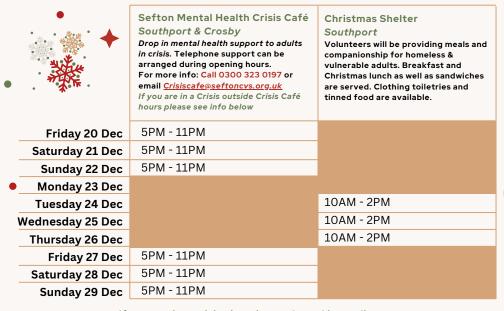






Parenting 2000 offices and our Therapeutic Services, Youth Club, Early Help Family Support Work and Groups, will be closed on Friday 20th December 2024 and will re-open on Thursday 2nd January 2025.

Over the festive period Sefton Mental Health Crisis Café will be operating at both our centres (Southport & Crosby) and Christmas Shelter will be open at our Alchemy Southport building as follows:



If you are in a crisis situation and need immediate support you can access this from the following:

In an emergency, or if you don't feel that you can keep yourself safe, please contact 999 or visit A&E.

For children, families or professionals contact the CAMHS Crisis Line to speak directly to a mental health practitioner on 0808 196 3550 or 0151 293 3577.

Childline call 0800 11 11

NHS 24hr Urgent Support for Sefton & Liverpool 0800 145 6570
For Shout Text HEAL to 85258 for immediate support, available 24/7
The Samaritans call 116 123
CALM call 0800 585858 (5pm - 12am) or via their webchat: thecalmzone.net/help/webchat

