

Student Wellbeing & Disability – Resources

Student Wellbeing & Disability – Resources	1
Urgent and out of hours crisis support	1
Local mental health and wellbeing support services	3
National mental health and wellbeing support services	5
Support for Disabled Students.....	8
Support with finding a GP, Dentist and other health services	10
Housing support and money advice.....	11
Support for students who have experienced sexual violence, domestic abuse or are victims of crime	12
Addiction support services	16
Bereavement support	17
Support for LGBTQ+ Students	18
Support for Global Majority and Minoritised Ethnic Students.....	20
Support for Estranged Students, Young Adult Carers and Care Experienced Students ...	22

Urgent and out of hours crisis support

Resource	Description	How to access support	Website
CALM Campaign Against Living Miserably	UK based crisis helpline	Call 0800 58 58 58 5pm-12midnight 7 days a week	Campaign Against Living Miserably (CALM)
Emergency Ambulance Services NHS	For anyone who feels they or someone else is at risk	Call 999	N/A
James' Place	Local urgent crisis service for men at risk of suicide	Visit the website to request an assessment For further information, email liverpool@jamesplace.org.uk or call 0151 303 5757	James' Place

		50 Catharine St, Liverpool L8 7NG	
Liverpool City Centre Walk-In Centre	Urgent treatment centre for minor injuries and illnesses	Present at the walk-in centre in person Linda McCartney Centre Royal Liverpool Hospital Prescot St Liverpool L7 8XP Open 8am-8pm 7 days a week.	Merseycare Urgent Treatment Centres and Walk-in Centres
Mersey Care Urgent Mental Health Support	Local NHS mental health helpline	Call 0800 1456570 Available 24/7	Merseycare
National Suicide Prevention Helpline UK	UK Helpline offering a supportive listening service to anyone with thoughts of suicide.	Call 0800 689 5652 6pm to midnight every day	National Suicide Prevention Helpline Uk
Papyrus Helpline	Crisis helpline for under 35s	Call 0800 068 41 41 Mon-Fri 9am-10pm 2pm-10pm Bank Holiday & Weekends	Papyrus
Royal Liverpool Hospital Accident & Emergency	Emergency local mental health service	Present at the service asking to speak with the Mental Health Crisis Team Ground floor Royal Liverpool University Hospital Prescot Street Liverpool Merseyside L7 8XP	N/A
Samaritans	UK Based Helpline	Call 116 123 24/7, email jo@samaritans.org or visit the website to chat online	Samaritans
SANEline	UK Helpline for anyone experiencing a mental health	Call 0300 304 7000 4pm to 10pm, every day	SANEline

	problem or supporting someone else		
SHOUT	The UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere.	Text 'SHOUT' TO 85258 Available 24/7	SHOUT
The Liverpool Light	Preventative out-of-hours mental health crisis service, open from based in Liverpool city centre, providing a safe place for people who are experiencing or at risk of a mental health crisis.	Visit the website to self-refer 7 days a week 6pm-1am 181-185 London Road L3 8JG	The Liverpool Light
Urgent NHS 111 Helpline	Online mental health symptom checker and helpline advice service	Call 111 for advice Available 24/7 Visit the website symptom checker to get advice on next steps for support	NHS 111

Local mental health and wellbeing support services

Resource	Description	How to access support	Website
Andy's Man Club	Men's suicide prevention charity, offering free-to-attend peer-to-peer support group for men aged over 18	Every Monday Night at 7pm (except Bank Holidays). They also meet online. Contact via their website or request to join their private Facebook page for details of location of the group.	Andy's Man Club Andys Man Club - Facebook
Liverpool Life Rooms	Offers free courses to recognise,	Visit the website to complete a self-referral form	The Life Rooms

	understand and manage symptoms like anxiety, depression and psychosis.		
Liverpool Talking Therapies (Talk Liverpool)	Local service offering free psychological help and support to those who are 16 and over and registered with a GP	Visit the website to complete the online self-referral form or call the service on 0151 228 2300 You can also be referred to the service by a GP or a health/social care professional.	Talk Liverpool
Mersey Care Early Intervention in Psychosis	Local community mental health team who supports people between 14 and 64 who are thought to be experiencing their first episode of psychosis, and those who appear to be at increased risk of developing psychosis.	Self-refer by calling 0151 330 8001 You can also be referred via your GP Based at Baird House. Liverpool Innovation Park Edge Lane, Liverpool, L7 9NJ	Early Intervention in Psychosis Service
Mersey Care Eating Disorder Service	Information about local NHS support for eating disorders	Visit the website to find out more about the service Referrals can only be made through your GP or another medical practitioner	Mersey Care Eating Disorder Service
Mersey Care NHS Community Mental Health Teams	Community Mental Health Teams are local statutory services who provide primary and secondary health care	Visit website for information	Liverpool Community Mental Health Team

