**Christmas and New Year Helpline Numbers**

**If you urgently need any advice or support during the Christmas period or have any safeguarding concern, please ring MASH on 01925 443400 (9:00 – 5:00pm).**

**First Response Team for aged over 18** is 01925 443322

**Out of hours** - Emergency number for 01925 444400

**NHS Direct** 111

**Warrington Hospital** 01925 635911

**Warrington Women’s Aid** 01925 417138

**Kooth.com** – Online counselling for young people

**LGBT Foundation Helpline** – 0345 3 30 30 30

**Drinkline** – 0300 123 1110 ([www.drinkaware.co.uk](http://www.drinkaware.co.uk))

**HOPELineUK** – 0800 068 41 41 (suicide prevention - Papyrus)

**Frank** (national drugs helpline) - 0300 123 66 00 ([www.talktofrank.com](http://www.talktofrank.com))

**Samaritans** – 116 123

**Childline** – 0800 1111

**NSPCC** — 0808 800 5000

**Mind** – (for better mental health) 0300 102 1234

**MASH** – 01925 443400

**Wakefield House** – 01925 666660

**Pathways** – 01925 415176/07919558644

**Foodbank**—01925 977630

**Domestic Abuse Hub** 01925 243359

**Health visitor** — 01925 946856 (Spencer House), 946528 (Grappenhall Clinic), 946915 (Penketh)

**Community Midwives**—01925 662092

**Face Book Pages with free food available** - Free Food Warrington, Helping Hands Changing Lives CIC

**Emergency line for gas leaks -** 0800 111 999

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