

Local Counselling Services

Child Bereavement UK

01928 577164 Face to Face, Support Groups, telephone support and pre/post bereavement counselling for Children and Young people up to 25 years. Also for adults who have lost a child. 1-1 or family sessions. **FREE**

Halton Haven

01928 791221 Pre/post bereavement Counselling for patients families & carers. 6 sessions pre and 12 sessions post. Covers life limiting illness & suicide. **FREE.**

Halton Women's Centre

01928 566073 Counselling service. **Minimum £5 donation.**

Kooth.com

XenZone is a provider of online mental health services for children, young people (11 - 25 year olds) and adults. **FREE**

Mind Halton Counselling (Formally Jigsaw Counselling)

01928 563 612 Counselling for Anxiety; depression; bereavement; relationship including separation and divorce; adult survivors of abuse; stress; and PTSD. **Donations £1 - 5 if unemployed, £5 - 10 if employed.**

Nightstop Communities NW

info@nightstopcommunities.co.uk

0151 345 6772. Anger management, Counselling and Mediation. 15yrs + **FREE**

Relate

0300 330 5793 Relationship counselling. Appointments in Brookvale.

£55 per session. Bursary available if on benefits - 6 sessions **£20 a session.**

Please note there could be waiting lists in place, please contact each individual service for further details and referral queries.

www.haltonhealthimprovement.co.uk

Specialised Support Services

Changing Lives: Halton Domestic Abuse Service

Call 0300 11 11 247, Text 07537 400490 or Email halton.contact@changing-lives.org.uk If you or someone you know is suffering from domestic violence and abuse.

Rape and Sexual Abuse Support Centre Halton

01928 447980 www.rapecentre.org.uk or 0330 363 0063 providing support for any adult or child affected by sexual violence.

SOBS (Survivors Of Bereavement by Suicide)

0300 111 5065 National Helpline 9am - 9pm Helpline and support groups ran by people who have been bereaved by suicide. Nearest group is St Helens 4th Monday of the month. Contact Lorraine or Anne 07580 358 312

Widnes & Runcorn Cancer Support Centre

0151 423 5730 or 0151 424 8989 We are a local charity and we offer support to the members of our local community in Halton. Anyone who's life has been touched by Cancer or by the suffering of a friend or relative is welcome at our Centre. We also offer a counselling service for anyone touched by cancer.

National Gambling Helpline

0808 8020 133 - Freephone. www.begambleaware.org. Operated by GamCare and offers free and confidential support, information and advice on problem gambling. The website includes live chat and chat room forums.

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