





Online and phone psychological support from Mersey Care

Who can access?	When and how is it accessed?	What is provided?
 <p>Urgent mental health support 0800 145 6570 (Freephone)</p> <p>Anyone 16+ self-referral or any professional</p>	<p>24/7 by freephone</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>Psychological support line 0151 473 0303 ask for the psychological support team</p> <p>Anyone 16+ self-referral</p>	<p>8.00am to 8.00pm phone Monday to Sunday</p>	<ul style="list-style-type: none"> • Low level psychological support to those impacted by the COVID-19 situation, such as those experiencing anxiety or depression • This is not an immediate access telephone therapy service, but rather a listening ear support line – allowing space to discuss psychological needs, which may result in signposting to resources, information or other services and agencies.
 <p>Talk Liverpool 0151 228 2300 talkliverpool.nhs.uk</p> <p>Anyone 16+ self-referral or GP</p>	<p>8.00am to 6.00pm by phone Monday to Friday</p> <p>24/7 online via talkliverpool.nhs.uk</p>	<p>Treatment for people with the following common mental health problems: 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). Evening appointments can be made available if required.</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 phone Monday to Friday</p> <p>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.