

If you need help or support over the holiday period, there are some useful numbers below.

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| Thornton Family Well-being centre | 01519344991 |
| Waterloo Family Well-being centre | 01519286539 |
| Litherland Family Well-being centre | 01512886661 |
| Netherton Family Well-being centre | 01512821405 |

[Sefton CAMHS](#) –Crisis Line- for help and advice for parents and young people – 01512933517 / 01512824527 (open 24hrs a day 7 days a week)

[Health team at Princess Street Clinic, Waterloo](#) 01512476354

[NSPCC](#) 08088005000

[Samaritans](#) 116 or 123

[Merseyside police](#) 01517096010

[Child line](#) 08001111

[Sefton admissions](#) 01519343590

[Citizens advice, Sefton](#) 01512885683

[Free school meals – educational benefits](#) 01519343246

[Sefton social care](#) - 0345 140 0845 between 8am and 6pm. Contact the emergency duty team on 0151 934 3555 for urgent advice outside of office hours (from 5.30pm Mon to Thurs, and 4pm Friday and weekends).

[SWACA](#) – Sefton Women’s and Children’s Aid – 01519228606

[Parent Carer Support](#) 01512886060

[Covid helpline](#) – 111

[Sefton foodbank](#) – 01519331300 & 01519343055