Open Door Charity	Local Charity providing mental health programmes, mentoring and support groups for 18+ young adults.	Self-refer via their online referral form on their website. 3 Abbey Cl, Birkenhead CH41 5FQ	Open Door Charity - Shaping Change
Wellbeing Liverpool	Online directory for mental health and wellbeing services, activities and groups	Visit website to access directory	The Wellbeing Liverpool Directory
Women's Health Information and Support Centre (WHISC)	Local charity dedicated to improving the health and wellbeing of women, offering support groups, drop ins, complimentary therapies and resources.	Call 0151 707 1826 Mon-Thurs 10am-4pm 120 Bold St Liverpool L1 4JA	WHISC
Young Peoples Advisory Service (YPAS)	YPAS delivers a wide range of wellbeing and therapeutic services for people aged up to 25 years old in Liverpool. The citywide services consist of individual support and open access groups.	YPAS provides a walk in support hub service at their Central Hub Monday -Wednesday 9.30am -8pm No appointment is needed Central Hub 36 Bolton Street Liverpool L3 5LX 0151 707 1025 You can also email support@ypas.org.uk	YPAS

National mental health and wellbeing support services

Resource	Description	How to access support	Website
Anxiety UK	UK service offering support	Call 03444 775 774 Mon-Fri	Anxiety UK

	to help those affected by anxiety-based disorders	9:30am - 5:30pm Text service and 07537 416905 and 'Ask Anxia' chatbot service available 24/7	
Battle Scars	National survivor led charity providing support around self-harm	Visit the website for online peer support groups and for further information on phone support (not a helpline)	Battle Scars
Beat	UK charity supporting anyone with an eating disorder or disordered eating	Call 0808 801 0677 3pm – 8pm (for those based in England) Other helplines are available for different regions of the UK (see website) Email help@beateatingdisorders.org.uk	Beat
Bipolar UK	National mental health charity supporting individuals who have bipolar, as well as families and carers.	Visit the website to join the e-community, join a peer support group, or to speak to the peer support phone line	Bipolar UK
Borderline Support UK	Support organisation which promotes the use of lived experience and peer support to be there for anyone affected in any way by Borderline Personality Disorder	Visit the website to self-refer and find out information about peer support groups	Borderline Support UK
Hearing Voices Network	Information and support for people who hear voices or have other unshared perceptions, including local support groups.	Visit the website for information, resources and to find a support group	National Hearing Voices Network

Hub of Hope	UK mental health support database bringing local, national, peer, community, charity, private and NHS mental health support and services together	Visit website for information	Hub of Hope
Kooth	Free, safe and anonymous online mental wellbeing community for people up to the age of 25	Visit the website to register	Kooth
Mental Health Foundation	UK charity offering information, research, resources and A-Z of mental health terms	Visit website for resources	Mental Health Foundation
MIND	National charity providing information, advice and support on good mental health for everyone.	Mon-Fri 9am-6pm Call Infoline for info on where to get help, treatment and advocacy services 0300 123 3393 Visit website for more resources	MIND
MindOut	Mental health service run by and for LGBTQ+ people.	Visit the website to access the online support live chat which is confidential, non-judgmental and anonymous. Available on Monday, Tuesday and Wednesday afternoons	MindOut
NoPanic	Advice, information and support for people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders (OCD)	Call 0300 772 9844 10am-10pm 365 days a year Further resources, advice and guidance available on their website	NoPanic

	and other related anxiety disorders.		
OCD Action	Organisation offering support, helpline and information for people with OCD.	Call 0300 636 5478 *opening times of lines vary according to call volume, please check website for info before calling	OCD Action
Student Minds	UK student mental health charity	Visit website to see variety of support available including the Student Space hub	Student Minds
The Mix	National support service for young people under the age of 25, providing advice and guidance on a with a range of issues such as mental health, money, homelessness, finding a job, break-ups and drugs	Visit the website to access a crisis messenger, support groups, a chat bot and counselling services	The Mix

