





Online and phone psychological support from Mersey Care



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

| | Who can access? | When and how is it accessed? | What is provided? |
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|  <p>Urgent mental health support 0151 296 7200</p> | <p>Anyone 16+ self-referral or any professional</p> | <p>24/7 by phone</p> | <ul style="list-style-type: none"> • 24/7 access to mental health support (including people in crisis) • 24/7 contact line for emergency services that will divert mental health activity away from A&E • 24/7 contact line for primary care for urgent/emergency referrals for mental health assessments. |
|  <p>Talk Liverpool 0151 228 2300 talkliverpool.nhs.uk</p> | <p>Anyone 16+ self-referral or GP</p> | <p>9.00am to 5.00pm by phone on 0151 228 2300 or 8.00am to 8.00pm on 0151 473 0303 and ask for the psychological support line. 24/7 online via talkliverpool.nhs.uk</p> | <p>Treatment for people with the following common mental health problems:</p> <p>Depression, generalised anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, obsessive-compulsive disorder (OCD), specific phobias (such as heights or small animals), PTSD, health anxiety (hypochondriasis), body dysmorphic disorder, mixed depression and anxiety (the term for sub-syndromal depression and anxiety, rather than both depression and anxiety).</p> |
|  <p>The LIFE ROOMS 0151 478 6556 liferooms.org</p> | <p>Anyone 18+ self referral or any professional</p> | <p>9.00am to 5.00pm by phone Monday to Friday 24/7 online learning/activity resources</p> | <ul style="list-style-type: none"> • Online staying well at home learning courses • Pathway advisors who can support and advise with debt management, employment, housing issues, benefits and more • Social inclusion advice for isolated community groups. |
|  <p>NHS Mersey Care NHS Foundation Trust Staff support 0151 330 8103</p> | <p>Mersey Care staff only self-referral</p> | <p>9.00am to 8.00pm phone counselling Monday to Friday 24/7 phone support</p> | <ul style="list-style-type: none"> • Session model of face to face counselling • Brief intervention signposting and support • Access to 24/7 phone counselling for staff in distress (not crisis support). |