# Student Wellbeing & Disability – Resources

[Student Wellbeing & Disability – Resources 1](#_Toc174979351)

[Urgent and out of hours crisis support 1](#_Toc174979352)

[Local mental health and wellbeing support services 3](#_Toc174979353)

[National mental health and wellbeing support services 5](#_Toc174979354)

[Support for Disabled Students 8](#_Toc174979355)

[Support with finding a GP, Dentist and other health services 10](#_Toc174979356)

[Housing support and money advice 11](#_Toc174979357)

[Support for students who have experienced sexual violence, domestic abuse or are victims of crime 12](#_Toc174979358)

[Addiction support services 16](#_Toc174979359)

[Bereavement support 17](#_Toc174979360)

[Support for LGBTQ+ Students 18](#_Toc174979361)

[Support for Global Majority and Minoritised Ethnic Students 20](#_Toc174979362)

[Support for Estranged Students, Young Adult Carers and Care Experienced Students 22](#_Toc174979363)

## 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 585pm-12midnight 7 days a week | [Campaign Against Living Miserably (CALM)](https://www.thecalmzone.net/)  |
| 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 assessmentFor further information, email liverpool@jamesplace.org.uk or call 0151 303 575750 Catharine St, Liverpool L8 7NG | [James' Place](https://www.jamesplace.org.uk/feeling-suicidal/) |
| Liverpool City Centre Walk-In Centre | Urgent treatment centre for minor injuries and illnesses | Present at the walk-in centre in personLinda McCartney CentreRoyal Liverpool HospitalPrescot St LiverpoolL7 8XPOpen 8am-8pm 7 days a week. | [Merseycare Urgent Treatment Centres and Walk-in Centres](https://www.merseycare.nhs.uk/our-services/liverpool/walk-in-centres) |
| Mersey Care Urgent Mental Health Support | Local NHS mental health helpline  | Call 0800 1456570Available 24/7 | [Merseycare](https://www.merseycare.nhs.uk/urgent-help) |
| 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](https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/) |
| Papyrus Helpline | Crisis helpline for under 35s  | Call 0800 068 41 41 Mon-Fri 9am-10pm2pm-10pm Bank Holiday & Weekends | [Papyrus](https://www.papyrus-uk.org/papyrus-HOPELINE247/) |
| Royal Liverpool Hospital Accident & Emergency  | Emergency local mental health service  | Present at the service asking to speak with the Mental Health Crisis TeamGround floorRoyal Liverpool University HospitalPrescot StreetLiverpoolMerseysideL7 8XP | N/A |
| Samaritans  | UK Based Helpline  | Call 116 123 24/7, email jo@samaritans.org or visit the website to chat online | [Samaritans](https://www.samaritans.org/)  |
| SANEline | UK Helpline for anyone experiencing a mental health problem or supporting someone else | Call 0300 304 7000 4pm to 10pm, every day | [SANEline](https://www.sane.org.uk/how-we-help/emotional-support/saneline-services)  |
| 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 85258Available 24/7 | [SHOUT](https://giveusashout.org/) |
| 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-refer7 days a week 6pm-1am181-185 London RoadL3 8JG | [The Liverpool Light](https://www.liverpool-light.org.uk/)  |
| Urgent NHS 111 Helpline | Online mental health symptom checker and helpline advice service  | Call 111 for advice Available 24/7Visit the website symptom checker to get advice on next steps for support | [NHS 111](https://111.nhs.uk/triage/check-your-mental-health-symptoms) |

