



Feeling overwhelmed?

We can help you.

We're here to support you on **0151 473 0303**

Just ask for the psychological support line and you will be put through to one of the team. We'll support **anyone** aged 16+ experiencing stress, worry, and/or low mood as a result of the Covid-19 situation.

- Available 8.00am to 8.00pm every day
- A listening ear support line
- Gives you the chance to share how you're feeling and we can offer information, self-help materials and signposting toward other helpful services and organisations.



Please note this is not an emergency line, if you are in need of urgent support please ring the **24/7 urgent mental health support line** on **0151 296 7200**.