

Parenting 2000

Christmas & New Year Opening Hours

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:

Sefton Mental Health Crisis Café Southport & Crosby

Drop in mental health support to adults in crisis. Telephone support can be arranged during opening hours.

For more info: Call **0300 323 0197** or email Crisiscafe@seftoncvcs.org.uk

If you are in a Crisis outside Crisis Café hours please see info below

Christmas Shelter Southport

Volunteers will be providing meals and companionship for homeless & vulnerable adults. Breakfast and Christmas lunch as well as sandwiches are served. Clothing toiletries and tinned food are available.

	Sefton Mental Health Crisis Café Southport & Crosby	Christmas Shelter Southport
Friday 20 Dec	5PM - 11PM	
Saturday 21 Dec	5PM - 11PM	
Sunday 22 Dec	5PM - 11PM	
Monday 23 Dec		
Tuesday 24 Dec		10AM - 2PM
Wednesday 25 Dec		10AM - 2PM
Thursday 26 Dec		10AM - 2PM
Friday 27 Dec	5PM - 11PM	
Saturday 28 Dec	5PM - 11PM	
Sunday 29 Dec	5PM - 11PM	

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 1111**

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:

thecalzone.net/help/webchat