

LOCAL MENTAL HEALTH RESOURCES

Talking Matters Sefton Unit 5, Stella Nova, Washington
Parade, Bootle, Merseyside, L20 4TQ Tel: 0300 303 2708
Website: <https://www.mhm.org.uk/talking-matters-sefton>

LIFE ROOMS The Life Rooms Bootle - St Winefride's
Campus 68 Merton Road Bootle L20 7AP Tel: 0151 330 6461
www.liferooms.org

SWAN CENTRE Tel: 0151 933 3292 (female only)
<http://www.swanwomenscentre.org/>

In a CRISIS Call 999 if you or someone you know experiences an acute life-threatening medical or mental health emergency.
A&E has a Crisis Team who are available 24 hours a day, 7 days a week.

Mersey Care Help Line is a 24 hour 7 Days a week service that you can contact on: 0800 145 6570

YOUNG PERSONS MENTAL WELLBEING

kooth

www.kooth.com

Free, safe and anonymous online support for young people
Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm



THE STAR CENTRE

Age 0-18yrs, counselling, advice, family support, sexual health advice etc.

0151 474 4744 and ask for the STAR CENTRE

<https://www.venuscharity.org/service/>

CHILD and ADOLESCENT MENTAL HEALTH SERVICES (CAMHS) self-referral

Services to support children and young people in Liverpool and Sefton, up to the age of 18, who are experiencing mental health difficulties. We also provide support to their families or carers

<https://alderhey.nhs.uk/services/camhs>

In a CRISIS the TEAM can be contacted on 0151 293 3577
Monday – Friday 8am – 8pm, Saturday + Sunday 10am – 4pm

SEFTON CARERS

Tel: 0151 288 6060

www.sefton-carers.org.uk

AGE CONCERNED

Tel: 01704 542993

www.ageconcernliverpoolandsefton.org.uk

AMBITION SEFTON

Drug and alcohol addiction service Tel: 0151 944 5334

<https://www.merseycare.nhs.uk/our-services/a-z-ofservices/drug-and-alcohol-services/ambition-sefton/>