



**St Mary's**  
Catholic Primary School and Nursery

**National Support Networks:**

Alcoholics	Those who are on a recovery programme. Tel: 0161 624 2815
Alcoholics Anonymous	Tel: 0161 236 6569 / 0151 709 2900 National Tel: 0845 769 7555
Alanon & Alateen	For relatives and friends of problem drinkers. Tel: 0207 403 0888
Alcohol - Wirral Services	Tel: 0151 647 4999
AIDS/HIV	For people living with it, their family and friends. Tel: 0151 647 9124 National Helpline: 0800 567 123
Alzheimers Society	For people with dementia, their families and carers. Helpline (Mon-Fri, 08:30-18:30): 0845 3000 333
Bereavement	Befriending service for those affected by the death of a child. Tel: 0800 282 986
Bereavement - Cruse	Tel: 0870 167 1677
Rainbows	Help for children who have been bereaved through parental death, separation, divorce, and any other loss. Tel: 0161 485 3572 / 01625 428498



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Seasons for Growth	Grief Education Programme. Tel: 0151 652 1281
Caritas - Social Action	Tel: 0207 901 4875
Crossroads	Support for Carers. Tel: 01625 511 044 National No: 01788 573 653
Catholic Children's Society	Help for families and children in need. Tel: 0151 652 1281 / 01928 581459 / 01952 292888 / 0161 998 8802
Catholic Association for Racial Justice	Tel: 0208 802 8080
Childline	Tel: 0800 1111
Single Catholics Support for single Catholics in their 20's and 30's	Tel: 07950 202 205
Child Protection	Support for children and vulnerable young adults. Private and confidential. Diocesan No: 0151 562 9855 Mobile: 0771 512 518
Counselling	Marriage care. Tel: 01743 245491 / 01270 879911 / 01925 635448
General Counselling	Reach: 0151 737 2121 Compas: 0151 708 6688



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Couple Counselling	Relate: 0870 240 4246
Deaf	Pastoral Service available by Direct Line and Typetalk. Tel: 0161 406 0418
Domestic Abuse	Support for women who are victims of domestic abuse. National No: 0808 2000 247
Drug Abuse	Parents Against Drug Abuse Tel: 08457 02386
Drug Service information and advice helpline, available 24hrs a day.	National No: 0800 776 600 Wirral: 0151 604 7330
Debtline	National No: 0808 8084000
Eating Disorders	Youth Help: 0845 634 7650 Adult Help: 01603 621414
Elderly	National No: 020 8765 7200 Free-phone helpline: 0800 00 9966
Gamblers Anonymous	Tel: 0161 976 5000 National No: 0207 384 3040
Gay and Lesbian	Support for gay and lesbian Catholics and their families. Tel: 0845 660 6000



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Life	Support in pregnancy. Pro woman / Pro Child / Pro Life  National No: 0800 915 4600  UCM Tel: 0151 513 9156 - A Blyth  SVP Tel: 01270 764673 - R Sutton
Retrouvaille	A lifeline for troubled marriages:  Freephone: 08000 327858
Mental Health	MIND: 08457 660 163
Young Minds Parents	Provides information and advice for anyone with concern about the mental health of a child.  Tel: 0800 0182 138
Missing Persons Helpline	National No: 0500 700700
Natural Family Planning	Tel: 0115 877 8310
NSPCC	For the protection of children.  Tel: 0800 800 5000