## 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](https://andysmanclub.co.uk/) [Andys Man Club - Facebook](https://www.facebook.com/p/Andys-Man-Club-Liverpool-100075747292133/?locale=en_GB) |
| Liverpool Life Rooms | Offers free courses to recognise, understand and manage symptoms like anxiety, depression and psychosis.  | Visit the website to complete a self-referral form | [The Life Rooms](https://www.liferooms.org/) |
| 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 2300You can also be referred to the service by a GP or a health/social care professional. | [Talk Liverpool](https://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies) |
| 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 calling0151 330 8001You can also be referred via your GPBased at Baird House. Liverpool Innovation Park Edge Lane, Liverpool, L7 9NJ | [Early Intervention in Psychosis Service](https://www.merseycare.nhs.uk/our-services/liverpool/early-intervention-psychosis) |
| Mersey Care Eating Disorder Service | Information about local NHS support for eating disorders | Visit the website to find out more about the serviceReferrals can only be made through your GP or another medical practitioner | [Mersey Care Eating Disorder Service](https://www.merseycare.nhs.uk/our-services/liverpool/eating-disorder-services) |
| Mersey Care NHS Community Mental Health Teams | Community Mental Healt Teams are local statutory services who provide primary and secondary health care  | Visit website for information | [Liverpool Community Mental Health Team](https://www.merseycare.nhs.uk/our-services/liverpool/adult-community-mental-health-teams) |
| 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](https://www.opendoorcharity.com/) |
| Wellbeing Liverpool | Online directory for mental health and wellbeing services, activities and groups | Visit website to access directory | [The Wellbeing Liverpool Directory](https://wellbeingliverpool.co.uk/) |
| 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 1826Mon-Thurs 10am-4pm120 Bold StLiverpoolL1 4JA | [WHISC](https://whisc.org.uk/) |
| 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 HubMonday -Wednesday 9.30am -8pmNo appointment is neededCentral Hub36 Bolton StreetLiverpoolL3 5LX0151 707 1025 You can also email support@ypas.org.uk  | [YPAS](https://www.ypas.org.uk/) |

## National mental health and wellbeing support services

|  |  |  |  |
| --- | --- | --- | --- |
| Resource | Description | How to access support | Website |
| Anxiety UK | UK service offering support to help those affected by anxiety-based disorders | Call 03444 775 774Mon-Fri9:30am - 5:30pmText service and 07537 416905 and ‘Ask Anxia’ chatbot service available 24/7  | [Anxiety UK](http://anxietyuk.org.uk/)  |
| 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](https://www.battle-scars-self-harm.org.uk/)  |
| Beat | UK charity supporting anyone with an eating disorder or disordered eating | Call 0808 801 06773pm – 8pm (for those based in England)Other helplines are available for different regions of the UK (see website)Email help@beateatingdisorders.org.uk | [Beat](https://www.beateatingdisorders.org.uk/) |
| 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](https://www.bipolaruk.org/)  |
| 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](https://borderlinesupport.org.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](https://www.hearing-voices.org/#content)  |
| 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](https://hubofhope.co.uk/) |
| Kooth | Free, safe and anonymous online mental wellbeing community for people up to the age of 25 | Visit the website to register | [Kooth](https://www.kooth.com/) |
| Mental Health Foundation  | UK charity offering information, research, resources and A-Z of mental health terms | Visit website for resources  | [Mental Health Foundation](https://www.mentalhealth.org.uk/?gad_source=1&gclid=CjwKCAjw_Na1BhAlEiwAM-dm7Pj7R5xQzaIj_Fn1Qrwb4B6HJEy1lkjlgG5mbzKqHEHY6MTkf56YZhoC03AQAvD_BwE)  |
| MIND  | National charity providing information, advice and support on good mental health for everyone.  | Mon-Fri9am-6pmCall Infoline for info on where to get help, treatment and advocacy services0300 123 3393Visit website for more resources | [MIND](http://www.mind.org.uk)  |
| 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](https://mindout.org.uk/) |
| NoPanic | Advice, information and support for people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders (OCD) and other related anxiety disorders. | Call 0300 772 984410am-10pm 365 days a yearFurther resources, advice and guidance available on their website | [NoPanic](https://nopanic.org.uk/) |
| 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](https://ocdaction.org.uk/) |
| Student Minds | UK student mental health charity | Visit website to see variety of support available including the Student Space hub | [Student Minds](https://www.studentminds.org.uk/) |
| 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](https://www.themix.org.uk/)  |

