

Mental Health Support

We want you to be happy and healthy during your time in Liverpool

If this is the first time that you have lived away from home, it is really important to look after your own physical and mental health, including maintaining a balance between the increasing pressures of student life, studying and social activities, but students tell us this isn't always easy.

If you are experiencing emotional or psychological difficulties, it is important to talk to someone, and there is support available. We've listed some of these below, but there are others too. You can contact Healthwatch Liverpool on the details below to find out what else is available.

Where to go for support for your mental health

Your GP:

The first step is often talking to your GP. Make sure you are registered with a GP, and if you are not, contact Healthwatch Liverpool and we can point you in the right direction. Make an appointment with your GP to talk about your mental health. Your GP is usually able to refer you to services who offer you further support, including counselling.



Your university:

Your own university has its own student wellbeing or support team. They offer many services, ranging from advice and information, to counselling services, especially for students. You can refer yourself to these services, and some universities even have drop in services. Speak to your tutor, student union or call Healthwatch Liverpool if you are unsure how to access your university support services.

Call us: 0300 77 77 007

Text or Whatsapp us: 07842 552 878

Email: enquiries@healthwatchliverpool.co.uk

Web: www.healthwatchliverpool.co.uk

Pop in: 4th Floor, 151 Dale Street, Liverpool, L2 2AH. Opening times: Monday to Friday 9am - 5pm

Talk Liverpool:

Talk Liverpool is run by Mersey Care -the provider of NHS mental health services in Liverpool, and they are a free NHS service for adults in Liverpool, offering psychological therapies for people who are feeling depressed or anxious.



Your GP can refer you to Talk Liverpool and you need to have a GP in order to access Talk Liverpool, but you can also refer yourself. To access Talk Liverpool you cannot be receiving any treatment or appointments from another mental health service; not have a severe or enduring mental health problem; and not mainly needing help with alcohol or drug use.

To refer yourself or for more information, go to www.talkliverpool.nhs.uk

Samaritans:

Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever's getting to you. If something's troubling you, get in touch:

Telephone the Liverpool and Merseyside Samaritans: 0151 708 8888

National telephone: 116 123 (this number is free to call)

Email Samaritans: jo@samaritans.org

Visit the Samaritans office (10am - 8pm every day) - 25 Clarence Street, Liverpool, L3 5TN



If you are experiencing a mental health crisis:

If you are feeling very distressed or suicidal and need immediate help, please contact your GP and ask for an emergency appointment. If your GP is closed, consider calling 111 if you urgently need medical help or advice but it's not a life-threatening situation. You can also call 111 if you're not sure which NHS service you need. Or go to your nearest Accident and Emergency (A&E) department where a mental health practitioner will be able to assess you and give you appropriate help.

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