

# Local/National Support Groups - Southport & Ormskirk Area

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## Alcohol & Drug Problems

Ambition Sefton

<https://www.mersecare.nhs.uk/our-services/a-z-of-services/drug-and-alcohol-services/ambition-sefton/>

Sefton Treatment and Recovery Service (STARS) (Individuals over the age of 18)

<https://www.delphimedical.co.uk/sefton-treatment-and-recovery-service/>

SMASH (Young People aged 10-18)

<https://www.talktofrank.com/treatment-centre/smash>

## Asbestos – see Mesothelioma

## Alzheimer's

Alzheimer's Society Sefton

[https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=yKlUd6\\_Seo](https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=yKlUd6_Seo)

## Arthritis

Versus Arthritis

<https://www.versusarthritis.org/get-help/>

## Asthma

Breathe Easy Sefton North support group

<https://www.blf.org.uk/support-in-your-area/breathe-easy-sefton-north-support-group>

## Autism

Sefton SEN & Disability Information, Advice & Support Service (SENDIASS)

<https://www.autism.org.uk/directory/s/seftonsen-disability-information-advice-andsuppo>

## Bereavement

The Compassionate Friends (Supporting bereaved parents and their families after a child dies).

<https://www.tcf.org.uk/>

Cruse Bereavement Care

<https://www.cruse.org.uk/>

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## Bipolar Disorder

Southport Bi-Polar Organisation Self Help Group

<https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=ROIghIWjLJE>

## Cancer

Southport & Formby Cancer Information and Support Centre

<https://southportmacmillancentre.org.uk/>

Maggie's Merseyside

<https://www.maggies.org/our-centres/maggies-merseyside/>

Sunflowers

<https://www.liverpoolsunflowers.com/>

Breast Cancer Now

<https://breastcancer.org/information-support/support-you>

Bowel Cancer UK

<https://www.bowelcanceruk.org.uk/how-we-can-help/>

British Lung Foundation

<https://www.blf.org.uk/support-for-you/lung-cancer>

Leukaemia Care

<https://www.leukaemiacare.org.uk/support-and-information/support-for-you/find-a-support-group/?region=north%20west>

Ovacome Ovarian Cancer

<https://www.ovacome.org.uk/>

Southport & West Lancashire Prostate Cancer Support Group

<https://prostatecanceruk.org/get-support/find-local-support/southport-and-west-lancs-prostate-cancer-support-group>

Melanoma UK

<https://www.melanomauk.org.uk/Pages/Category/our-community>

Melanoma Focus

<https://melanomafocus.com/support/melanoma-helpline/>

Children's Cancer Support Group (CHICS)

<https://chicsonline.org/liverpool/>

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Head and Neck Cancer UK (HANCUK)

<http://hancuk.org/>

Pancreatic Cancer UK

<https://www.pancreaticcancer.org.uk/support-for-you/specialist-nurse-support-line/>

## Cardiomyopathy

<https://www.cardiomyopathy.org/shared-experiences/support-groups>

## Carers

Sefton Carers' Centre

<https://www.sefton-carers.org.uk/index.php/what-we-do>

## Child and Adolescent Mental Health Services

Sefton CAMHS

<https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=rowN1HKGeEO>

Enhanced Children's Team – Sefton (North West Boroughs Healthcare)

<https://www.nwbh.nhs.uk/enhanced-childrens-sefton>

## Coeliac Disease

Coeliac UK

<https://www.coeliac.org.uk/local-groups/>

## Diabetes

Lancelots – Southport, Formby, & Ormskirk Children's Diabetic Club

<https://thelancelots.diabetesukgroup.org/>

Diabetes UK

[https://www.diabetes.org.uk/how\\_we\\_help/helpline](https://www.diabetes.org.uk/how_we_help/helpline)

## Disability (Adult Support & Care Services)

New Directions

<https://ndirections.co.uk/contact-us/>

## Disability (Children)

Aiming High

<https://www.sefton.gov.uk/social-care/children-and-young-people/aiming-high-for-disabled-children.aspx>

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## Domestic Violence

Merseyside Domestic Violence Services (Liverpool)

<https://www.mdvs.org/>

Sefton Women's and Children's Aid

<https://swaca.com/>

## Down's Syndrome

Down Syndrome Liverpool

<https://downsyndromeliverpool.org.uk/membership>

## Eating Disorders

S.E.E.D (SUPPORT AND EDUCATION FOR EATING DISORDERS)

<https://seedeatingdisorders.org.uk/>

## Endometriosis

Endometriosis UK

<https://endometriosis-uk.org/get-support>

## Hearing Problems

RNID

<https://rnid.org.uk/information-and-support/local-support-services/>

## HIV

Sahir House

<https://sahir.org.uk/what-we-do/support-services/>

Terence Higgins Trust

<https://www.tht.org.uk/our-services/phone-and-post/tht-direct-helpline>

## Infertility

The Hewitt Fertility Centre

<https://www.thehewittfertilitycentre.org.uk/support-services/at-liverpool/>

Fertility Network UK

<https://fertilitynetworkuk.org/how-we-can-help/support-line/>

## Macular Disease

Macular Society

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<https://www.macularsociety.org/support/local-groups/>

## Mental Health Problems

Samaritans

<https://www.samaritans.org/>

Mind

<https://www.mind.org.uk/information-support/helplines/>

Rethink Mental Illness

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/>

Sane

[http://www.sane.org.uk/what\\_we\\_do/support/helpline/](http://www.sane.org.uk/what_we_do/support/helpline/)

The Mix (Under 25s)

<https://www.themix.org.uk/get-support>

Childline (Under 19s)

<https://www.childline.org.uk/>

Shout (Free Text Service)

<https://giveusashout.org/>

## Mesothelioma

Merseyside Asbestos Victims' Support Group

<https://mavsg.org/>

## Multiple Sclerosis

MS Society

<https://www.mssociety.org.uk/care-and-support/ms-helpline>

MS-UK

<https://www.ms-uk.org/>

## Older People

Age UK

<https://www.ageuk.org.uk/information-advice/>

Independent Age

<https://www.independentage.org/>

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## Parkinson's Disease

Parkinson's UK Southport & District Branch

<https://localsupport.parkinsons.org.uk/provider/southport-and-district-support-group>

## Postnatal Depression

Home-Start Southport & Formby

<http://www.homestart-southportandformby.org.uk/>

PaNDAS (PND Awareness And Support)

<https://pandasfoundation.org.uk/>

## Sarcoma

Sarcoma UK : Liverpool, Merseyside & North Wales Sarcoma Support Group

<https://sarcoma.org.uk/liverpool-merseyside-north-wales-sarcoma-support-group>

## Stroke

Stroke Association : Southport Stroke Recovery Service

<https://www.stroke.org.uk/finding-support/support-services/southport-stroke-recovery-service>