

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 / support from a mental health professional.
 - 📞 0800 145 6570 (for over 16s)
 - 📞 0808 196 3550 (for under 16s)
 - 🌐 merseycare.nhs.uk/urgent-help
- ▶ **NHS Talking Therapies** - Psychological help / 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
- ▶ **Life Rooms** - A safe and welcoming environment, with one-to-one support, courses and resources.
 - 📞 0151 478 6556
 - ✉ liferooms@merseycare.nhs.uk
 - 🌐 liferooms.org
- ▶ **Mind** - A range of information, advice and a network of local services.
 - 📞 0300 123 3393
 - ✉ info@mind.org.uk
 - 🌐 mind.org.uk
- ▶ **Mary Seacole House** - Support for multicultural communities. Provides a safe place to meet.
 - 📞 0151 707 0319
 - ✉ info@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
 - ✉ jo@samaritans.org
 - 🌐 samaritans.org
- ▶ **Papyrus - HopelineUK** - For young people who may not be coping with life and having thoughts of suicide.
 - 📞 0800 068 4141
 - ✉ pat@papyrus-uk.org
 - 🌐 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
- ▶ **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

Bereavement support

- ▶ **Liverpool Bereavement Services** - One-to-one counselling for anyone struggling to cope with loss.
📞 0151 236 3932 or 07928 890967 ✉ enquiries@liverpoolbereavement.co.uk
📶 liverpoolbereavement.com
- ▶ **Cruse** - Trained advisors help you make sense of how you're feeling and develop coping strategies.
📞 0808 808 1677 📶 www.cruse.org.uk
- ▶ **Marie Curie Bereavement Service** - A safe space to discuss your feelings and talk freely about worries.
📞 0800 090 2309 📶 mariecurie.org.uk
- ▶ **Macmillan Support with Grief** - A wide range of information / support and where to go for extra help.
📞 0808 808 00 00 📶 macmillan.org.uk
- ▶ **Citizens Advice** - Lots of information - from organising a funeral to financial and emotional support.
📞 0808 278 7840 🗨 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

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
- ▶ **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
📶 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
📶 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