill Centre for Christian Healing	Helping and healing people	Harnihill Manor, Cirencester, GL7 5PX	01258 850 283	harnhillcentre.org.uk
The Haven Christian Bookshop	Christian literature	142 Seabank Road, Wallasey, Merseyside, CH45 1HG	0151 638 5910	
Hope House / Centre St Helens	Homelessness Alcohol / drug recovery	Hope House, 103 Church Street, St Helens, Merseyside, WA10 1AJ	01744 26414	hopecentre.org.uk
Insight ~ Bury Christian Counselling Service	Christian Counselling	Emmanuel Church Centre, Longsight Road, Holcombe Brook, Ramsbottom, BL8 4D	01204 303782	in-sight-bccs.org.uk
International centre for eating disorders	Eating disorders Rehabilitation	121 Wendover Road, Aylesbury, Buckinghamshire, HP21 9LW	01296 330 557	eatingdisorderscentre.co.uk

Resource Information ~ Names and Address J - K

Organisation	Deals with:	Address	Phone	Web Site
John Moores University counselling	Counselling and advice for students	LJMU Counselling Team, Kingsway House, 24 Hatton Garden, Liverpool, L3 2AJ	0151 904 6123	ljmu.ac.uk/healthandwellbeing/114146.
Journey UK	Sexual addictions and pornography, partner support group	PO Box 75864, London SW11 9NL	020 7799 2200	journey-uk.org/
Kainos Advisory Service	Support for eating disorders	Nicholaston House, Penmaen, Gower, Swansea, SA3 2HL		helenawilkinson.co.uk
King's Audio	Audio and visual supplies	15 Oxford Street, Yeovil, Somerset, BA21 5HR	01935 411 622	kingsaudio.co.uk
Kooth	On-line counselling	On line Mon – Fri 12 – 10pm. Sat + Sun 6 – 10pm		Kooth.com

Resource Information ~ Names and Address

L

Organisation	Deals with:	Address	Phone	Web Site
Lakeside Christian Centre	Philippi Counselling	North Promenade, Southport PR8 1RY. Satnav postcode: PR9 0LA	01704 544 419	lakesidecc.org.uk
Lantern Project	Support for victims of childhood sexual abuse	168 Seabank Road, Wallasey, Wirral, CH45 1HG	0151 630 6956	lanternproject.org.uk
Lesbian and gay Christian Movement	Pro homosexuality	Oxford House, Derbyshire Street, London, E2 6HG	0207 739 1249	lgcm.org.uk
Lighthouse Christian Care Ministry	Counselling Service	1A Argyll Street, Coventry, CV2 4FJ	0247 644 0095	lighthousechristiancare.co.uk
Listening Ear	Counselling Service	St. Nicholas Centre, 70 Church Road, Halewood, Merseyside, L26 6LB	0151 488 6648	listeningearmerseyside.org.uk
Listening Service St Andrews	Listening Service	St Andrews Community Network, 16 Larkhill Lane, Clubmoor, L13 9BR	0151 226 3406 Tracy Crookall	standrewslive.org.uk/wellbeing
Liverpool Bereavement Services	Bereavement	1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF	0151 236 3932	liverpoolbereavement.co.uk
Liverpool Domestic Abuse Service	Help for those struggling with domestic abuse	72-74 Durning Road, Kensington, Liverpool, L7 5NG	0151 263 7474	liverpooldomesticabuseservice.org.uk
Liverpool Psychotherapy and consultation Services	Therapy for psychiatric disorders	Liverpool Psychotherapy and consultation Services, Merseycare trust, Mossley House, Mossley Hill Hospital, Park Ave, Liverpool, L18 8BU	0151 417 7733	
Liverpool University counselling services	Counselling students	14 Oxford St, Liverpool, L69 7WX	0151 794 3304	liv.ac.uk/studentsupport/counselling/

