

Whiston Hospital
Warrington Road
Prescot
L35 5DR
Telephone:
0151 426 1600

St Helens Hospital
Marshalls Cross
Road
St Helens
WA9 3DA
Telephone:
01744 26633

Southport Hospital
Town Lane,
Kew
Southport
Merseyside
PR8 6PN
Telephone:
01704 547471

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
Lancashire
L39 2AZ
Telephone:
01695 577 111

Newton Hospital
Bradlegh Rd
Newton-Le-Willows
WA12 8RB
Telephone:
0151 290 4834

Adult Mental Health support information

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

This leaflet has been developed to help you find support for your mental health needs from national organisations.

If you are feeling very distressed, despairing, or suicidal and need immediate help, please call the 24/7 support line on the following numbers:

Sefton Residents

0800 145 6570

Mersey Care Crisis Line

West Lancashire

01695 684 356

Access and Home Treatment

St Helens, Knowsley, Warrington and Halton

0800 051 1508

Mersey Care Crisis Line

If you are experiencing an extreme crisis (your life is in immediate danger) you can contact the police on 999 and advise them of your crisis.

Notes

NHS 111 Online

If you think you need medical help right now, 111 online can tell you what to do next <https://111nhs.uk>



The Samaritans - if you are having a difficult time or struggling to cope.

www.samaritans.org.

Call 116 123 (anytime day or night).



Shout – Free 24/7 text service for anyone in crisis.
www.giveusashout.org

Text **SHOUT** to 85258 and you will be connected to a trained volunteer to listen and provide support.



shout
85258

CALM - Suicide Prevention:
www.thecalmzone.net/get-support
Call 0800 585858 5pm—midnight



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

MIND Mental Health - Information/support on where to get help, medication etc.
www.mind.org.uk
Call 0300 123 3393 or Text 86463



mind

Survivors of Bereavement by Suicide
www.uksobs.com
Call - 0300 111 5065



Support for 16– 18 year age groups

HOPELINEUK - For children and young people under the age of 35 who are experiencing thoughts of suicide
For anyone concerned that a young person could be thinking about suicide
www.papyrus-uk.org
Call: 0800 068 4141 / Text: 07860 039 967



CHILDLINE - We are here for you, whatever is on your mind. We will support you. Guide you. Help you make decisions that are right for you.
www.childline.org.uk
Call: 0800 1111



Mental Health support in and following pregnancy

If you are experiencing a mental health problem in pregnancy or after having a baby - you are not alone. Services and organisations exist to support you.

www.mind.org.uk



pandasfoundation.org.uk



Bereavement Support

CRUSE Bereavement Care

www.cruse.org.uk

Call - 0808 808 1677

Call - 0300 111 5065



Hub of Hope - Online resources support for individuals with mental health issues.

www.hubofhope.co.uk



Qwell - A safe and confidential online space to share experiences and gain support.

www.qwell.io



Useful Websites

Getselfhelp - provides a range of resources to help you improve your mental health.
www.getselfhelp.co.uk



Rethink Mental Illness - Support and advice for people living with mental illness.
www.rethink.org
Call 0300 500 0927 (10am -2pm Monday – Friday)



Welcome to Thrive Talk - for sufferers of depression who can access a network of self-help groups.
www.thrivetalk.com



Help with addiction and substance misuse

Stop Smoking Support

Visit www.smokingendshere.com for further information and wider services across Merseyside and Cheshire

You can also download the free NHS quit smoking app by Visiting: www.nhs.uk/better-health/quit-smoking/

Drugs and Alcohol Support

Change Grow Live
www.changegrowlive.org



Useful Mobile APPS (Free on Android and I-Phone)

Stay Alive Suicide Prevention - The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

Self- Help App for the Mind SAM - Tell the APP how you are feeling, how anxious or worried you are. The APP will walk you through some calming or relaxation practices.

Nature Sounds, Relax and Sleep - Open this app whenever you are feeling anxious or stressed. You can select sounds to help you slip away into a place of relaxation and comfort.

Financial / Gambling

Citizens Advice Bureau (CAB)

www.citizensadvice.org.uk

Call - 0800 144 8848



Gambling

www.gamcare.org.uk

Call - 0808 802 0133



Suicide/Self Harm

Papyrus – Support for people aged 35 years and under who are at risk of suicide.

www.papyrus-uk.org

Telephone: 0800 0684 141



The Silver Line Helpline - confidential telephone service to support Older People.

wwwthesilverline.org.uk

Telephone: 0800 470 8090



Veterans - Veterans HQ – support to ex-servicemen and women.

www.veteranshq.org.uk

Telephone: 0151 261 9878



Homeless Services

SHELTER - Provides expert guidance with housing issues and homelessness.

www.//england.shelter.org.uk

Emergency Helpline (Mon – Fri 8am-6pm)
Call - 0808 800 4444

Relationship / Domestic Abuse

Relate - Relationship Advice

www.relate.org.uk



Refuge - Helps you to access refuge accommodation or other specialist domestic violence services. Their aim is to keep you safe and give you information so you can make informed choices.

Call - 0808 2000 247

www.nationaldahelpline.org.uk



24/7 Rape and Sexual Abuse Support Line Service for anyone aged 16+ in England AND Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence - at any point in their life.

Call - 0808 500 2222- 24 hours a day