



Liverpool Signposting List 2019

Calls to 0330 and 0345 numbers cost the same to call as normal local or national numbers from a UK landline and are included within 'free' minutes allowance on mobile phones. Calls to 0800 numbers are free from both landlines and mobiles.

Sexuality and Gender (LGBT)

GYRO Liverpool

www.liverpoolcamhsfyi.com/service/gyro-ypas

0151 707 1025

Bereavement

Liverpool Bereavement Service

<http://liverpoolbereavement.com>

0151 236 3932

Race and Race Related Hate Crime

The Anthony Walker Foundation

www.anthonyswalkerfoundation.com/hate-crime

0151 237 3974

Hate Crime

Stop Hate UK (for reporting Hate Crime in confidence)

www.stophate.org

Call: 0800 138 1625

Text: 07717 989 025

Homelessness and Sheltered Housing

Powerhouse Liverpool

www.mainstayliverpool.org.uk

0151 600 3547

Crisis (Skylight Merseyside)

www.crisis.org.uk

0151 2187016

Sexual Health and Family Planning

Sexual Health Liverpool

www.sexualhealthliverpool.co.uk

Brook

www.brook.org.uk

0151 207 4000

Abortion and Pregnancy Advice

British Pregnancy Advisory Service

www.bpas.org/clinics/bpas-merseyside

03457 30 40 30

HIV Support

Sahir House

www.sahir.org.uk

0151 237 3989

Bullying and abuse

Bullybusters UK

www.bullybusters.org.uk

0800 169 6928

Disrespect Nobody

www.disrespectnobody.co.uk

Staying Safe Online

Child Exploitation and Online Protection

www.thinkuknow.co.uk

Rape and Sexual Assault

RASA Merseyside

www.rasamerseyside.org

0151 666 1392

Family and relationships

Relate – Cheshire and Merseyside

www.relatecm.org.uk

0300 330 5793

Refugee Support

PSS – Person Shaped Support

www.psspeople.com

0151 702 5555

Mental Health

Young Person's Advisory Service (YPAS)

www.ypas.org.uk

0151 707 1025

Samaritans

0845 709 090

Liverpool CAMHS

www.liverpoolcamhs.com/need-advice

Drug and Alcohol Addiction

MYA - Young Addaction

www.addaction.org.uk

0151 706 9747

Youth Unemployment

Prince's Trust

<https://www.princes-trust.org.uk>

0800 842 842

Young People's Food Bank

Merseyside Youth Association

www.mya.org.uk/how-we-can-help/young-people

0151 708 0700

Money & Finances

Liverpool Credit Union

www.centralcu.co.uk

0151 708 5515

Talk Liverpool

www.talkliverpool.nhs.uk

0151 228 2300

Mental Health Care

Merseycare

0151 706 3520

Open Door Centre Wirral

www.theopendoorcentre.org

PAPYRUS

Supporting teenagers and young adults feeling suicidal

0800 068 41 41

Useful Apps:

Chasing the stigma

<https://chasingthestigma.co.uk/hub-of-hope/>

Woebot

Download from App store/Google store