

Cost of Living Support

✓ Moneyhelper

Free and impartial help with money, backed by the government | MoneyHelper

✓ Citizens Advice Bureau

Citizens Advice

✓ National Debt line

0800 138 7777 Monday to Friday 8am to 6pm

✓ STHK Cost of Living Booklet

✓ **The Wellbeing Hub access to support and FOOD BANK vouchers email in confidence to**
wellbeing.referrals@sthk.nhs.uk

✓ Lunch & Learn via TEAMS see Intranet

Self Help

✓ VITA Healthcare (EAP)

Freephone from UK landline: 0800 111 6387 my-eap.com
use access code: STHKWELL or SOUTHPORTWELL

✓ St Helens Wellbeing Service

✓ Working Well | Living Better sessions

✓ The Hub of Hope

✓ Free NHS Access Apps

Unmind

Headspace

Bright Sky

Finding Calm amongst the Chaos video suite

Need to Talk

✓ Self-Refer to The Wellbeing Hub

wellbeing.referrals@sthk.nhs.uk

✓ Text FRONTLINE 85258

✓ Gamblers Anonymous 0330 094 0322

✓ Talk to Frank Helpline 0300 123 6600

✓ Bereavement Resource

✓ Samaritans

call 116 123

✓ Stay Alive App

✓ Chrysalis centre for change – female

✓ HimVisible & Andys Man Club - Male

✓ Guide to wellbeing Conversations

Crisis Intervention

✓ Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)

✓ How to find local mental health services - NHS (www.nhs.uk)

✓ Mersey Care

Phone: 0800 145 6570

✓ Halton/Knowsley/ St Helens/ Warrington/ Lancashire

Phone: 0800 051 1508

Wigan 0800 051 3253

Cheshire and Wirral 0800 145 6485

Lancashire and South Cumbria 0800 953 0110

Sefton 0800 145 6570

✓ 999 or attend A&E

✓ **Contact 999 and request Police welfare check if unable to contact someone at risk**

