

## Health and wellbeing



### If you have any health concerns, mental or physical, you need to contact your General Practitioner (GP) Surgery.

If you are not registered with a GP, call or email the surgery you would like to attend and ask to be registered as a patient.

If you urgently need medical help or advice, but it's not life-threatening, call NHS 111 or visit your nearest NHS Walk-in Centre. If you or someone is seriously ill or injured and life is at risk, call 999 or go to A&E.



More support and extra help is also available from the following organisations.















### Mental health support

- ▶ **NHS urgent mental health helpline** | 24-hour advice and support from a mental health professional  
📞 0800 145 6570 (for over 16s) | Call free      📞 0808 196 3550 (for under 16s) | Call free  
🌐 [merseycare.nhs.uk/urgent-help](https://merseycare.nhs.uk/urgent-help)
- ▶ **NHS Talking Therapies** | Psychological help and support for people feeling stressed, anxious or depressed  
📞 0151 228 2300      💬 You can also use the online self-referral form  
🌐 [merseycare.nhs.uk/our-services/liverpool/talking-therapies](https://merseycare.nhs.uk/our-services/liverpool/talking-therapies)
- ▶ **Life Rooms** | A safe and welcoming environment, with one-to-one support, courses and resources  
📞 0151 478 6556      ✉ [liferooms@merseycare.nhs.uk](mailto:liferooms@merseycare.nhs.uk)  
🌐 [liferooms.org](https://liferooms.org)
- ▶ **Mind** | A range of information, advice and a network of local services  
📞 0300 123 3393 | Call free      ✉ [info@mind.org.uk](mailto:info@mind.org.uk)  
🌐 [mind.org.uk](https://mind.org.uk)
- ▶ **Mary Seacole House** | Support for multicultural communities. Provides a safe place to meet  
📞 0151 707 0319      ✉ [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)  
🌐 [maryseacolehouse.com](https://maryseacolehouse.com)      📍 2 Princes Road, Liverpool L8 1TH
- ▶ **Samaritans** | 24/7 support if you or someone you know is struggling to cope or having suicidal thoughts  
📞 116 123 | Call free      ✉ [jo@samaritans.org](mailto:jo@samaritans.org)  
🌐 [samaritans.org](https://samaritans.org)
- ▶ **Papyrus - HopelineUK** | For young people who may not be coping with life and having thoughts of suicide  
📞 0800 068 4141 | Call free      ✉ [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
🌐 [papyrus-uk.org/papyrus-hopelineuk](https://papyrus-uk.org/papyrus-hopelineuk)
- ▶ **Shout 85258** | A free, confidential, anonymous text support service. If you are struggling to cope and need to talk, text the word 'SHOUT' to 85258 to start a conversation with a trained volunteer












- ▶ **Hub of Hope Network** | A database of mental health support services. Find out what's available in your area via their online postcode search  
 [hubofhope.co.uk](http://hubofhope.co.uk)
- ▶ **Live Well Directory** | An online directory of care and support services, activities and information. Leisure and social activities are also included plus lots of information on how to stay safe and well  
 [thelivewelldirectory.com](http://thelivewelldirectory.com)

## Bereavement support

- ▶ **Liverpool Bereavement Services** | One-to-one counselling for people who are struggling to cope with loss  
 0151 236 3932 or 07928 890967       [enquiries@liverpoolbereavement.co.uk](mailto:enquiries@liverpoolbereavement.co.uk)  
 [liverpoolbereavement.com](http://liverpoolbereavement.com)
- ▶ **Cruse** | Trained advisors aim to help you make sense of how you're feeling and develop coping strategies  
 0808 808 1677 | Call free       [www.cruse.org.uk](http://www.cruse.org.uk)
- ▶ **Marie Curie Bereavement Service** | A safe space to discuss your feelings and talk freely about your worries  
 0800 090 2309 | Call free       [mariecurie.org.uk](http://mariecurie.org.uk)
- ▶ **Macmillan Support with Grief** | A wide range of information / support and where to go for extra help  
 0808 808 00 00 | Call free       [macmillan.org.uk](http://macmillan.org.uk)
- ▶ **Citizens Advice** | Lots of information - from organising a funeral to financial and emotional support  
 0808 278 7840 | Call free       If English isn't your first language, ask your advisor for 'Language Line' and they will call you back with a translator on the call  
 [citizensadvice.org.uk](http://citizensadvice.org.uk)

## Sexual health support

- ▶ **Axess Sexual Health (formerly Brook)** | A range of services and support including STI / rapid HIV test / contraception. Appointments can be made online or visit a walk-in clinic (visit website or call for details)  
 0300 323 1300 (choose Option 4 for Liverpool)  
 [axess.clinic/find-service](http://axess.clinic/find-service)
- ▶ **Sahir House** | Supports LGBTQ+ people and offers a wide range of services to individuals and families living with or affected by HIV, promoting better sexual health for all  
 0151 673 1972       [info@sahir.uk.com](mailto:info@sahir.uk.com)  
 [sahir.org.uk](http://sahir.org.uk)
- ▶ **George House Trust** | Provides advice, information and support to anyone living with HIV in Liverpool  
 0330 174 4433       [liverpool@ght.org.uk](mailto:liverpool@ght.org.uk)  
 [ght.org.uk/liverpool](http://ght.org.uk/liverpool)
- ▶ **Sexual Health Liverpool** | An online resource where you can find information about all of the sexual health and contraception services in the city  
 [sexualhealthliverpool.co.uk](http://sexualhealthliverpool.co.uk)