Resource Information ~ Names and Address

M

Mental health Issues

Organisation	Deals with:	Address	Phone	Web Site
ASSIST Assistance, support + self-help in surviving trauma	PTSD		01788 551919 office 01788 560800 helpline	assisttraumacare.org.uk
Bipolar UK	Bipolar issues on line help	Bipolar UK, 11 Belgrave Road, London, SW1V 1RB	020 7931 6480 office	bipolaruk.org.uk
Bipolar Merseyside	Support group	Liverpool, Southport and Birkenhead. Check website for details	020 7931 6480 office	bipolaruk.org.uk
C.A.L.M Campaign against living miserably	Men's listening service (Suicide prevention)	CALM, PO Box 68766, London SE1P 4JZ	0800 58 58 58 helpline 0203 697 9331 office	thecalmzone.net
CLASP Counselling Life Advice Suicide Prevention	On line counselling for suicide prevention	28 Canada Road, London, W3 0NP	111 helpline 0203 600 3 601 office	claspcharity.com
Combat Stress	Help for Armed forces	Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX	01372 587 000 office 0800 138 1619 helpline	combatstress.org.uk
Depressives anonymous Merseyside Fellowship	Depression Self-help group	Christina Young, c/o 17 Lime Street, Liverpool, Merseyside, L1 1JG	0151 260 3560	zyra.org.uk/depanon.htm
Depression UK £10 p.a. membership	Depression self-help	C/O Self Help Nottingham, Ormiston House, 32-36 Pelham Street, Nottingham, NG1 2EG		depressionuk.org
Hearing Voices Network	Voices Visions etc.	c/o Sheffield Hearing Voices Network, Limbrick Day Service, Limbrick Road, Sheffield, S6 2PE	0114 271 8210	hearing-voices.org
Merseycare Mental Health ~ Head office	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk
Merseycare Arundel Centre	Wavertree, Aigburth, Edge Hill	Arundel Neighbourhood Team, Smithdown Health Park, Smithdown Road, Liverpool, L15 2HE e-mail maureen.walsh@merseycare.nhs.uk	0151 330 8032	merseycare.nhs.uk
Merseycare Moss House	Speke, Garston, Belle Vale Netherley	Moss House Community Mental Health Team. Moss Street, Garston, Liverpool, L19 2NA e-mail: annie.cowley@merseycare.nhs.uk	0151 330 8704	merseycare.nhs.uk

Resource Information ~ Names and Address

Merseycare Mossley Hill	Older people across Liverpool	Mossley Hill Hospital, Park Avenue, Mossley Hill Liverpool, L18 8BU e-mail: andrew.garrity@merseycare.nhs.uk	0151 250 6015	merseycare.nhs.uk
Merseycare Park Lodge Centre	Tuebrook West Derby	Park Lodge Community Mental Health Team Orphan Drive, Liverpool, L6 7UN e-mail margaret.kilroe@merseycare.nhs.uk	0151 330 8759	merseycare.nhs.uk
Merseycare Windsor Lodge	Liverpool 8, City Centre	Windsor House Community Mental Health Team 40 Upper Parliament Street, Liverpool, L8 7LF e-mail: allan.o'leary@merseycare.nhs.uk	0151 703 7608	merseycare.nhs.uk
MIND	Mental health Charity	Mind Infoline, PO Box 277, Manchester, M60 3XN	0300 123 3393	mind.org.uk
MIND Wirral	Local mental health	90-92 Chester Street, Birkenhead, Wirral, CH41 5DL	0151 512 2200	wirralmind.org.uk
No Panic Phone helpline	Anxiety disorders	Jubilee House, 74 High Street, Madeley, Telford, Shropshire, TF7 5AH	0844 967 4848 helpline 01952 680 460 office	nopanic.org.uk
No Panic Youth Helpline 13 – 20's	Mon-Fri 4 – 6pm	As above	01753 840 393	nopanic.org.uk
Obsessive Action	Help for OCD sufferer	Suite 506-509 Davina House, 137-149 Goswell Road, London, EC1V 7ET	020 7253 5272	ocdaction.org.uk
Positive Outcomes for Dissociative Disorders ~ PODS	Dissociative Disorders	3 Archers Court, Huntingdon, Cambridgeshire, PE29 6XG	01480 878409 office 0800 181 4420 helpline	pods-online.org.uk
Restored St Andrews	Depression support Group	Roscoe School, Ballantyne Road, Clubmoor, L13 9AL.	0151 226 3406 Lydia Jones	standrewslive.org.uk/wellbeing
Rethink on line help	Mental Health	89 Albert Embankment, London, SE1 7TP.	0121 522 7007 office 0300 5000 927 info helpline	Rethink.org
Samaritans Liverpool	24 hour Emotional support	25 Clarence Street, Liverpool, L3 5TN	08457 909090 National 0151 708 8888 Local	www.samaritans.org
Self-injury Support	Self-harm Girls and women	PO Box 3240, Bristol BS2 2EF	0117 927 9600 office 0808 800 8088 Helpline	Selfinjurysupport.org.uk

