

Service	Who can access?	When and how is it accessed?	What is provided
Urgent mental health support 0151 296 7200	Anyone 16+ self referral or any professional	24/7 by phone	<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
Talk Liverpool 0151 228 2300 talkliverpool.nhs.uk	Anyone 16+ self referral or GP	8.00am to 8.00pm Monday to Sunday 24/7 online via talkliverpool.nhs.uk	Treatment for people with the following common mental health problems: <ul style="list-style-type: none"> • 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).
The Life Rooms 0151 478 6556 liferooms.org	Anyone 18+ self referral or GP	9.00am to 5.00pm Monday to Friday 24/7 online learning/activity resources	<ul style="list-style-type: none"> • Online staying well at home learning courses • Pathway advisors who can support and advice with debt management, employment, housing issues, benefits and more • Social inclusion advice for isolate community groups