

Support Referral list

The Sysco Group continuously strive towards building excellent working relationships with a large variety of external organisations. This enables Sysco to be able to provide support Learners on the programme and also provide them with contact details for various support networks in Liverpool. Please see below links for external organisations offering support and advice:

| Organisation | Description | Website and Social Media | Telephone and Text |
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| Bereavement | | | |
| Cruse Bereavement Care | General Support with bereavement issues | www.cruse.org.uk Facebook @crusebereavementcare Twitter @crusecare | 0808 808 1677 |
| Samaritans | Offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. | https://www.samaritans.org Facebook @samaritanscharity Twitter @samaritans | 116 123 – free from landlines and mobiles – number will not appear on phone bill |
| Blue Cross – Pet bereavement support | Free, confidential support for pet loss. | Blue Cross – Pet Bereavement Support | 0800 096 6606 |
| Drugs and Alcohol Information and Support | | | |
| Alcoholics Anonymous | Alcoholics support group and advice | www.alcoholics-anonymous.org.uk | 0845 769 7555 |
| Young Addaction | Young Addaction work with young people aged 10 to 19 providing advice and support for drugs and alcohol. Their transitional service supports 20 to 24 year olds with additional support needs such as Mental Health issues. | https://www.liverpoolcamhs.com/support/young-addaction/ | 0151 706 9747 |
| Narcotics Anonymous | General support and counselling for drug users | www.ukna.org | 0845 3733366 |
| Frank | Friendly confidential drugs advice | www.talktofrank.com Live chat between 2pm – 6pm everyday | 0300 123 6600 SMS 82111 |
| Health | | | |
| The Royal Liverpool Hospital | Local hospital | www.rlbuh.nhs.uk Facebook @royalliverpoolhospitals Twitter @RoyalLPoolhosps | 0151 706 2000 |

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| The Royal Liverpool Dental Hospital | Patients with mouth or dental problems requiring emergency treatment. | https://www.liverpoolft.nhs.uk/our-hospitals/liverpool-university-dental-hospital | 0151 706 5253 |
| NHS Walk in Centres | Liverpool City Region NHS walk-in centres offer convenient access to a range of treatments, dealing with minor illnesses and injuries. | https://www.merseycare.nhs.uk/our-services/liverpool/walk-in-centres | 111 – calls are free from landlines and mobiles |
| RASA | RASA Merseyside is a professional counselling and support service that exists solely to improve the mental and physical well-being of individuals impacted by sexual violence at some point in their lives. | https://www.rasamerseyside.org/ | 0808 802 9999 The National Helpline offers confidential emotional support, information and referral details Open between 12pm-2.30pm and 7pm-9.30pm every day of the year. |
| TASC | Crisis support for ambulance workers. | TASC – The Ambulance Staff Charity | 0800 1032 999 |
| HEARING VOICES NETWORK | Peer support for people who hear voices or see visions | Hearing Voices Network | Email support and resources via website |
| PETAL | Counselling for parents following baby loss | Petals | Referral and contact via online form |
| Housing | | | |
| Housing Support | Support from your local council if at risk or are homeless. | https://www.gov.uk/homelessness-help-from-council | |
| Housing Support and Advice | Support from citizens advice | https://www.citizensadvice.org.uk/housing/homeless-help/homelessness/applying-for-homeless-help/ | |
| Homeground | Supporting homeless young people in Liverpool | https://localsolutions.org.uk/liverpool-city-region-services/support-accommodation/ | 0151 709 0990 |

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| The Whitechapel Centre | For homeless people who need some help to pick up their lives and move on | www.whitechapelcentre.co.uk Facebook @whitechapelcentre Twitter @whitechapelliv | 0151 207 7617 |
| Shelter | Housing and homelessness support | Shelter | 0808 800 4444 |
| Mental Health | | | |
| Befrienders International | Information for support with depression | www.befrienders.org Twitter @befriendersKL | Use Samaritans helpline |
| Calm | Helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support | www.thecalmzone.net/home Facebook @theCALMzone Webchat opening hours are 5pm-midnight every day | 0800 585 858 |
| Kooth | Kooth is the UK's largest digital mental health provider to the NHS for children and young people aged 10-25, offering digital mental health services and a broad range of therapeutic tools and interventions to the health service. It also provides these services to businesses and charities. | https://www.kooth.com/ | Information Resource and online communication tool for support and live chat option |
| Qwell | Qwell is the same as Kooth, offering support to adults age 26 and over, offering digital mental health services and interventions. | https://www.qwell.io/ | Information Resource and online communication tool for support and live chat option |
| Childline | Phone line to help guide young people to help to make decisions that are right for them. | www.childline.org.uk Facebook @Childline Instagram - childline_official | 0800 1111 |
| Mind (Merged with Depression Alliance) | For almost 40 years, Depression Alliance has been bringing people together to end the loneliness and isolation that can come with depression | www.mind.org.uk/ Facebook @mindforbettermentalhealth Twitter @mindCharity | 0300 123 3393 Text: 86463 |
| Mental Health Foundation | Straightforward and clear information on every aspect of mental health and learning disabilities | www.mentalhealth.org.uk Facebook @menatalhealthfoundation Twitter @mentalhealth | Information service only – please contact GP or A&E if help is required |

