Do you need someone to talk to?

We are here to help

If you need someone to talk to about how Coronavirus is making you feel or the problems it has caused you, you can call us.

Call us on: **0151 473 0303**

and ask for the 'psychological support line', they will then put you through to someone you can talk to.

- This service is for people older than 16
- Open from 8.00am to 8.00pm
- Someone will be on the phone to listen to you
- You can tell us how you are feeling and we can give information, advice and some things that might help.

The above phone number is not for emergencies.

If you need emergency help, you can call the urgent mental health support line
24 hours a day, 7 days per week on **0151 296 7200**

14_05_20