Resource Information ~ Names and Address

TAG Trauma + Abuse awareness	Promotes education + awareness	The Willows Centre, 11 Prospect Place, SWINDON, SN1 3LQ ~ Info , training + support for workers etc.	tag-uk.net
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M

Organisation	Deals with:	Address	Phone	Web Site
Manchester Rape Crisis	Rape and abuse of women and girls		0161 273 4500 helpline 0161 273 4591 Office	manchesterrapecrisis.co.uk
Mankind	Support for men who are victims of domestic abuse/violence	Email: chairman@mankind.org.uk	01823 334 244	mankind.org.uk/
Mary Seacole House	Support + advice for Black + racial minorities	91 Upper Parliament Street, Liverpool L8 7LB (Supports: Advocacy; Carers; veterans; Day care; Life skills; Independent living ~ emotional + practical)	0151 707 0319	maryseacolehouse.com
Men's advice line	Free phone advice for men in abusive relationships	Email: info@mensadviceline.org.uk	0808 801 0327	mensadviceline.org.uk
Mental Health Crisis Service	Advice service		0151 523 0000	
Mercy Ministries (Residential)	Eating disorders Young women Self harm, depression	Cragg Royd, Lowertown, Oxenhope, BD22 9JE	01535 642 042	Mercyministires.co.uk
Merseycare Mental Health ~ Head office	Mental health, addictions, homelessness	Mersey Care NHS Trust, V7 Building, Kings Business Park, Prescot, Merseyside, L34 1PJ	0151 473 0303	merseycare.nhs.uk
Merseycare Arundel Centre	Wavertree, Aigburth, Edge Hill	Arundel Neighbourhood Team, Smithdown Health Park, Smithdown Road, Liverpool, L15 2HE e-mail maureen.walsh@merseycare.nhs.uk	0151 330 8032	merseycare.nhs.uk
Merseycare Moss House	Speke, Garston, Belle Vale Netherley	Moss House Community Mental Health Team. Moss Street, Garston, Liverpool, L19 2NA e-mail: annie.cowley@merseycare.nhs.uk	0151 330 8704	merseycare.nhs.uk

Resource Information ~ Names and Address

Merseycare Mossley Hill	Older people across Liverpool	Mossley Hill Hospital, Park Avenue, Mossley Hill Liverpool, L18 8BU e-mail: andrew.garrity@merseycare.nhs.uk	0151 250 6015	merseycare.nhs.uk
Merseycare Park Lodge Centre	Tuebrook West Derby	Park Lodge Community Mental Health Team Orphan Drive, Liverpool, L6 7UN e-mail margaret.kilroe@merseycare.nhs.uk	0151 330 8759	merseycare.nhs.uk
Merseycare Windsor Lodge	Liverpool 8, City Centre	Windsor House Community Mental Health Team 40 Upper Parliament Street, Liverpool, L8 7LF e-mail: allan.o'leary@merseycare.nhs.uk	0151 703 7608	merseycare.nhs.uk
MerseyMart & Star Trinity Mirror	Newspaper and magazine publishers	Trinity Mirror Merseyside Ltd 6 Allerton Road, Mossley Hill, Liverpool L18 1LN	0151 227 2000	
MIND	Mental health Charity	Mind Infoline, PO Box 277, Manchester, M60 3XN	0300 123 3393	mind.org.uk
MIND Wirral	Local mental health	90-92 Chester Street, Birkenhead, Wirral, CH41 5DL	0151 512 2200	wirralmind.org.uk