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| Rethink Mental Illness | Offers practical help on issues such as living with mental illness, medication, care and treatment. | www.rethink.org Facebook @RethinkCharity Twitter @Rethink | 0300 5000 927 |
| Hub of Hope | The Hub of Hope is the UK's leading mental health support database. It is provided by the national mental health charity, Chasing the Stigma. It brings local, national, community, private and NHS mental health support and services together in one place. | https://hubofhope.co.uk/ | Information database |
| Samaritans | Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. | https://www.samaritans.org | 116 123 for free or via email jo@samaritans.org (email response 24 hours) |
| Netflix Resources | Offers guidance on a range of topics from mental health, sexual violence and abuse, self harm and suicide. Links also provided for support. | https://www.wannatalkaboutit.com/gb/ | N/A |
| The Alliance of Hope | The Alliance of Hope for suicide loss survivors was created by survivors for survivors. They provide online healing support and other services for people who are coping with devastating loss to suicide. Online forum available that operates a 24/7 support group. | https://allianceofhope.org/our-story/ | N/A |
| Anxiety UK | Support for those living with anxiety, stress, and related disorders | Anxiety UK | 03444 775 774 |
| ANDYMANCLUB | Free peer support groups for men, focused on suicide prevention | ANDYSMANCLUB | info@andysmanclub.co.uk |
| Better Help | Online counselling platform (subscription-based) | BetterHelp | Online only – app and web-based support |
| Breathing Space | Helpline for people feeling low, anxious, or depressed | Breathing Space (Scotland) | 0800 83 85 87 |

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| Counselling directory | Connect with a qualified therapist or counsellor | Counselling Directory | Search and contact therapists directly via site |
| DARE app | App for managing anxiety and panic attacks | DARE App (Panic & Anxiety) | Mobile app-based support |
| Give us a shout | Free 24/7 mental health text support | Give Us A Shout (Shout 85258) | Text SHOUT to 85258 (24/7) |
| Headspace | Meditation and mindfulness app (free for NHS workers) | Headspace | Mobile app-based Web access available |
| Hopeline247 by papyrus | Suicide prevention support for under-35s | HOPELINE247 by Papyrus | Tel: 0800 068 41 41 Text: 07860 039967 Webchat available |
| ICE Benevolent Fund | Mental health support for civil engineers and their families | ICE Benevolent Fund | Online contact form |
| Incourage | Community-based emotional wellbeing support for men | Incourage | Online info and session booking |
| Insight Timer | Free app with guided meditations and mindfulness resources | Insight Timer | Mobile and web-based platform |
| Jamie Horrocks Trust | Suicide prevention and mental health education (Salford/Manchester) | Jamie Horrocks Trust | Suicide prevention and mental health education (Salford/Manchester) |

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| Listening place | Face-to-face support for those experiencing suicidal thoughts | Listening Place | Referral and appointment required via contact form |
| Maytree | Suicide respite centre offering short stays in a supportive setting | Maytree | Tel: 0207 263 7070 Email: maytree@maytree.org.uk |
| NHS mental health service | Access to free mental health support in the UK | NHS Mental Health Services | Contact via GP or NHS 111 |
| NOMV | Mental health support for veterinary professionals | NOMV (Not One More Vet) | Online community and resources |
| No panic | Support for panic attacks, OCD, phobias, and related disorders | No Panic | Helpline: 0300 772 9844 (10am–10pm daily) |
| Papyrus | Suicide prevention for young people | Papyrus (Suicide Prevention) | See HOPELINE247 above |
| Recovery college | Free mental health and wellbeing courses | Recovery College | NHS-affiliated colleges across the UK |
| SANE | Charity supporting people affected by mental illness | SANE | Tel: 0300 304 7000 (4.30pm–10.30pm daily) |
| SilverCloud | Free online CBT programs via NHS (check local availability) | SilverCloud | Online access through GP or self-referral |

