

LOCAL MENTAL HEALTH RESOURCES

ACCESS SEFTON0300 303 2708 (patient self-refer)

www.insighthealthcare.org/accessefton

LIFE ROOMS.....The Life Rooms Bootle - St Winefried's

Campus 68 Merton Road Bootle L20 7AP

0151 330 6461

www.liferooms.org

SWAN CENTRE.....0151 933 3292 (female only)

<http://www.swanwomenscentre.org/>

YOUNG PERSONS MENTAL WELLBEING

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/star-centre>

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>

MOODZONE NHS run website with self-help information.

Patients can self-refer to counselling services

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

SEFTON CARERS..... 0151 288 6060

www.sefton-carers.org.uk

AGE CONCERN..... 01704 542993

www.ageconcernliverpoolandsefton.org.uk

AMBITION SEFTON

Drug and alcohol addiction service.....0151 944 5334

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