Resource Information ~ Names and Address

N

Organisation	Deals with:	Address	Phone	Web Site
National Domestic Violence Helpline	Women's Domestic Violence	See Women's Aid Federation	0808 200 0247 Free-phone	nationaldomesticviolencehelpline.org.uk
Network Counselling	Counselling	Network counselling and training Ltd, Wesley College, Henbury Road, Henbury, BS10 7QD	0117 9507 271	www.network.org.uk
NHS Direct	Health advice + resources		0845 4647	nhsdirect.nhs.uk/
No Panic Phone helpline	Anxiety disorders	Jubilee House, 74 High Street, Madeley, Telford, Shropshire, TF7 5AH	0844 967 4848 helpline 01952 680 460 office	nopanic.org.uk
No Panic Youth Helpline 13 – 20's	Mon-Fri 4 – 6pm	As above	01753 840 393	nopanic.org.uk
NORCAP	Helping adoptees find biological parents	AA-NORCAP, 112 Church Road, Wheatly, Oxon, OX33 1LU	01865 875 000	www.norcap.org.uk

O

Organisation	Deals with:	Address	Phone	Web Site
Oasis Christian Counselling	Counselling	80 Manchester Road, Southport, Merseyside, PR9 9BJ	01704 544388	
Obsessive Action	Help for OCD sufferers	Suite 506-509 Davina House, 137-149 Goswell Road, London, EC1V 7ET	020 7253 5272	ocdaction.org.uk
Muriel O'Driscoll	Counsellor	1 Midland Terrace, Waterloo, Liverpool L22 8QJ	0151 928 0596	Private counsellor specialises in Trauma work
OKUK	Young persons drug and alcohol counselling	The Door, 65-67 Hanover St, L1 3DY	0151 702 0719 0151 702 0729 0151 702 0733 0151 702 0740	mya.org.uk
Options Pregnancy Crisis Centre	Chester branch	Rear Entrance, Fountains Centre, Upper Northgate Street, Chester, CH1 4EF	01244 390 193	careconfidential.com/Chester/

Resource Information ~ Names and Address P - Q

Organisation	Deals with:	Address	Phone	Web Site
Pathways Merseyside	Pregnancy crisis and post abortion	Oasis Church, Oxtan Road, Wallasey, Wirral CH44 4EU	0151 639 8480 07597 993 985	pathwaysupport.org.uk
Phillippi Trust Blackpool	counselling	34 Sherbourne Road, Blackpool, Lancashire, FY1 2PW	01253 621 859	philippitrust.com
P I P People In Pain	Support for those living in pain	St Andrews Community Network, 16 Larkhill Lane, Clubmoor, Liverpool, L13 9BR	0151 226 3406	standrewslive.org.uk
Phillippi Trust Southport	Counselling	Lakeside Christian Centre, North Promenade, Southport, PR8 1RY — Ann Drury	01704 503 300 Ann -01704 550 338	philippitrust.com
Phillippi Trust St.Helens	counselling	63 Park Road, St.Helens, Merseyside, WA9 1DS	01744 679 001	philippitrust.com
Positive Outcomes for Dissociative Disorders ~ PODS	Dissociative Disorders	3 Archers Court, Huntingdon, Cambridgeshire, PE29 6XG	01480 878409 office 0800 181 4420 helpline	pods-online.org.uk
Police Merseyside		Ask for local branch	0151 709 6010	
Plus Dane	Homeless, refugees Vulnerable, ASBO's	Andrew Gale, Baltimore Buildings, 13/15 Rodney Street, Liverpool L1 9EF	0151 703 2048 M: 07800 543 380	plusgrouppltd.org.uk
Prayer for Healing Room	Prayer for blessing, healing and wholeness	St Luke's Methodist Church, Market Street, Hoylake. Wirral CH47 2BF	0151 641 0995	beaconchf.org.uk
Pregnancy Crisis Centre	Pregnancy crisis and post abortion	Carol Westwell	0151 638 1663	
Project Freedom	Drugs + Alcohol Help for homeless going into new home	15 – 17 Bridge Street, Earlsetown, St Helens, WA12 9BE	01925 225 070	projectfreedom.org.uk
Protem Christian Counselling	Christian Counselling	8 Ward Street Didsbury Manchester M20 6TJ	0161 4342224	protem.org

