

Compañeros
A safe space in a crisis



**In crisis?
Need to talk?**

**Compañeros can help
1pm - 10pm,
365 days a year**

Compañeros
A safe space in a crisis



Offering support & building resilience in a crisis

Call us 1pm - 10pm:

0151 488 8135

Compañeros

A safe space in a crisis



In crisis? Need to talk?

A safe community space for anyone struggling to cope in a crisis.

Run by professionals & volunteers, Compañeros offers:

- 🕸 Listening, care & support
- 🕸 Help to work through challenges
- 🕸 Help to access other support & advice
- 🕸 Creative recovery through social & educational activities

If you are 18+ & feeling distressed or in crisis, Compañeros is for you.

Relatives, carers & professionals can also introduce someone to Compañeros.

We are unable to support anyone intoxicated with drugs or alcohol

Call us on:

0151 488 8135

Drop in to:

2A Price Street, Birkenhead, WIRRAL, CH41 6JN

✉ enquiries.comp@spiderproject.org.uk

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