

Mental Health Support Services

In Case of Emergency – dial 999 or go to your nearest A&E Department

Merseycare Urgent Mental Health Support: 0800 145 6570

Merseycare provides local mental health services, this number is accessible 24/7 for people aged 16 or above requiring urgent mental health support or are in crisis.

0151 478 6556



Life rooms provide a safe and welcoming space to meet others access opportunities and learn about community resources. Also offering advice on training, employment, housing, finances, and mental wellbeing.

Self-refer via www.liferooms.org/pathways-advice-service

To find out more about the service or speak to an Advisor send an e-mail to liferooms.support@merseycare.nhs.uk or visit www.liferooms.org

0151 303 5757



You can self-refer Mon-Fri 9:30am – 5:30pm
Offer support to men experiencing distressing suicidal thoughts. James' place works with friends and family to support you to move forward.

email: info@jamesplace.org.uk
or visit: www.jamesplace.org.uk

0151 707 1826



Lines are open Mon – Thu 10am – 4pm
The Women's Health Information & Support Centre is a charity dedicated to improving the health and wellbeing of women and their families throughout Liverpool and the surrounding areas.

www.whisc.org.uk



0800 58 58 58

Line are open 7 days a week, 5pm to midnight
The Campaign Against Living Miserably offers confidential, anonymous, and free support information and signposting.

www.thecalmzone.net

Call **(free) from a mobile anytime on 116 123**

The Samaritans are a 24-hour confidential, listening service providing emotional support for anyone in crisis.

or e-mail: jo@samaritans.org

or visit: www.samaritans.org



SAMARITANS

0800 068 41 41

Line are open 9am until midnight, every day of the year

or text **07860 039 967**

Papyrus is a national confidential helpline for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide.

email: pat@papyrus-uk.org

or visit: www.papyrus-uk.org



0800 4 70 80 90

Lines are open 24 hours a day, every day of the year

The Silver Line is the only free confidential helpline providing information, friendship, and advice to older people.

www.thesilverline.org.uk



0300 330 0630

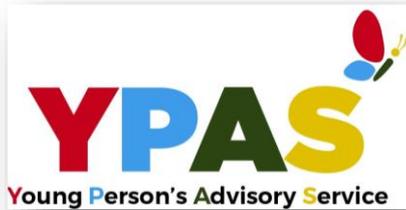
Lines are open 10am-10pm every day

Switchboard provides a one-stop listening service for LGBT+ people on the phone, by email and through instant messaging. All volunteers are self-identifying LGBT+

email: chris@switchboard.lgbt

or live chat via: www.switchboard.lgbt





0151 707 1025

YPAS provides mental health and emotional wellbeing services for Liverpool's children, young people and families aged 5-25 years.

www.ypas.org.uk



0151 237 3993

Providing professional, accessible, affordable counselling and emotional support for adults so that emotional health and wellbeing will be a priority in the lives of everybody.

email: enquiries@compass-counselling.org.uk

www.compasscounselling.org.uk/counselling-services



Text SHOUT to 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



The Stay Alive App is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

www.prevent-suicide.org.uk/find-help-now/stay-alive-app/



0151 709 2366

Imagine Independence are a charity which enables and supports people to live full and independent lives. They offer social inclusion and health promotion activities to help people become more resilient and learn how to overcome challenges which can cause mental and physical ill health.

email: imagine@imagineindependence.org.uk

or visit: www.imagineindependence.org.uk