Resource Information ~ Names and Address

PSS	Mental Health	Umbrella Centre, 111 Mount Pleasant, Liverpool, L3 5TF	0151 708 0415	
Pure Creative Arts for children and young people	Performing arts to reach potential & increase confidence	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Health for individuals & their families	Holistic healthcare	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Freedom for teenagers	Eating disorders and self-harming	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Engage for Men	Support & encourage Masculinity & inspiration for their families	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Man for teenage boys	Identity and masculinity issues	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk
Pure Mentoring for teenagers	Support and encouragement	20 Springwood Avenue, Liverpool, L19 4TX	0151 427 6777	purecreativearts.co.uk

Resource Information ~ Names and Address

R

Organisation	Deals with:	Address	Phone	Web Site
Rape Crisis National	Rape and abuse	BCM 4444, London, WC1N 3XX	0808 8029999	rapecrisis.org.uk
RASA Merseyside	Rape and abuse men and women	RASA PO Box 35 Birkenhead Wirral CH42 4RX <i>Helplines: Birkenhead 650 0155 / Sefton - 922 9385 Liverpool - 707 4313 / West Wirral - 633 2151</i>	0151 650 0155 office	rasamerseyside.org
RASASC Merseyside + Cheshire	Rape and abuse	Rape + Sexual Abuse Support Centre PO Box 35, Warrington, Cheshire, WA1 1DW	01260 697900 helpline 01925 221546 general	rapecentre.org.uk
Reach Out Trust	Christian Ministry to the cults and occult	Head Office, 24 Ormond Road, Richmond, Surrey, TW10 6 TH	0845 241 2158	www.reachouttrust.org
Refuge National 24 hour helpline	Domestic violence helpline and safe houses		0808 2000 247 office 020 7395 7700	refuge.org.uk
Relate	Relationship counselling	Allman House, Langley Road, Northwich, Cheshire, CW9 8AW	0151 245 0183/ 0161 350 995	www.relate-cheshire-merseyside.org.uk
Respect	Working to end domestic violence	64 Leonard St, London EC2A 4LT	020 7549 0578 office	respect.uk.net
Respect Help Phone Line	Help for domestic violence perpetrators	64 Leonard St, London EC2A 4LT	0808 802 4040 9-5 Mon - Fri	Respectphoneline.org.uk
Respect Men's advice line		64 Leonard St, London EC2A 4LT	0808 801 0327	mensadviceline.org.uk
Rethink on line help	Mental Health	89 Albert Embankment, London, SE1 7TP.	0121 522 7007 office 0300 5000 927 info helpline	Rethink.org
Roundabout Centre	counselling	Stanley Road, Birkenhead, Merseyside, CH41 7BG	0151 652 9108	
Royal national institute for the deaf	Information and help for deaf people	Head office, 19-23 Featherstone Street, London, EC1Y 85L	020 7296 8000	www.actiononhearingloss.org.uk

Resource Information ~ Names and Address

S

Sexual Abuse, Rape and Related Issues (see also Domestic Abuse)

Organisation	Deals with:	Address	Phone	Web Site
Care Confidential Helpline – national	Pregnancy crisis and post abortion	Clarendon House, 9-11 Church Street, Basingstoke, RG21 7QG	01256 477300 0800 028 2228	careconfidential.com
Care Confidential Helpline – Liverpool	Pregnancy crisis and post abortion	Frontline centre Lawrence road / Wellington Road Liverpool L15 0HY	0787 012 9060	careconfidential.com
Celebrate Recovery	Support group for hurts, habits and hang-ups	St. Andrew's community network. Roscoe School, Ballantyne Road. Clubmoor L13 9AL	0151 226 3406	standrewslive.org.uk/wellbeing
Lantern Project	Sexual Abuse Survivors support	168, Seabank Road, Wallasey, Wirral CH45 1HG	0151 630 6956	lanternproject.org.uk
Manchester Rape Crisis	Rape and abuse of women and girls		0161 273 4500 helpline 0161 273 4591 Office	manchesterrapecrisis.co.uk
Options Pregnancy Crisis Centre	Chester branch	Rear Entrance, Fountains Centre, Upper Northgate Street, Chester, CH1 4EF	01244 390 193	careconfidential.com/Chester/
Pathways Merseyside	Pregnancy crisis and post abortion	Oasis Church, Oxtan Road, Wallasey, Wirral CH44 4EU	0151 639 8480 07597 993 985	pathwaysupport.org.uk
Pregnancy Crisis Centre	Pregnancy crisis and post abortion	Carol Westwell	0151 638 1663	
Rape Crisis National	Rape and abuse	BCM 4444, London, WC1N 3XX	0808 8029999	rapecrisis.org.uk
RASA Merseyside	Rape and abuse men and women	RASA PO Box 35 Birkenhead Wirral CH42 4RX <i>Helplines: Birkenhead 650 0155 / Sefton - 922 9385 Liverpool - 707 4313 / West Wirral - 633 2151</i>	0151 650 0155 office	rasamerseyside.org
RASASC Merseyside + Cheshire	Rape and abuse	Rape + Sexual Abuse Support Centre PO Box 35, Warrington, Cheshire, WA1 1DW	01260 697900 helpline 01925 221546 general	rapecentre.org.uk
Safe Place Merseyside	Sexual assault referral centre For men + women	Based in Liverpool	0151 295 3550	safeplacemerseyside.org.uk