Support for Disabled Students

Resource	Description	How to access support	Website
ADHD Foundation	UK neurodiversity charity, for those who live with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, Tourette's Syndrome and more.	Visit website for further information on services available, including private assessments.	ADHD Foundation
Disability Rights UK	UK based service that offers advice to disabled students, apprentices	Call 0330 995 0414 11am-1pm Tues & Thurs	Disability Rights UK

	and trainees in England		
Disabled Student's Allowance (DSA)	DSA information and eligibility criteria	Visit the website to find out if you are eligible for Disabled Students Allowance (DSA) If eligible, you can also apply for DSA on these pages.	Disabled Students Allowance
Disabled Students UK	Community research organisation run by current and former disabled students, sharing disabled students' insights to inform policy and improve accessibility in Higher Education	Visit website to find out more	Disabled Students UK
Merseyside Autistic Adults	Support and social group for autistic adults over the age of 16. Those officially diagnosed, on the waiting list to be diagnosed and self-diagnosed autistic people are all welcome.	Liverpool meeting is held at The Florence Institute (The Florrie) 377 Mill Street Dingle Liverpool L8 4RF First Friday of each month from 1.30pm – 3.30pm. Call The Florence Institute on 0151 728 2323. Email merseysideautisticadults@gmail.com	Merseyside Autistic Adults
National Autistic Society	Online community, advice and guidance and comprehensive directory services and	Visit website to find out more	National Autistic Society

	support for autistic people		
The Snowdon Trust	UK charity which provides grants and scholarships to disabled students. See eligibility criteria on website.	Visit the website to see if you are eligible to apply for a grant or scholarship.	Snowdon Trust

Support with finding a GP, Dentist and other health services

Resource	Description	How to access support	Website
Axess Sexual Health Support Liverpool	Local service for those seeking sexual health information and support	0300 323 1300 The Beat 6 David Lewis St Liverpool Merseyside L1 4AP	Axess Sexual Health
Healthwatch Liverpool	Independent organisation for those who use health and social care services in Liverpool	The information and signposting team can help you to find an NHS GP or dentist	Healthwatch Liverpool
NHS - Registering with a GP	Information on free NHS GP services	Visit the website to find out more about how to register with a GP	NHS - How to register with a GP surgery
NHS - Registering with a dentist	Information on NHS dentistry services, as well as emergency dental care	Visit the website to find out more about how to register with a dentist	NHS - How to find a dentist
NHS Choices	Information and advice on health conditions, symptoms, healthy living, medicines and how to get support.	Use the website to find local services, including pharmacies	NHS Choices

Housing support and money advice

Resource	Description	How to access support	Website
Citizens Advice Liverpool	Free, confidential and impartial advice for people who live and work in Liverpool	Call 0808 278 7840 for general advice Call 0300 330 1196 for debt advice Visit the website to find a drop in session	Citizens Advice Liverpool
Liverpool Student Homes	Official university-owned service for student accommodation and housing	Visit the website to search for housing and for advice on housing issues Liverpool Student Homes 5 Oxford St, Liverpool, L7 7HL Call 0151 794 3296 Email LSH@liverpool.ac.uk	Liverpool Student Homes
LJMU Money Advice Service	Free money advice service for all LIPA students You can also access the LIPA Hardship Fund via the LJMU Money Advice Service	Call 0151 231 3153 or 0151 231 3154 Email moneyadvice@ljmu.ac.uk Drop-in sessions are available at the LJMU Student Life Building Monday to Friday 10am-4pm.	LJMU Money Advice Service
Shelter	UK charity providing advice on housing related issues, including housing emergencies	Emergency helpline: 0808 800 4444 Monday to Friday, 8am - 6pm Closed bank holidays Email merseysidehub@shelter.org.uk Visit the website for online housing advice and to access the web chat	Shelter England
Whitechapel Centre	Leading homeless and housing	If you are in Liverpool and rough sleeping or have	The Whitechapel Centre

	charity for the Liverpool region, working with people who are sleeping rough, living in hostels or struggling to manage their accommodation.	nowhere to stay, contact the Whitechapel Centre on 0300 123 2041 Available 24/7 Or email n2no@whitechapelcentre.co.uk If you are a Liverpool resident at risk of homelessness, call 0151 207 7617 to speak to a housing advisor	
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Support for students who have experienced sexual violence, domestic abuse or are victims of crime

