

SUPPORT LINES AND TIMETABLES FOR OVER THE CHRISTMAS PERIOD

- * Follow '**Fed Up Wallasey**' on Facebook. They post daily about free lunches and which centres are running them and at what time. They also have details of Social Supermarket opening times.
- * **Social Supermarket - Young People's Hall Poulton Road - Monday - Friday 10.00-2.00.**
- * **One Stop Shop Seacombe - will close at 5pm Dec 24th**
- * **National Domestic Violence Helpline by REFUGE open 24/7 - Freephone 0808 2000 247**
- * **Mens advice line for domestic abuse - 0808 8010 327**
- * **SAMARITANS - 116 123**
- * **CHILDLINE - Freephone - 0800 1111 - Talk without credit on your phone and number DOES NOT SHOW ON BILL**
- * **NSPCC - 0808 800 5000 - Report a child in need or a child whose safety is at risk**
- * **Wirral Family Safety Unit - 604 3567**
- * **Young Minds - For CHILDREN AND YOUNG PEOPLE - Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.**
If you need urgent help text YM to 85258
All texts are answered by trained volunteers, with support from experienced clinical supervisors
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- * **Young Minds - support line for parents worried about their child 0808 802 5544 - Call free Monday - Friday 9.30-4.00pm**

