



www.merseyplay.com

0151 708 0468

Mental Health Support

The Life Rooms

Are you a parent? Do you need any help or support Pathways Support Service can help. Call them on 0151 478 6556 (Liverpool), 01704 383 198 (Sefton) or email liferooms.support@merseycare.nhs.uk

CAMHS Crisis Care @ Alder Hey

Our crisis team supports under 18s in Liverpool & Sefton needing urgent advice & support with their mental health. We're now operating 24 hours a day, 7 days a week. Don't hesitate, call us today: 0151 293 3577 & 08081 963 550.

Kooth

Kooth is an online mental health and wellbeing community. Free, safe and anonymous support for children and young people aged 10-25 in Liverpool. A member of the Liverpool CAMHS Partnership.

www.kooth.com

YPAS Liverpool

Providing mental health and emotional wellbeing services for Liverpool's children, young people and families www.ypas.org.uk

support@ypas.org.uk Tel: 0151 707 1025

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

<https://www.papyrus-uk.org/hopelineuk/>

Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)

Domestic Abuse

<https://liverpool.gov.uk/communities-and-safety/crime-and-safety/domestic-abuse/>

Help for Families in Crisis

<https://liverpool.gov.uk/benefits/help-in-a-crisis/>

General Help & Resources

<https://www.lcvs.org.uk/grants/cost-of-living-crisis-help-for-individuals/>

Liverpool's Early Help Directory

<https://fisd.liverpool.gov.uk/kb5/liverpool/fsd/home.page>

Food Provision

<https://www.feedingliverpool.org/community-food-spaces/map>

SEND Support

ADHD Foundation resources

<https://www.adhdfoundation.org.uk>

LivPac

<https://livpac.org.uk/resources>

Empowering parents and carers to have a voice and enable them to navigate the special educational needs and / or disabilities processes through awareness, information and confidence training.

Autism Adventures

<http://liverpoolautismadventures.co.uk/>

Autism in Motion

<https://www.aimautism.com/>

Further Advice & Support

<https://www.lcvs.org.uk/grants/cost-of-living-crisis-help-for-individuals/>

Information for Parents, Carers and Families – Live Well Directory

<https://www.thelivewelldirectory.com/>

<https://www.citizensadvice.liverpool.org.uk/>

<https://www.fuelbankfoundation.org/individuals/>

Benefits advice

Request benefits advice or get help with Universal Credit claims today at www.liverpool.gov.uk/bms or check if you qualify online at www.gov.uk/benefits-calculators. You can also call freephone 0800 028 3697 or visit any One Stop Shop. You can also speak to your landlord if you're a social housing tenant.

Debt

Your local Citizens Advice can help you deal with debt. You can book appointments with the city centre money advice team on 0151 233 2771. Call 0344 848 7700 or visit www.citizensadvice.liverpool.org.uk to find your local office. For details of other organisations go to www.liverpool.gov.uk/debt

Council Tax

Call us today on 0800 028 3686 if you're having problems paying your Council Tax, have Council Tax arrears, are struggling to pay back overpaid Housing Benefit or owe other debts to the council.

Free school meals

Apply today at www.liverpool.gov.uk/freeschoolmeals or call free phone 0800 028 3697 and your family could save over £400 per year and your child's school can receive up to £1,900 additional funding for every eligible child.

Housing

Housing Options provides help and advice if you are homeless or threatened with homelessness. Call us on freephone 0800 731 6844. Visit any of our One Stop Shops – www.liverpool.gov.uk/onestopshops or call 0151 233 3000

Fuel and energy bills

Our Healthy Homes team can provide free help and advice if you're struggling to pay your fuel bills, and energy saving hints and tips to help keep you warm and your bills low. They may also be able to help with replacement boilers and windows.

Visit www.liverpool.gov.uk/housing/fuel-poverty-and-energy-efficiency/ or call them on freephone 0800 0121 754.

Council Tax Support

Council Tax Support helps you pay some of your Council Tax if you are on a low income or claiming certain benefits. You can claim whether you own your home or rent, or whether you're working or unemployed.

Find out more: www.liverpool.gov.uk/benefits/housing-benefits/council-tax-support/

Discretionary Housing Payments

Discretionary Housing Payments (DHP) can give you short term help to pay your rent when Housing Benefit or Universal Credit does not meet your rent in full. You can apply if you receive Housing Benefit or the housing cost element of Universal Credit or there is a shortfall between your rent and benefit entitlement.

Find out more: www.liverpool.gov.uk/benefits/housing-benefits/discretionary-housing-payments/

Liverpool Citizens Support Scheme

If you find yourself in crisis you can apply for support to get food and basic necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs). An emergency or crisis might be a fire or flood, or you have had to move due to violence or fear of violence, or you are leaving care or prison and need support to stay in the community.

Find out more: www.liverpool.gov.uk/benefits/help-in-a-crisis/liverpool-citizens-support-scheme/

Foodbanks in Liverpool

Your local foodbank can provide at least three days' emergency food and support to people in crisis. You can get a voucher from your: health visitor, social worker, local citizens advice or charity organisation and take your voucher to your local Trussell Trust foodbank to receive your emergency food. Your local church or community centre may have their own system and you may not need a voucher.

Find out more: www.liverpool.gov.uk/benefits/help-in-a-crisis/foodbanks/

Short-term benefits advance

If you're waiting for your first benefit payment and don't have enough money to cover food and essential items such as rent, gas and electric you can ask your local Job Centre for a short-term advance.

Find out more: www.liverpool.gov.uk/benefits/help-in-a-crisis/short-term-benefit-advance/