

National Helplines

Organisation	Website	Facebook	Twitter	Instagram	Area
BLISS	bliss.org.uk				neo natal
Tommys	tommys.org				infant loss
Sands	sands.org.uk				infant loss
Pandas	pandasfoundation.org.uk				maternity/ PND
Maternity Action	maternityaction.org.uk		@maternityaction		Maternity Rights
Pregnant then Screwed	pregnantthenscrewed.com				maternity Rights
Women's Equality party	womensequality.org.uk				Womens Equality
Active Collective	timetoactivate.org				Women in Leadership/politics
Everday Sexism	everydaysexism.com		@everydaysexism		Womens Equality
Mandy Clare	mandy_dancekatalyst@yahoo.co.uk		@mandy4dene		CWAC Councillor
Cheshire fire and Rescue	cheshirefire.gov.uk				All
Cheshire Police	cheshire.police.uk				All
The just girls project	thejustgirlsproject.com		@justgirlproject		empowering girls
The jo cox foundation	jocoxfoundation.org		@jocoxfoundation		Community support
The period of the period			@periodofperiod		Womens Equality
NHS Talking Therapies	1. https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/ + 2. https://www.nhs.uk/service-search/find-a-psychological-therapies-service/				1. Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression + 2.cognitive behavioural therapy (CBT), stress, anxiety and depression
BBC Action line	https://www.bbc.co.uk/actionline/		twitter.com/news watchbbc		Mental health, eating disorders and domestic abuse/violence.
Shout 85258	https://giveusashout.org/	https://www.facebook.com/giveusashoutuk/	https://twitter.com/GiveUsAShout	https://www.instagram.com/giveusashoutinsta/?hl=en	Mental Health Support - UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.
National Youth Advocacy Service (NYAS)	https://www.nyas.net/	https://www.facebook.com/NYAS.YP/	https://twitter.com/nyasservices?lang=en-gb		NYAS provides advocacy and legal representation to children and vulnerable adults when important decisions are being made about them. The children and young people NYAS work with might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating.
Samaritans	https://www.samaritans.org/	https://www.facebook.com/samaritanscharity/	https://twitter.com/samaritans	https://www.instagram.com/samaritanscharity/	Offer listening & support to people and communities in need, providing ways to cope and the skills to be there for others. They encourage, promote and celebrate those moments of connection between people that can save lives. Samaritans' vision is that fewer people die