## 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](https://www.adhdfoundation.org.uk/) |
| Disability Rights UK | UK based service that offers advice to disabled students, apprentices and trainees in England | Call 0330 995 041411am-1pm Tues & Thurs  | [Disability Rights UK](https://www.disabilityrightsuk.org/disabled-students-helpline) |
| 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](https://www.gov.uk/disabled-students-allowances-dsas/overview)  |
| 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](https://disabledstudents.co.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 StreetDingleLiverpoolL8 4RFFirst Friday of each month from 1.30pm – 3.30pm.Call The Florence Institute on 0151 728 2323.Email merseysideautisticadults@gmail.com | [Merseyside Autistic Adults](https://www.autism.org.uk/autism-services-directory/m/merseyside-autistic-adults-wirral-liverpool) |
| National Autistic Society | Online community, advice and guidance and comprehensive directory services and support for autistic people | Visit website to find out more | [National Autistic Society](https://www.autism.org.uk/) |
| 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](https://www.snowdontrust.org/)  |

## 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 1300The Beat6 David Lewis StLiverpoolMerseysideL1 4AP | [Axess Sexual Health](https://www.nhs.uk/services/service-directory/axess-sexual-health-%40-the-beat/N11008805?gsdServiceId=734) |
| 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](https://www.healthwatchliverpool.co.uk/) |
| 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](https://www.nhs.uk/nhs-services/gps/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](https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-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](https://www.nhs.uk/) |

## 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 adviceCall 0300 330 1196for debt adviceVisit the website to find a drop in session | [Citizens Advice Liverpool](https://www.citizensadviceliverpool.org.uk/) |
| 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 Homes5 Oxford St, Liverpool,L7 7HLCall 0151 794 3296Email LSH@liverpool.ac.uk | [Liverpool Student Homes](https://www.liverpoolstudenthomes.org/Accommodation) |
| LJMU Money Advice Service | Free money advice service for all LIPA studentsYou can also access the LIPA Hardship Fund via the LJMU Money Advice Service | Call 0151 231 3153 or 0151 231 3154Email moneyadvice@ljmu.ac.ukDrop-in sessions are available at the LJMU Student Life BuildingMonday to Friday 10am-4pm.  | [LJMU Money Advice Service](https://www.ljmu.ac.uk/discover/fees-and-funding/contact-us) |
| Shelter | UK charity providing advice on housing related issues, including housing emergencies | Emergency helpline: 0808 800 4444Monday to Friday, 8am - 6pm | Closed bank holidaysEmail merseysidehub@shelter.org.ukVisit the website for online housing advice and to access the web chat | [Shelter England](https://england.shelter.org.uk/) |
| Whitechapel Centre | Leading homeless and housing charity for the Liverpool region, working with people who are sleeping rough, living in hostels or struggling to manage their accommodation.  | If you are in Liverpool and rough sleeping or have nowhere to stay, contact the Whitechapel Centre on 0300 123 2041 Available 24/7Or email n2no@whitechapelcentre.co.ukIf you are a Liverpool resident at risk of homelessness, call 0151 207 7617 to speak to a housing advisor | [The Whitechapel Centre](https://www.whitechapelcentre.co.uk/) |

