

Christmas Support Information 2021

YPAS will close Thursday 23rd December 2021 (pm) Re-open Tuesday 4th January 2022 (am)

Additional support information that might be helpful for over the festive period whilst YPAS is closed.

CRISIS SKYLIGHT MERSEYSIDE

If you are homeless or at risk of becoming homeless, you can access many services for free. 96 Kent Street, Liverpool, L1 5BD. Tel: 0151 218 7000. Email: merseyside@crisis.org.uk

KOOTH

Kooth offer support for 14-25-year-olds in Liverpool. Providing free and anonymous access to self-help materials, as well as drop-in or booked online appointments with professional counsellors. Available every day over Christmas. www.kooth.com

DOMESTIC ABUSE

In an emergency call 999 and if you are unable to speak press 55. You will hear an automated police message, which will ask you to press 55 to be put through to police call management. The BT operator will remain on the line and listen. If you press 55, they will be notified and transfer the call to the police.

LISTENING EAR

A confidential listening service for anyone over the age of 16. Tel: 0151 281 9716 or email: htl@bridgechapel.com to make an appointment.

CITIZENS ADVICE

Closes 24th December-reopens January 4th. For a range of support inc Benefit Advice Call: Tel: 0808 278 7840

QWELL

Online emotional wellbeing and mental health support for adults: www.qwell.io

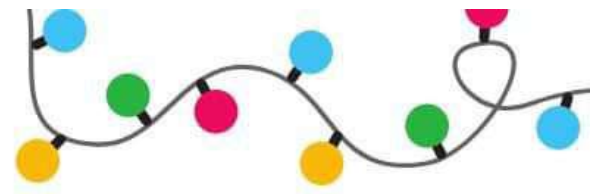
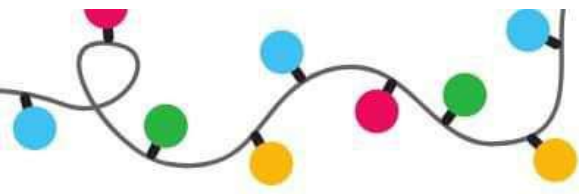
SHOUT

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.



www.ypas.org.uk 0151 707 1025 support@ypas.org.uk





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ALDER HEY CAMHS - CRISIS CARE TEAM

The Crisis Care Team operate 7 days a week offering advice, consultation, and direct intervention to children/young people and their Families. Tel: 0151 293 3577 or 0808 196 3550. Text GREEN to 85258 FOR IMMEDIATE SUPPORT

YOUNG MINDS CRISIS MESSENGER

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to 85258. Parents Helpline 9:30am - 4pm Monday to Friday: 0808 802 5544

NHS 111

Where trained health professionals can give you health advice and information 24 hours a day. This is a medical and dental service. Calling 111 will support you to access nearest walk in centres. Tel: 111

ACCIDENT & EMERGENCY: CHILDREN & YOUNG PEOPLE AGED 0-16 YEARS

If a child or young person becomes distressed or shows signs of becoming a risk to others or themselves they should be taken to A&E at Alder Hey Children's Foundation Trust following receipt of parental/carer permission. Tel: 0151 228 4811

THE SAMARITANS

24-hour confidential helpline. Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. Tel: 116 123 Textphone: 08457 90 91 92

CHILDLINE

Childline help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available anytime, day or night. Tel: 0800 1111

GP OUT OF HOURS SERVICE

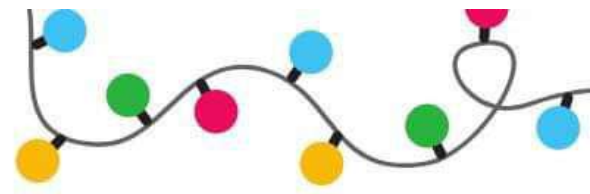
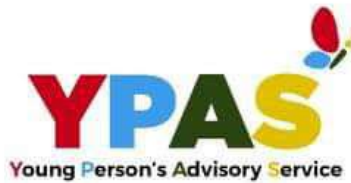
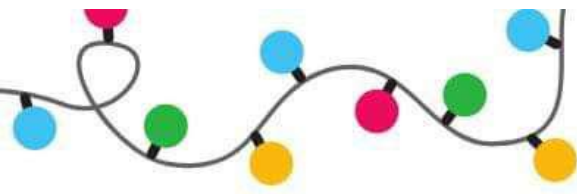
If you need urgent healthcare which cannot wait until the next working day, you can access a GP via the Out of Hours service. Call your Dr's surgery on the usual number.

ACCIDENT & EMERGENCY: YOUNG PEOPLE AGED 16+

Young people aged 16+ showing signs of distress or becoming a risk to themselves or others should be taken to A&E at the Royal Liverpool University Hospital Trust or University Hospital Aintree. This is a 24-hour service. Tel: 0151 706 2000

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