

Local Support Available to People Affected by Substance Use

Support is available for anyone affected by alcohol, drugs, gambling, addiction or recovery, including family members, carers and loved ones.

The services below offer a range of treatment, recovery, wellbeing, housing and peer-support options for Wirral residents.

Please note that all information was verified as accurate on 14 October 2026 and is subject to annual review and amendment where necessary.

Drug, Alcohol & Recovery Services

Birchwood Detox & Rehab (Birchwood @ Kaleidoscope House)

Birchwood Detox & Rehab is a 25-bed residential drug and alcohol treatment centre providing medically supervised detoxification and structured rehabilitation programmes. Services include clinical assessment, inpatient detox, one-to-one and group therapeutic interventions, relapse prevention, recovery planning, family support, and post-discharge care. The service supports people with complex physical and mental health needs and accepts referrals from across the UK.

Contact

Telephone: 0151 670 0033

Email: Josephine.moore@kaleidoscopeproject.org.uk

Website: <https://birchwood-detox-rehab.com/>

Nightingales Recovery Hub & Café

Provider: Change Grow Live

Recovery hub offering mutual aid groups, SMART Recovery, AA, NA, wellbeing activities and social recovery opportunities.

Contact

Tel: 0151 556 1335

Email: wirral.services@cgl.org.uk

Phoenix Futures Wirral Residential

Residential abstinence-based rehabilitation service providing structured recovery programmes.

Contact

Tel: 0151 652 2667

Email: enquiries@phoenix-futures.org.uk

Website: <https://www.phoenix-futures.org.uk>

REK41

Wirral's first alcohol-free social club and community recovery hub. Based in Birkenhead, it provides a safe, welcoming environment for people in recovery from drug and alcohol addiction, those experiencing mental health challenges and members of the wider community seeking an alcohol-free social space. The venue offers peer support, social activities, community events and recovery-focused opportunities designed to reduce isolation and support long-term recovery. REK41 aims to bridge the gap between formal treatment services and everyday community life.

Contact

Email: enquiries@rek41.com

Facebook: <https://facebook.com/rek41birkenhead>

Spider Project

Recovery-focused organisation delivering peer support, education, employability, wellbeing and social recovery opportunities.

Contact

Tel: 0151 647 7723

Email: enquiries@spiderproject.org.uk

Website: <https://www.spiderproject.org.uk>

Wirral Ways to Recovery

Provider: Change Grow Live (CGL)

Integrated drug, alcohol and gambling treatment and recovery service for Wirral, providing assessment, prescribing, harm reduction, recovery support, family support, wellbeing services and rehabilitation referrals.

Contact

Tel: 0151 556 1335

Email: wirral.services@cgl.org.uk

Website: <https://www.wirralways.org.uk>

Communities, Housing, Specialist Support & Social Inclusion

Tomorrow's Women (Wirral)

A charity supporting women aged 18+ across Wirral and surrounding areas. The organisation provides free, confidential support in a safe, women-only environment, helping women address issues such as mental health, domestic abuse, substance misuse, social isolation, poverty, low confidence and emotional wellbeing. Support includes one-to-one guidance, group programmes, wellbeing activities, education, advocacy and signposting to specialist services. The charity also operates a dedicated programme for young women aged 14-17.

Contact

Telephone: 0151 647 7907

General Email: admin@tomorrowswomen.org.uk

Website: <https://www.tomorrowswomen.org.uk>

Wirral Change

A community charity based in Birkenhead that supports individuals and families experiencing poverty, social isolation, unemployment, poor mental health and other life challenges. The organisation provides practical support, food initiatives, wellbeing activities, volunteering opportunities, skills development, community engagement programmes and advice services. Its aim is to improve resilience, confidence and life opportunities while helping local residents build stronger connections within their communities.

Contact

Telephone: 0151 649 8177

Email: info@wirralchange.org.uk

Alternative Email: admin@wirralchange.org.uk

Website: <https://wirralchange.org.uk>

Wirral Multicultural Organisation (WMO)

A registered charity and community organisation that supports people from ethnic minority backgrounds living across Wirral. The organisation works to reduce inequalities, improve health and wellbeing, promote social inclusion and celebrate cultural diversity. Services include advice and advocacy, translation and interpretation, health and wellbeing support, migrant and refugee support, community engagement activities, and drug and alcohol awareness initiatives. WMO also operates as a community hub, providing culturally sensitive support and helping individuals access health, social care, education and welfare services.

Contact

Telephone: 0151 792 5116

Email: info@wmo.org.uk

Website: <https://www.wmo.org.uk>

YMCA Wirral

A long-established local charity supporting people across Wirral to overcome barriers and build positive futures. The organisation provides supported accommodation, homelessness services, health and wellbeing programmes, training and education opportunities, personal development support, advice services, family and youth work, and employment-related support. YMCA Wirral works with people of all ages, including those experiencing homelessness, social exclusion, mental health challenges and substance misuse-related issues.

Contact

Telephone: 0151 650 1015

Email: info@birkenheadymca.co.uk

Website: <https://ymcawirral.org.uk>

Mental Health & Wellbeing

Compañeros Crisis Café (Birkenhead)

Compañeros Crisis Café provides a safe, welcoming, non-clinical environment for adults aged 18+ experiencing emotional distress or a mental health crisis. The service offers one-to-one crisis intervention, emotional support, wellbeing and recovery activities, creative arts, signposting, and access to wider health and community services. The café is open seven days a week and accepts self-referrals and walk-ins.

Telephone: 0151 488 8135

Email: enquiries.comp@spiderproject.org.uk

Wirral Mind

An independent local mental health charity affiliated with the national Mind network. Established in 1967, the organisation supports people across Wirral and Merseyside to improve their mental health and wellbeing. Services include counselling, befriending, mental health resource centres, lived experience networks, supported living, suicide and self-harm prevention initiatives, community wellbeing programmes, workplace training and mental health education. Wirral Mind works to reduce stigma, promote recovery and improve access to mental health support for local communities.

Contact

Telephone: 0151 512 2200

General Email: learning@wirralmind.org.uk

Alternative Email: admin@wirralmind.org.uk

Website: <https://wirralmind.org.uk>

Young People's Services

Wirral Council - Response (Wirral Young People's Substance Misuse & Wellbeing Service)

Provides confidential support for young people experiencing issues related to alcohol, drugs, substance misuse, and emotional wellbeing. Services include assessment, brief interventions, structured support, counselling, harm reduction, education, and recovery planning. The service also works with families, schools, and partner agencies to help young people make positive choices and improve health and wellbeing outcomes.

Contact

Helpline: 0151 666 4123

Email: Response@wirral.gov.uk

ZILLO

Provider: Wirral Children's Services & Wirral Met College

Young people's wellbeing platform providing information on mental health, substance use, wellbeing, education and local support services.

Contact

Website: <https://www.zillowirral.co.uk>

Recovery Communities & Mutual Aid

Alcoholics Anonymous (AA)

Support for people who want to stop drinking. National helpline available 24/7.

Contact

Helpline: 0800 917 7650

Website: www.alcoholics-anonymous.org.uk

Cocaine Anonymous (CA)

Support for recovery from cocaine and other mind-altering substances.

Contact

Helpline: 0800 612 0225 (10am-10pm, daily)

Email: helpline@cauk.org.uk

Website: www.cauk.org.uk / www.cocaineanonymous.org.uk

Narcotics Anonymous (NA)

Support for people recovering from drug addiction.

Contact

Helpline: 0300 999 1212 (10am-midnight, daily)

Website: www.ukna.org