## 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](https://www.met.police.uk/tua/tell-us-about/ath/possible-terrorist-activity/) | 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](https://www.met.police.uk/tua/tell-us-about/ath/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 3263If you are in immediate danger please call the police on 999. | [Report Antisemitic Behaviour](https://cst.org.uk/report-incident)  |
| GALOP | Supporting LGBT+ people who have 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.  | Call 0800 999 5428.Monday – Thursday, 10am to 8pm, Friday – 10am to 4:00pm (excluding bank holidays)Email help@galop.org.uk  | [Galop](https://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](https://lipa.ac.uk/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 for those assessed as high risk | Call 0151 482 2483Email idva@localsolutions.org.ukMonday 9am-8pmTuesday- Friday 9am-5pmVisit the website to make a self-referral | [Liverpool Domestic Abuse Service](https://liverpooldomesticabuseservice.org.uk/) |
| 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 4pmFor more information visit the website | [ManKind Initiative](https://mankind.org.uk/) |
| 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](https://www.merseyside.police.uk/) |
| 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 3550Available 24 hours a dayCall for advice or to make an appointment.6 David Louis StreetLiverpoolMerseysideL1 4AP | [SAFE Place Merseyside](http://www.safeplacemerseyside.org.uk/) |
| National Stalking Helpline | Confidential helpline offering practical advice to victims to increase their safety and allow them to make informed choices. | Call 0808 802 0300Available 09:30 - 20:00, Monday and Wednesday09:30 - 16:00, Tuesday, Thursday, FridayVisit the website to use the ‘Am I Being Stalked?’ tool and or to email the service | [National Stalking Helpline](https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form)  |
| 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](https://www.paladinservice.co.uk/)  |
| 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 2222Available 24/7Or visit the website to start an online chat | [Rape Crisis England & Wales](https://rapecrisis.org.uk/) |
| RASA Sexual Violence Services | Providing support and resources for anyone who has been sexually abused or raped | Call 0151 559 1801Mon-Thurs 9am-5pm Fri9am-4pmEmail referrals@rasamerseyside.org National Helpline080880299912-2:30pm and 7pm-9:30pm 365 days a year | [RASA Merseyside](https://www.rasamerseyside.org/)  |
| 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 displaying abusive behaviour. | Speak to a member of the LIPA Wellbeing Team to discuss a referralYou can also email ReFocus@wearecauseway.org.uk | [ReFocus](https://www.wearecauseway.org.uk/criminal-justice/services/refocus/)  |
| 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 HelplineAvailable 24/7, 365 days a yearAlternatively, 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](https://refuge.org.uk/) |
| Revenge Porn Helpline | For anyone abused by social media or affected by intimate image use | Call 0345 6000 459Mon-Fri 10am-4pmVisit website for additional resources | [Revenge Porn Helpline](https://revengepornhelpline.org.uk/) |
| Victim Care Merseyside | For victims of crime living in Merseyside, providing emotional and practical support from trained staff | Call 0808 175 3080Available Monday – Friday 8am - 6pmOr visit the website to complete a request support form | [Victim Care Merseyside](https://www.victimcaremerseyside.org/) |
| 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](https://www.womensaid.org.uk/) |

## 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.orgVisit the website to access the live chat and for further information about meetings | [Alcoholics Anonymous](https://www.alcoholics-anonymous.org.uk/) |
| FRANK | Confidential advice and information about drugs, their effects and the law. | Visit the website for help and advice | [Talk To Frank](https://www.talktofrank.com/) |
| Liverpool Community Alcohol Service | Drop-in service for those concerned about their alcohol consumption or in need of advice or support  | Gilmour RoomLiverpool University Guild of Students1pm-2pm each ThursdayYou can present at the session on the day, with no need to make an appointment  | [Liverpool Community Alcohol Service](https://www.talktofrank.com/treatment-centre/liverpool-community-alcohol-service) |
| Narcotics Anonymous UK (UKNA) | Support for anyone who feels they have a problem with drugs | Call 0300 999 1212Or visit the website to find out further information about meetings | [Narcotics Anonymous UK](https://ukna.org/) |
| 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 133Available 24/7 via phone or live chat  | [The National Gambling Support Network](https://www.gambleaware.org/ngsn)  |
| 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 7888You can also complete an online form to refer yourself into the service | [We Are With You](https://www.wearewithyou.org.uk/) |

## Bereavement support

|  |  |  |  |
| --- | --- | --- | --- |
| Resource | Description | How to access support | Website |
| Grief Encounter | UK organisation supporting bereaved young people | Call 0808 803 01119am-9pm | [Grief Encounter](https://www.griefencounter.org.uk/) |
| 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 referralLiverpool Bereavement Service,1st Floor,Granite Buildings,6 Stanley Street,Liverpool, L1 6AFenquiries@liverpoolbereavement.co.uk | [Liverpool Bereavement Services](https://liverpoolbereavement.com/) |

