

Appendix 14b: Sources of Help, Support and Information – for service users

Culturally-adapted Family Intervention (CaFi) for African and Caribbean people diagnosed with psychosis and their families

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in the Merseyside area that can provide help, support and information.

Are you worried about your mental health or that of someone else?

If you, someone in your family or someone you care for have/has received, or are/is currently receiving, treatment for mental health problems, contact the **Care Coordinator** as soon as possible.

If you or the person you are worried about has not received treatment for mental health problems, contact a GP as first port of call.

You may also call the **free** NHS advice line (111), which is available 24 hours every day.

If you believe that you or someone is at risk, call 999 immediately.

The research team would be happy to discuss these with you and provide help to access these services if necessary.

In addition to the above, you may find the following services helpful:

Mersey Care NHS Foundation Trust Liverpool Out of Hours Service: 0151 247 6740

Wellbeing Liverpool (list): <http://www.wellbeingliverpool.org.uk/>

Mary Seacole House: <http://www.maryseacolehouse.com/>

Address: 91 Upper Parliament Street, Liverpool, L8 7LB

Phone: 0151 707 0319

Liverpool Mental Health Consortium:

<http://www.liverpoolmentalhealth.org/about-us/>

Address: Liverpool Mental Health Consortium, 151 Dale Street, Liverpool, L2 2AH

Phone: 0151 237 2688

Rethink Mental Illness: <https://www.rethink.org/services-groups/search?r=4751>

Address: Multiple

Phone: 0300 5000 927

Talk Liverpool: <https://www.talkliverpool.nhs.uk/>

Address: 72-74 Oxford Street Manchester M1 5NH

Phone: 0161 236 7730

Samaritans of Liverpool and Merseyside:

<https://www.samaritans.org/branches/samaritans-liverpool-and-merseyside>

Address: 25 Clarence Street, Liverpool, Merseyside, L3 5TN

Phone: 0151 708 8888

Sources of Help, Support and Information – for relatives, carers, advocate, Family Support Members

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Address: Multiple

[INSERT STUDY LOGO]

Phone: 0300 5000 927

Local solutions: <https://www.localsolutions.org.uk/north-west-services/14-carers-support>

Address: Mount Vernon Green, Hall Lane, Liverpool, L7 8TF

Phone: 0151 709 0990

Liverpool Schizophrenia Association: <https://www.merseyscare.nhs.uk/are-you-a-carer/services-for-carers/support-for-carers-of-people-with-mental-illness/>

Address: LIVSA Charity Shop, Office and Training Centre, 387 Smithdown Road, Liverpool, L15 3JJ

Phone: 0151 735 0187

YoungMinds Parent Helpline: <https://youngminds.org.uk/contact-us/>

Address: N/A

Phone: 0808 802 5544

Sane: <http://www.sane.org.uk/>

Address: SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ

Phone: 0300 304 7000

Carers UK: <https://www.carersuk.org/>

Address: 20 Great Dover Street, London SE1 4LX

Phone: 020 7378 4999

Liverpool Carers Centre: <https://carers.org/partner/liverpool-carers-centre>

Address: Hall Lane, Mount Vernon Green, Liverpool, L7 8TF

Phone: 0151 709 0990