Resource Information ~ Names and Address

The Survivors Trust Resource list of local providers	Sexual abuse + violence	Unit 2, Eastlands Court Business Centre, St Peter's Road, Rugby , Warwickshire. CV21 3QP	01788 550554	thesurvivorstrust.org
Survivors UK	Male rape and sexual abuse	Survivors Uk, ground floor, 34 Great st. James street, London, WC1N 3HB	0845 122 1201	www.survivorsuk.org
TAG Trauma + Abuse awareness	Promotes education + awareness	The Willows Centre, 11 Prospect Place, SWINDON, SN1 3LQ ~ Info , training + support for workers etc.		tag-uk.net
Wirral Rape Crisis	Help and advice Rape victims	PO box 20, Wallasey, L44 9HE	0151 6661392	

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Organisation	Deals with:	Address	Phone	Web Site
Safe Place Merseyside	Sexual assault referral centre For men + women	Based in Liverpool	0151 295 3550	safeplacemerseyside.org.uk
Samaritans Liverpool	24 hour Emotional support	25 Clarence Street, Liverpool, L3 5TN	08457 909090 National 0151 708 8888 Local	www.samaritans.org
SANDS ~ Still Birth + Neo-natal death	Supporting those affected by the death of a baby	28 Portland Place, London, W1B 1LY	020 7436 5881	www.uk-sands.org
Sefton Choices	Counselling	297 Knowsley Road, Bootle, Merseyside, L20 5DF	0151 922 3760	www.seftonchoices.org.uk
Self-injury Support	Self-harm Girls and women	PO Box 3240, Bristol BS2 2EF	0117 927 9600 office 0808 800 8088 Helpline	Selfinjurysupport.org.uk
Smithson and Mason	Insurance for counsellors	Smithson Mason Group Ltd, Canal Place, LS12 2DU	0113 294 4000	
Solve It	Solvent Abuse	Satra Innovation Park, Rockingham Road, Kettering, Northants NN16 9JH	01536 510 010	solveitonline.co.uk
South Liverpool Domestic Abuse Services	Women's domestic Violence	email services@sldas.co.uk	0151 448 0720	
St. Andrew's community network	Debt advice	176 Queen's Drive, Liverpool, L13 0AL	0151 226 3406	standrewsclubmoor.org.uk /debt_advice2

Resource Information ~ Names and Address

St Helens Bereavement Service	Bereavement	Tontine House, Church Street, Saint Helens, Merseyside WA10 1BD	01744 451 793	sthelensgateway.info/organisations/st-helens-bereavement-service
Stockport Christian Counselling	Counselling	The town house, Hope Terrace, Stockport, SK3 9DU	0161 428 7388	www.sccounselling.org
The Survivors Trust Resource list of local providers	Sexual abuse + violence	Unit 2, Eastlands Court Business Centre, St Peter's Road, Rugby , Warwickshire. CV21 3QP	01788 550554	thesurvivorstrust.org
Survivors UK	Male rape and sexual abuse	Survivors Uk, ground floor, 34 Great st. James street, London, WC1N 3HB	0845 122 1201	www.survivorsuk.org
Supertravel	Transport	Gateacre House, Goodlass Road, Liverpool, L24 9HJ	0151 486 3994	www.supertravelltd.com