## 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 andthrough email or WhatsAppCall 0800 640 8046WhatsApp 07592 650 496Or email admin@genderedintelligence.co.uk or support@genderedintelligence.co.uk  | [Gendered Intelligence](https://genderedintelligence.co.uk/about-us) |
| 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 3577Available 24/71-1 appointments can be made with anyone who would like to know more about the service | [GYRO- LGBTQ+ Youth](https://www.liverpoolcamhs.com/support/gyro-ypas/)  |
| LGBT Foundation | National charity providing advice, support and information for people identifying as LGBTQ+ | Visit the website for help and advice, including LGBTQ+ advocacy | [LGBT Foundation](https://lgbt.foundation/) |
| 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 - Axess Sexual Health](https://www.axess.clinic/axess-services/butterfly-clinic/) |
| 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](https://spiritlevel.org.uk/) |
| 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](http://www.stonewall.org.uk)  |
| Switchboard | LGBT group offering confidential support and information  | Call 0300 330 0630Available 24/7Email chris@switchboard.lgbt | [Switchboard](https://switchboard.lgbt/)  |
| 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](https://transliverpool.com/) |
| 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 4AFVisit the website to find out further information and to self referPlease note there is waiting list of at least 12 months for this service | [Tss](https://transliverpool.com/medical/tss)  |

## 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](https://www.blackmindsmatteruk.com/) |
| Friends, Families and Travellers | Advice and support for people from Gypsy, Roma and Traveller communities | Call 01273 234 777Monday to Friday 10.00am to 4.30pmClosed on Bank Holidays | [Friends, Families and Travellers](https://www.gypsy-traveller.org/)  |
| Liverpool Irish Centre | A community and social hub for the Irish community in Liverpool | Liverpool Irish Centre6 Boundary LaneLiverpoolL6 5JG 0151 263 1808Email: info@liverpoolirishcentre.org Find them on Facebook, Twitter, TikTok, Youtube and Instagram. | [Liverpool Irish Centre](https://www.liverpoolirishcentre.org/) |
| 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](https://www.maryseacolehouse.com/) |
| 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](https://www.merseysidejewish.org/community-directory) |
| Muslim Community Helpline | Confidential, non-judgemental listening and emotional support service. | Call 0208 904 8193 / 0208 908 6715Monday to Friday: 10 am to 1 pmPre-booked appointments are available | [Muslim Community Helpline](https://muslimcommunityhelpline.org.uk/)  |
| Muslim Youth Helpline | Offers support to young Muslims in distress | Call 0808 808 2008Text 07860022 8117 Days a Week 4pm-10pm | [Muslim Youth Helpline](http://www.myh.org.uk)  |
| 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](https://www.facebook.com/groups/NUSBlackStudentCampaignersNetwork) and [follow](https://twitter.com/nusBSC) them on Twitter.  | [Black Students @ NUS Connect](https://www.nusconnect.org.uk/liberation/black-students) |
| 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 emailadministrator@baatn.org.uk | [Black, African and Asian Therapy Network](http://www.baatn.org.uk/) |
| 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](https://www.ujs.org.uk/support_during_israel_war) |

## 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](https://allofus.uk/) |
| 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](https://carers.org/about-caring/about-young-adult-carers) |
| Liverpool Carers Centre | Local charity delivering services to support individuals, families and communities across the Liverpool City Region and North Wales | Call 0151 709 0990Email Info@localsolutions.org.uk | [Local Solutions](https://localsolutions.org.uk/)  |
| 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 4455Email youngcarers.liverpool@barnardos.org.ukBarnardos109 Eaton roadLIVERPOOLMerseysideL12 1LU | [Liverpool Young Adult Carers | Barnardo's](https://www.barnardos.org.uk/get-support/services/liverpool-young-adult-carers#:~:text=What%20we%20do,of%20caring%20for%20an%20adult.) |
| Sidekick | Confidential phoneline for young carers | Text 07888 868 059Email sidekick@actionforchildren.org.uk | [Sidekick](https://sidekick.actionforchildren.org.uk/)  |
| The Care Leavers Association | Information about how to access support while in higher education | Visit the website for further information | [The Care Leavers Association](https://www.careleavers.com/what-we-do/young-peoples-project/acessingeducation-2/) |
| The Stand Alone Pledge | Information and advice for estranged students | Visit the website for further information | [The Stand Alone Pledge](https://www.thestandalonepledge.org.uk/)  |
| 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](https://thisisusatuni.org/) |
| 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](https://www.reesfoundation.org/unify.html#:~:text=The%20group%20is%20a%20safe,much%20as%20you%27d%20like!) |