Resource	Description	How to access support	Website
Anti-Terrorism Hotline	If you are concerned about possible terrorist activity in the UK, or that might affect the UK, you can report it, even if you are not sure. If you know of a plan or are involved in extremist activities, you can talk to the anti-terrorist hotline who can help to prevent threat to lives or property.	Call 0800 789 321	Tell us about possible terrorist activity
Community Security Trust	A charity organisation protecting British Jews from antisemitism and related threats.	If you are the victim of an antisemitic incident or you have information regarding an antisemitic incident that happened to somebody else, call the CST National Emergency Number on 0800 032 3263 If you are in immediate danger please call the police on 999 .	Report Antisemitic Behaviour
GALOP	Supporting LGBT+ people who have	Call 0800 999 5428.	Galop

	experienced abuse and violence. Expect to be responded to by another LGBT+ person who has training and experience in working with LGBT+ survivors of abuse and violence.	Monday – Thursday, 10am to 8pm, Friday – 10am to 4:00pm (excluding bank holidays) Email help@galop.org.uk	
LIPA Report a Concern	All students and staff can report incidents of bullying, harassment, victimisation, discrimination, sexual misconduct, hate crime or assault through the Report a Concern portal. This can be a named or anonymous report.	Visit the link to submit a report	Report A Concern
LIPA Sexual Violence Liaison	Confidential, non-judgemental support for any LIPA student or member of staff who has experienced sexual violence, assault or rape	You can contact the following members of staff to be referred: Pete Bold – P.Bold@lipa.ac.uk (SVLO) Ali Ball – a.ball@lipa.ac.uk (Head of Student Wellbeing and Disability) Mike Mercer – m.mercer@lip.ac.uk (Director of Students)	N/A
Liverpool Domestic Abuse Service	Supports victims/survivors of domestic abuse, including referrals to the Independent Domestic Violence Advisory Service	Call 0151 482 2483 Email idva@localsolutions.org.uk Monday 9am-8pm Tuesday- Friday 9am-5pm Visit the website to make a self-referral	Liverpool Domestic Abuse Service

	for those assessed as high risk		
Mankind	Support service for male victims of domestic violence, including free confidential support helpline for listening and practical information surrounding safety.	Call 0808 800 1170 (This number will not show on a phone bill) Monday – Friday 10am to 4pm For more information visit the website	ManKind Initiative
Merseyside Police	Online services for Merseyside Police; report a crime or police incident, get crime prevention and safety advice, read latest news and appeals.	Visit the website to report a crime or police incident and to access crime prevention and safety advice	Merseyside Police
Merseyside Sexual Assault Referral Centre (SARC) - SAFE Place Merseyside	Offers medical, practical and emotional support to anyone who has been sexually assaulted or raped. They can also provide victims with emergency contraception, preventative treatments for sexually transmitted infections (STI's) including HIV post-exposure prophylaxis (PEP) and advice on screening for STI's at a later date.	0151 295 3550 Available 24 hours a day Call for advice or to make an appointment. 6 David Louis Street Liverpool Merseyside L1 4AP	SAFE Place Merseyside
National Stalking Helpline	Confidential helpline offering practical advice to victims to increase	Call 0808 802 0300 Available 09:30 - 20:00, Monday and Wednesday	National Stalking Helpline

	their safety and allow them to make informed choices.	09:30 - 16:00, Tuesday, Thursday, Friday Visit the website to use the 'Am I Being Stalked?' tool and or to email the service	
Paladin Service	Stalking advocacy service, assisting high risk victims of stalking in England and Wales	Visit the website for further information and to complete a self-referral	Paladin
Rape Crisis	UK charity working to end sexual violence and abuse. Get help and support after rape, sexual assault, sexual abuse or any form of sexual violence.	Call 0808 500 2222 Available 24/7 Or visit the website to start an online chat	Rape Crisis England & Wales
RASA Sexual Violence Services	Providing support and resources for anyone who has been sexually abused or raped	Call 0151 559 1801 Mon-Thurs 9am-5pm Fri 9am-4pm Email referrals@rasamerseyside.org National Helpline 0808802999 12-2:30pm and 7pm-9:30pm 365 days a year	RASA Merseyside
ReFocus	Early intervention domestic abuse programme designed to tackle first time or potential offenders. ReFocus closely supports victims of domestic abuse, and intervenes early in cases where a partner is identified as	Speak to a member of the LIPA Wellbeing Team to discuss a referral You can also email ReFocus@wearecauseway.org.uk	ReFocus

