

Adults Mental Health Support Snapshot

Getting General Advice

Every Mind Matters

Free online tips on little things we can all do to lift our mood or ease our anxiety. This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

For more information visit:
www.nhs.uk/every-mind-matters

Living Well Sefton

Living Well Sefton is a FREE service with a focus on supporting Sefton residents with issues that may be affecting their health and wellbeing.

Living Well Mentors are based in different organisations; Active Sefton, Brighter Living Partnership, Citizens Advice Sefton, Feelgood Factory, May Logan Centre, Smokefree Sefton, and Sefton Carers Centre. There are also a number of local Neighbourhood Partners who can work with you to provide the support you need to improve your health and wellbeing.

The service can be contacted via **0300 323 0181** or by email LWS@seftoncvvs.org.uk

Directories of support

Finding the service or support that you need.

Sefton Directory

Sefton Council on online directory, support for adults, families and children with special educational needs. Visit: www.seftondirectory.com

Here For You Directory

Information about local voluntary and community services, visit www.directory.seftoncvvs.org.uk

Sefton In Mind

Information on different levels of mental health support from low level community activities to crisis support. Visit seftoninmind.org.uk

Getting Help in the Community

Community Hubs

There are a number of community hubs in the Southport area providing help and support with a range of different wellbeing concerns. Local Community Hubs include;

Family Wellbeing Hubs

Sefton Council's Family Wellbeing Hubs on Linaker Street and Talbot Street are open Monday to Friday 9am – 5pm. Visit: www.sefton.gov.uk/childrens-services/early-help/family-wellbeing-hubs/

Southport Community Centre

Ran by Sefton CVS & Brighter Living Partnership on Norwood Road, the centre is open Monday to Friday, 9am – 5pm. Visit: southportcommunitycentre.org.uk

Ainsdale Lunch and Leisure

The community venue s open weekdays from 10am – 2:30pm and located on Liverpool Rd, Ainsdale. Visit: ainsdalelunchandleisure.org.uk

Compassion Acts

Located at the Victoria Centre on Sussex Rd, will be open on Wednesdays between 1pm – 3pm. Visit: compassionacts.uk

Parenting 2000

The Lodge on Mornington Road, Southport is open Monday to Friday, 9am – 5pm. Visit: parenting2000.org.uk

Woodvale & Ainsdale Community Association

The Community Centre on Meadow Lane, Woodvale is open Wednesdays between 9am – 4pm. Visit: www.woodvalecommunitycentre.co.uk

Community Connectors

The Community Connectors team offers short-term support to increase independence and confidence for individuals to access groups and social activities. They take referrals from professional organisation, GPs or friends. People can also refer themselves.

For more details on the Community Connectors or to make a referral please complete the contact form.

<https://iws.1s4h.co.uk/sefton/selfreferral.html>

Alternatively, please contact the team for a referral form on **0300 323 0181** or email connectors@seftoncvvs.org.uk

Getting More Support

NHS Sefton Talking Therapies

is a free, confidential service designed to help anyone aged over 16 in Sefton areas to deal with common mental health difficulties. Such as depression, anxiety, panic, phobia, obsessive-compulsive disorder (OCD), or post-traumatic stress disorder.

Support is delivered flexibly, including by telephone, digitally, video, and face to face.

The service is staffed by a team of highly skilled mental health professionals referrals can be made online at www.mhm.org.uk/talking-therapies-sefton

Alternatively by phone **0300 303 2708** or via email tms.referrals@nhs.net

VCFSE Talking Therapies

Talking therapies are available through a number of VCFSE organisations including:

SWAN Women's Centre

Phone: **0151 933 3292**

Email: contact@swanwomenscentre.org

SWACA – Sefton Women & Children's Aid

Phone: **0151 922 8606**

Email: help@swaca.com

24hr National Domestic Violence Helpline: **0808 2000 247**

Parenting 2000

Phone: **01704 380 047**

Email: info@parenting2000.org.uk

Venus Centre

Phone: **0151 474 4744**

Email: hello@venuscharity.org

The Life Rooms

The Life Rooms is a community hub that promotes positive mental health and well-being for all. Anyone is welcome to come along and speak to a member of staff, sign up to a course or group, or simply relax and enjoy a hot drink in the café and a friendly chat with the volunteers.

Life Rooms Bootle: 68 Merton Road, Bootle, L20 7AP
Phone: **0151 330 6462**

Life Rooms Southport: 23-35 Scarisbrick Avenue, Southport, PR8 1NW.
Phone: **01704 383 198**

Life Rooms Walton: Evered Avenue, Liverpool, L9 2AF
Phone: **0151 478 6556**

For more information visit: www.liferooms.org

Getting Crisis Support

National & Regional Support

Samaritans

Are available 24/7 if you need someone to talk to, they listen none judgmentally to whatever you want to say.
Call **116 123** or email jo@Samaritans.org

Shout

A free 24/7 mental health support text service.
To access text "Shout" to **85258**

Victim Care Merseyside

The single point of contact for victims of crime across Merseyside.
Call 0808 175 3080 weekdays between 8am and 6pm or visit www.victimcaremerseyside.org and request support

Sefton Crisis Cafe

Sefton Crisis Café's offer drop-in sessions between the hours of 5-11pm on *Friday, Saturday and Sunday to give adults aged 18+ a place of safety as an alternative to A&E.

Southport Crisis Café

3 Mornington Rd, Southport PR9 0TS

Crosby Crisis Café

*by appointment only on Fridays

Crosby Youth & Community Centre
58 Coronation Road, Crosby, L23 5RQ

Contact the service by phone **0300 323 0197** or by email crisiscafe@seftoncvcs.org.uk

Emergency

Mersey Care operate a 24 hour crisis line, to help service users/families/carers in crisis.
Call: **0800 145 6570**