

Julie Millar counselling

Other sources of help

Anxiety UK <https://www.anxietyuk.org.uk/>

PODS/ Carolyn Spring <https://www.pods-online.org.uk/>

Citizens Advice <https://www.citizensadvice.org.uk/>

National Centre for Domestic Violence <https://www.ncdv.org.uk/>

Domestic Violence Assist <https://www.dvassist.org.uk/>

Cais drug and alcohol service in North Wales <http://www.cais.co.uk/>

Turning Point drug and alcohol service in Chester <https://www.turning-point.co.uk/>

Wirral Ways to Recovery drug and alcohol service in Wirral
<https://www.changegrowlive.org/content/wirral-ways-recovery>

Money Advice Service - sources of information on money and benefits
<https://www.moneyadviceservice.org.uk/en>