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| SOBS | Peer-led support after suicide loss | SOBS (Survivors of Bereavement by Suicide) | Tel: 0300 111 5065 (9am–9pm daily) |
| Together UK | Personalised support for those with mental health needs | Together UK | Online contact and referral info |
| Young minds | Mental health charity supporting young people and their families | YoungMinds | Text YM to 85258 (24/7) Web info for parents, carers and young people |
| Sexual Health | | | |
| Avert | AVERT is an international HIV and AIDS charity that work to ensure widespread understanding of #HIV and #AIDS in order to reduce new infections and improve the lives of those affected. | https://www.beintheknow.org/ Facebook @avertAIDS Twitter AVERT_org | 0800 567 123 |
| Brook | Provide wellbeing and sexual health support for young people under 25, ensuring that young they are better equipped to make positive and healthy lifestyle choices. | www.brook.org.uk Facebook @BrookCharity Twitter @brookcharity | 0151 207 4000 07717 989 023 |
| BPAS | General information and support for unplanned pregnancies | www.bpas.org | 03457 304030 |
| NHS Guide – Sex and Young People | General information on sexuality | www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Amlgay.aspx | Information service only |
| NHS Guide To STI's | NHS site on sexually transmitted infections | www.nhs.uk/Livewell/STIs/Pages/STIs-hub.aspx | Information service only |
| One You | Advice on sexual health and how this effects your physical and mental health as well as your emotional and social wellbeing. | https://www.nhs.uk/live-well/sexual-health/ | Information service only |
| Social Welfare | | | |
| Bullybusters | Information and practical advice on bullying for children, teenagers and adults | www.bullybusters.org.uk/ Facebook @LocalSolutions Twitter @BBusters | 0800 169 6928 |
| Children's Legal Centre | Legal rights information for young people | www.childrenslegalcentre.com Facebook @CCLUCK Twitter @CCLCUK | Information service only |
| Muslim Youth Helpline | Provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK. | www.myh.org.uk | 0808 808 2008 |

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| NSPCC | Child protection and abuse prevention charity | NSPCC | Tel: 0808 800 5000 Childline (for children): 0800 1111 Webchat available |
| Refuge | Help lines for women and children on domestic violence | www.refuge.org.uk Facebook @RefugeCharity Twitter @RefugeCharity | 0808 2000 247 |
| The Mix – advice on self-harm, money and many other topics | Guide to life for 16-25 year-olds providing support and information on everything from sex and exam stress to debt and drugs | www.themix.org.uk Facebook @TheMixUK Twitter @TheMixUK Instagram themixuk | 0800 808 4994 |
| Worst Kept Secret – Domestic Violence for Women | A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. | www.nationaldomesticviolencehelpline.org.uk | 0808 2000 247 |
| Men's Advice Line | Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). | http://www.mensadvice.org.uk | 0808 801 0327 |
| Citizens Advice | Citizens Advice provides free, confidential and independent advice to help people overcome their problems. Including debt, gambling and social issues | www.citizensadvice.org.uk Facebook @CitizensAdvice Twitter @CitizensAdvice | 03444 111 444 |
| Police - The police non-emergency number | You should call 101 to report crime and other concerns that do not require an emergency response. You should always call 999 when it is an emergency, such as when a crime is in progress. someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened | https://www.police.uk/contact/101/ | 101 |
| Beat (Beating eating disorders) | Provide support with eating disorders and the range of conditions that can affect someone physically, psychologically and socially. They are serious mental illnesses and include anorexia, bulimia and binge eating disorder. | https://www.beateatingdisorders.org.uk/ | Helpline 0808 801 0677 Youthline 0808 801 0711 |
| Think you know | Information site relating to all aspects of life from children to parents, including safer internet and online crimes | https://www.ceopeducation.co.uk/ Facebook @clickceop Twitter @CEOPUK | Information service only |
| Age UK | Information, advice, and services for older people | Age UK | Tel: 0800 678 1602 (8am–7pm, every day) |
| Childline | Free, confidential support for children and young people | Childline | Tel: 0800 1111 Webchat available |

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| Family lives | Support and advice for families and parents | Family Lives | Tel: 0808 800 2222 Webchat available |
| GamCare | Help and resources for gambling-related issues | GamCare | Tel: 0808 8020 133 (24/7) Webchat available |
| Radicalisation and Extremism | | | |
| Channel General Awareness | Explains how Channel links to the governments counter terrorism strategy (CONTEST) | https://educateagainsthate.com/resources/channel-awareness-e-learning/ | Information and access to eLearning module |
| Radicalisation Research | Aims to provide policymakers, journalists, and anyone whose work utilises concepts such as radicalisation, fundamentalism or extremism, with easy access to high-quality academic research on these controversial issues. | https://www.radicalisationresearch.org/ | Information service only |