	displaying abusive behaviour.		
Refuge	The largest UK domestic abuse charity for women, operating the National Domestic Abuse Helpline, staffed by female advisors	Call 0808 2000 247 for the National Domestic Abuse Helpline Available 24/7, 365 days a year Alternatively, you can send a message via a form on the website with details of how and when someone can get in touch with you safely. They also operate a webchat which is open Monday to Friday 3pm-10pm.	Refuge
Revenge Porn Helpline	For anyone abused by social media or affected by intimate image use	Call 0345 6000 459 Mon-Fri 10am-4pm Visit website for additional resources	Revenge Porn Helpline
Victim Care Merseyside	For victims of crime living in Merseyside, providing emotional and practical support from trained staff	Call 0808 175 3080 Available Monday – Friday 8am - 6pm Or visit the website to complete a request support form	Victim Care Merseyside
Women's Aid	National charity working to end domestic abuse against women and children	Visit the website to chat to a support worker, access the survivor's handbook and chat to other survivors on the forum	Women's Aid

Addiction support services

Resource	Description	How to access support	Website
Alcoholics Anonymous (AA)	Support for anyone who feels they have a problem with alcohol	Call 0800 917 7650 Email help@aamail.org Visit the website to access the live chat and for further information about meetings	Alcoholics Anonymous
FRANK	Confidential advice and information about drugs,	Visit the website for help and advice	Talk To Frank

	their effects and the law.		
Liverpool Community Alcohol Service	Drop-in service for those concerned about their alcohol consumption or in need of advice or support	Gilmour Room Liverpool University Guild of Students 1pm-2pm each Thursday You can present at the session on the day, with no need to make an appointment	Liverpool Community Alcohol Service
Narcotics Anonymous UK (UKNA)	Support for anyone who feels they have a problem with drugs	Call 0300 999 1212 Or visit the website to find out further information about meetings	Narcotics Anonymous UK
National Gambling Support Network	Free, confidential and personalised support for anyone who struggles with gambling or for those affected by someone else's gambling	Call 0808 8020 133 Available 24/7 via phone or live chat	The National Gambling Support Network
We Are With You	Free and confidential local support service, without judgement, to adults and young people facing challenges with drugs and alcohol.	Call 0151 706 7888 You can also complete an online form to refer yourself into the service	We Are With You

Bereavement support

Resource	Description	How to access support	Website
Grief Encounter	UK organisation	Call 0808 803 0111 9am-9pm	Grief Encounter

	supporting bereaved young people		
Liverpool Bereavement Services	Local organisation providing low cost 1:1 counselling for people who are struggling to cope with a loss.	Call 0151 236 3932 to discuss a referral Liverpool Bereavement Service, 1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF enquiries@liverpoolbereavement.co.uk	Liverpool Bereavement Services

Support for LGBTQ+ Students

Resource	Description	How to access support	Website
Gendered Intelligence	Trans-led and trans-involving charity offering support, services and projects for those aged 8-25	Support is available for people waiting for gender-affirmative healthcare on their support line and through email or WhatsApp Call 0800 640 8046 WhatsApp 07592 650 496 Or email admin@genderedintelligence.co.uk or support@genderedintelligence.co.uk	Gendered Intelligence
GYRO-LGBTQ+ Youth	A collection of youth groups for young people who identify themselves as: Lesbian, Gay, Bisexual or Trans or who are Questioning their sexuality or gender identity	Call 0151 293 3577 Available 24/7 1-1 appointments can be made with anyone who would like to know more about the service	GYRO- LGBTQ+ Youth
LGBT Foundation	National charity	Visit the website for help and advice, including LGBTQ+ advocacy	LGBT Foundation

	providing advice, support and information for people identifying as LGBTQ+		
Liverpool Butterfly Clinic`	Local sexual health clinic for trans and non-binary folk	Clinic takes place on Mondays 1pm – 6pm (walk ins available 1pm – 4pm) The Beat, 6 David Lewis Street, Liverpool, L1 4AF	Butterfly - Access Sexual Health
Spirit Level	Peer support for people who are Transgender or Non-Binary in Liverpool	Visit the website or Facebook group to find out further information about meetings	Spirit Level
Stonewall	UK based service offering resources, research, education and advice on issues affecting the lesbian, gay, bi and trans community	Call 020 7593 1850 Mon-Fri 09:30am-05:30pm	Stonewall
Switchboard	LGBT group offering confidential support and information	Call 0300 330 0630 Available 24/7 Email chris@switchboard.lgbt	Switchboard
Trans Liverpool	Directory of community driven content specific to trans people living in the Liverpool region.	Visit the website to find information about local support groups, social events and services for trans people.	TransLiverpool Wiki

