






Online and phone psychological support from Mersey Care

	Who can access?	When and how is it accessed?	What is provided?
 <p>Urgent mental health support 0800 145 6570 (Freephone)</p>	<p>Anyone 16+ self-referral or any professional</p>	<p>24/7 by freephone</p>	<ul style="list-style-type: none"> • 24/7 access to mental health support (including people in crisis) • 24/7 contact line for emergency services that will divert mental health activity away from A&E • 24/7 contact line for primary care for urgent/emergency referrals for mental health assessments.
 <p>Psychological support line 0151 473 0303 ask for the psychological support team</p>	<p>Anyone 16+ self-referral</p>	<p>8.00am to 8.00pm phone Monday to Sunday</p>	<ul style="list-style-type: none"> • Low level psychological support to those impacted by the COVID-19 situation, such as those experiencing anxiety or depression • This is not an immediate access telephone therapy service, but rather a listening ear support line – allowing space to discuss psychological needs, which may result in signposting to resources, information or other services and agencies.
 <p>Talk Liverpool 0151 228 2300 talkliverpool.nhs.uk</p>	<p>Anyone 16+ self-referral or GP</p>	<p>9.00am to 6.00pm by phone Monday to Friday 24/7 online via talkliverpool.nhs.uk</p>	<p>Treatment for people with the following common mental health problems: Depression, generalised anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, obsessive-compulsive disorder (OCD), specific phobias (such as heights or small animals), PTSD, health anxiety (hypochondriasis), body dysmorphic disorder, mixed depression and anxiety (the term for sub-syndromal depression and anxiety, rather than both depression and anxiety). Evening appointments can be made available if required.</p>
 <p>The LIFE ROOMS 0151 478 6556 liferooms.org</p>	<p>Anyone 18+ self referral or any professional</p>	<p>9.00am to 5.00pm phone Monday to Friday 24/7 online learning/activity resources</p>	<ul style="list-style-type: none"> • Online staying well at home learning courses • Pathway advisors who can support and advise with debt management, employment, housing issues, benefits and more • Social inclusion advice for isolated community groups.
 <p>NHS Mersey Care NHS Foundation Trust Staff support counselling service 0151 330 8103</p>	<p>Mersey Care staff only self-referral</p>	<p>9.00am to 8.00pm by phone Monday to Friday by phone evenings and weekends</p>	<ul style="list-style-type: none"> • Counselling, cognitive behavioural therapy (CBT) and other evidence based psychological interventions for depression, generalised anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, OCD, specific phobias (such as heights or small animals, PTSD and health anxiety (hypochondria) • Access to telephone support for Mersey Care staff in distress (not crisis support).



Cheshire and Merseyside Resilience Hub

Tough day? Help is at hand. The Cheshire and Merseyside Resilience Hub is here to ensure all NHS staff in the region have access to the right support, information and confidential psychological interventions they need through the COVID-19 pandemic and beyond.



ALMA. LIFT YOUR SPIRITS.

[Home](#)

[Apps](#)

[Wellbeing Tool](#)

[Resources](#)

[About](#)

Alma

Lift your spirits.

Premium Resources, free for you.

Welcome to ALMA, Cheshire and Merseyside's dedicated health and wellbeing website. On ALMA you'll find information and resources that will support your physical and mental wellbeing during the Coronavirus (COVID-19) outbreak.

ALMA is completely free and brought to you by the [Cheshire and Merseyside Health and Care Partnership](#), a partnership between NHS, local councils, voluntary and community organisations. The Partnership is dedicated to improving health and wellbeing in the region.

Learn more about what ALMA has to offer by clicking the buttons below.



Your phone's App Store has hundreds of thousands of health and wellbeing apps, but which ones would a medical professional recommend?

The [Organisation for the Review of Care and Health Apps](#) – or ORCHA for short – reviews and evaluates these apps for their clinical effectiveness, so you know that they'll work for you.

Explore ORCHA and you'll find an app for just about anything related to your health, including apps for self-care and managing anxiety and wellbeing, as well as managing diabetes, respiratory and heart condition symptoms.

ORCHA

You don't need to log in or sign up to access ORCHA, but if you are a health and care professional, you can create an account to easily recommend apps to your patients' phone. Just click 'Sign Up' and use the upgrade code 'BEATCOVID19' when registering to access this feature.



Each and every one of us will experience issues with our mental health and wellbeing in our lifetime, and communicating these issues is the best way to feel better.

SilverCloud offers a range intensive online therapy courses that have been developed by medical professionals to help you work on your mental wellbeing.

You'll be given personalised recommendations about how to improve your mental health and wellbeing and you'll keep a log of your progress. The courses take around six weeks to complete and will leave you feeling calmer, happier and healthier, which is incredibly important during this difficult time.

SILVERCLOUD

Use the code 'CMHCP' when signing up for your account to access SilverCloud's comprehensive online therapy courses completely free of charge. Please enter