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Organisation	Deals with:	Address	Phone	Web Site
TAG Trauma + Abuse awareness	Promotes education + awareness	The Willows Centre, 11 Prospect Place, SWINDON, SN1 3LQ ~ Info , training + support for workers etc.		tag-uk.net
Tapestry Counselling	Counselling	2 Myrtle Street, Chorley Old Road, Bolton, BL1 3AH	07580 553 375	tapestrycounselling.co.uk
Trinity Eating Disorder Service	Anorexia, bulimia, binge eating disorders obesity	9 Owlets Hall Close, Hornchurch, Essex, RM11 3TS	01708 341 569	trinityeds.co.uk
True Freedom Trust	Gender issues, Counselling + support	True freedom Trust, PO Box 13, Prenton, Wirral, CH43 6YB,	0151 653 0773	truefreedomtrust.co.uk
Turning Point National	Drugs / Alcohol / Mental health / Other	Standon House, 21 Mansell Street, London E1 8AA	020 7481 7600	turning-point.co.uk
Turning Point Chester	Drugs / Alcohol / Mental health /other	27 Hoole Road, Chester, Cheshire, CH2 3NH	01244 314 320	turning-point.co.uk
Turning Point Manchester	Drugs / Alcohol / Mental health /other	The Exchange, 3 New York Street, Manchester, M1 4HN	0161 238 5100	turning-point.co.uk

Resource Information ~ Names and Address

W

Organisation	Deals with:	Address	Phone	Web Site
Well Being St Andrews	Community Network	St Andrews Community network, 16 Larkhill Lane, Clubmoor, Liverpool, L13 9BR ~ Tracy Crookall Co-ordinator	0151 226 3406	standrewslive.org.uk
West Lancashire Debt Advice	Debt advice and support	The Boiler Room,37 Burscough Street, Ormskirk, L39 2EG	01695 573 348	westlancashiredebtadvice.org.uk
Whitechapel Centre	Help for homeless	Langsdale Street, Everton, Liverpool, L3 8DU	0151 207 7617	www.whitechapelcentre.co.uk
Windsor Clinic	Alcohol dependency treatment	Aintree Hospital, Lower Lane, Liverpool, L9 7AL	0151 529 2450	
Winston's Wish Head Office	Bereaved Children	4th Floor, St James's House, St James Square, Cheltenham, Gloucestershire ,GL50 3PR	01242 515 157	winstonswish.org.uk
Winston's Wish Help Line	Bereaved Children	As above	08452 030 405	winstonswish.org.uk
Wirral Alcohol Treatment	Alcohol Abuse	CWP Alcohol Service, 1st Floor The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead CH42 0LQ	0800 988 1421 0151 488 7240	wirralalcohol.co.uk
Wirral Ark	Homeless	Mary Cole House, 6 Sandford Street, Birkenhead, CH41 1BN	0151 649 0111	wirralark.org.uk
Wirral Christian Drugs Action	Help for addicts	68 Grange Road West, Birkenhead, Wirral CH41 4DB	0151 652 9907	
Wirral Rape Crisis	Help and advice for rape victims	PO box 20, Wallasey, L44 9HE	0151 666 1392	
Wirral Probation centre		40 Europa Boulevard, Birkenhead, Wirral, CH41 4PE	0151 666 0400	
Wirral Woman's Refuge	Women's Domestic Violence	P O Box 14 Birkenhead Wirral CH41 6PX	0151 643 9766	Wirralwomensrefuge.co.uk
Women's Aid	Women's domestic violence	Women's Aid Federation of England, P O Box 391 Bristol, BS99 7WS (General Enquiries)	0177 944 4411 (Helpline above)	Womensaid.org.uk

Resource Information ~ Names and Address X – Y – Z

Organisation	Deals with:	Address	Phone	Web Site
Young Person's Advisory Service	Counselling for young people in Liverpool	36 Bolton St, Liverpool, L3 5LX	0151 707 1025	www.ypas.org.uk
Young Person's housing resource centre	Advice and information	3 rd Floor, Wellington buildings, The Strand, Liverpool, L2 0PP	0151 236 8236	
Zero Centre	Women's Domestic violence	169 – 171 Laird Street Birkenhead Wirral CH41 0AA e-mail zerocentre@aol.com	0151 670 1528	Zerocentre.org.uk