Trans Support Services (Tss)	Therapy service for trans people in the Liverpool, Cheshire, & Wirral area. It provides 4 sessions of therapy for free to patients 18+ to help people work through their gender related problems.	Located at The Beat, Hanover Street/David Lewis Street, Liverpool L1 4AF Visit the website to find out further information and to self refer Please note there is waiting list of at least 12 months for this service	Tss
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Support for Global Majority and Minoritised Ethnic Students

Resource	Description	How to access support	Website
Black Minds Matter	Free, one to one, culturally relevant therapy for black people in the UK also offering resources and tools for support	Visit the website to join the therapy waiting list and to access resources/support	Black Minds Matter UK
Friends, Families and Travellers	Advice and support for people from Gypsy, Roma and Traveller communities	Call 01273 234 777 Monday to Friday 10.00am to 4.30pm Closed on Bank Holidays	Friends, Families and Travellers
Liverpool Irish Centre	A community and social hub for the Irish community in Liverpool	Liverpool Irish Centre 6 Boundary Lane Liverpool L6 5JG 0151 263 1808 Email: info@liverpoolirishcentre.org Find them on Facebook, Twitter,	Liverpool Irish Centre

		TikTok, Youtube and Instagram.	
Mary Seacole House	Local mental health support for people from multicultural communities in Liverpool	Visit the website to refer yourself online for support	Mary Seacole House
Merseyside Jewish Representative Council	Local organisation providing advice, guidance and a community directory, and representing Jewish people in Merseyside	Visit the website for further information	MJRC
Muslim Community Helpline	Confidential, non-judgemental listening and emotional support service.	Call 0208 904 8193 / 0208 908 6715 Monday to Friday: 10 am to 1 pm Pre-booked appointments are available	Muslim Community Helpline
Muslim Youth Helpline	Offers support to young Muslims in distress	Call 0808 808 2008 Text 07860022 811 7 Days a Week 4pm-10pm	Muslim Youth Helpline
NUS Black Students' Network	Campaigning on issues relating to the experience of Black and minority ethnic students	You can join the network via their Facebook group and follow them on Twitter.	Black Students @ NUS Connect
The Black, African and Asian Therapy Network	Find information about services in the UK that offer free counselling for people from Black and minority ethnic communities	For general enquiries email administrator@baatn.org.uk	Black, African and Asian Therapy Network
Union for Jewish Students	The voice of Jewish students, spanning over 75 Jewish Societies on campuses across the UK and Ireland	Visit the website for support and advice Call the welfare helpline on 020 7424 3288	UJS

Support for Estranged Students, Young Adult Carers and Care Experienced Students

Resource	Description	How to access support	Website
All of Us	A community for estranged students and care experienced students	Visit the website to sign up	All of Us
Carers Trust	Offers support to those who give unpaid care to a family member or friend	Visit the website to search by postcode for local carers support	Carers Trust
Liverpool Carers Centre	Local charity delivering services to support individuals, families and communities across the Liverpool City Region and North Wales	Call 0151 709 0990 Email Info@localsolutions.org.uk	Local Solutions
Liverpool Young Adult Carers (Banardo's)	City-wide community-based service that ensures young adult carers age 18-25 in Liverpool can receive a carer's assessment, support plan and review to meet their needs to reduce the negative impact of caring for an adult.	Call 0151 228 4455 Email youngcarers.liverpool@barnardos.org.uk Barnardos 109 Eaton road LIVERPOOL Merseyside L12 1LU	Liverpool Young Adult Carers Barnardo's
Sidekick	Confidential phoneline for young carers	Text 07888 868 059 Email sidekick@actionforchildren.org.uk	Sidekick

The Care Leavers Association	Information about how to access support while in higher education	Visit the website for further information	The Care Leavers Association
The Stand Alone Pledge	Information and advice for estranged students	Visit the website for further information	The Stand Alone Pledge
This Is Us	A dedicated and safe online space for estranged and care-experienced HE students and recent graduates in the UK to connect, share info, arrange meet-ups and more	Visit the website to access the community	This is us
Uni:fy	A virtual community of care experienced people, of all ages, who also share the experience of University Life.	Visit the website to join the next group	Uni:fy - Rees Foundation