

# Useful contacts

## National contacts

### **Action for Children**

Practical information for children, young people, and parents going through a family break-up.  
0300 123 2112

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

### **Anxiety UK**

For advice on anxiety.

08444 775 774

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Beating Eating Disorders**

For advice and information on all types of eating disorders.

0845 634 1414

[www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Brook**

0808 802 1234

[www.brook.org.uk](http://www.brook.org.uk)

### **Change4Life**

For advice and information on how to live a healthy life.

0300 123 4567

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

### **Child Exploitation and Online Protection Centre**

0870 000 3344

[www.ceop.police.uk](http://www.ceop.police.uk)

### **Childline**

Free 24-hour counselling service for children and young people. ChildLine deals with any issue which causes distress or concern. Common issues include child abuse, bullying, mental illness, parental separation or divorce, pregnancy and substance misuse.

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### **Family Planning Association (FPA)**

[www.fpa.org.uk](http://www.fpa.org.uk)

### **Frank**

0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

### **Lesbian, gay and bisexual**

For young people seeking advice on lesbian, gay and bisexual issues.

08000 502020

[www.stonewall.org.uk](http://www.stonewall.org.uk)

**Terence Higgins Trust**

0808 802 1221

[www.tht.org.uk](http://www.tht.org.uk)

**National Domestic Violence Freephone Helpline 24-hour**

0808 2000 247

**NHS**

For health advice.

[www.nhs.uk](http://www.nhs.uk)

**Quit because**

Advice and information on how to quit smoking.

[www.quitbecause.org.uk](http://www.quitbecause.org.uk)

**Race Equality Foundation**

0161 220 1016

[www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk)

**Samaritans**

08457 90 90 90

**Smokefree**

Advice and information on how to quit smoking.

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

**Sunsmart**

Advice and information on keeping safe in the sun.

[www.sunsmart.org.uk](http://www.sunsmart.org.uk)

**Thinkuknow**

Advice on how to stay safe online for children, parents/carers and teachers.

[www.thinkuknow.com](http://www.thinkuknow.com)

**YoungMinds Parents Helpline**

0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.redcross.org.uk](http://www.redcross.org.uk)

[www.thesite.org](http://www.thesite.org)

## Local contacts

**Local NHS Services**

Find your nearest GP, hospital, Dentist, Pharmacist or Optician at [www.nhs.uk](http://www.nhs.uk)

**GP Out of Hours**

If you are calling out of normal surgery hours - during the evening, at night, during weekends and on Bank Holidays - all GPs operate an Out of Hours emergency service. This service should only be used if you have an urgent medical problem that cannot wait until normal surgery hours. To access this service call your normal GP's surgery.

**Stop Smoking Support**

For more information about stopping smoking, please contact St Helens Stop Smoking

Service.

01744 586247 or text Quit to 61825

[www.readytostopsmoking.co.uk](http://www.readytostopsmoking.co.uk)

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

### **Young People's Drug and Alcohol Team**

Lord Street Centre, Lord Street,  
St Helens, Merseyside WA10 2SP.  
01744 675 605

### **Sexual Health Service - TAZ (Teen Advice Zone)**

The Millenium Centre (First Floor),  
Corporation Street, St Helens Town Centre  
WA10 1HJ. (near bus station)

[www.tazsh.com](http://www.tazsh.com)

### **Get It On**

Sexual health and Relationship Advice for Halton and St Helens

[www.getiton.org.uk](http://www.getiton.org.uk)

### **St Helens Integrated Sexual Health Service**

Contraception and sexual health.  
0845 155 0156

### **St Helens Healthy Living**

0300 300 0103

[www.healthysthelens.co.uk](http://www.healthysthelens.co.uk)

### **St Helens Young Carers Centre**

01744 677279

[www.youngcarers.net](http://www.youngcarers.net)

### **No Secrets**

Help and advice on Self Harm

[www.no-secrets.org.uk](http://www.no-secrets.org.uk)

### **Barnardos**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

### **Catch 22**

St Helens Missing & Child Sexual Exploitation Service

[www.catch-22.org.uk](http://www.catch-22.org.uk)

### **St Helens Gateway**

A community hub of information; bringing together all health, social care and well-being information and services into one central place.

[www.sthelensgateway.info](http://www.sthelensgateway.info)

### **Live Life Well**

[www.live-lifewell.net](http://www.live-lifewell.net)

### **St Helens Metropolitan Borough Council**

Wesley House, Corporation Street,  
St Helens, Merseyside WA10 1FY.

01744 676789  
[www.sthelens.gov.uk](http://www.sthelens.gov.uk)