

## Access to Local Services in Sefton During Covid-19 Shutdown

### Urgent Referrals to Mental Health Services

- If the issue is an **Emergency** – overdose, suicide attempt, cannot keep themselves safe, actions endangering self/others - please use emergency services – **contact ambulance/police – 999**
- For **referrals to mental health service** please ring GP or out of hours GP to refer to Assessment Service at Clockview Hospital or Access Team at The Hesketh Centre.

### COVID-19 Emergency Mental Health 24/7 Helpline

Due to the COVID-19 pandemic, Mersey Care's are divert people away from the from A&E. they have introduced an urgent/emergency referral pathway for services through a single contact number to access mental health services Mersey Care's 24 hour helpline enables people with **urgent** mental health needs to receive support. Please call the helpline on **0151 296 7200**

The service offers:

- 24/7 access to mental health support services
- Opportunity for service users to receive urgent mental health support who would normally have attended A&E departments
- 24/7 contact line for emergency services that will divert mental health activity away from A&E departments
- 24/7 contact line for primary care colleagues for urgent/emergency referrals for mental health assessments.

### Non-Urgent Mental Health Support

- If Mersey Care Life Rooms are temporarily closed. Telephone support is available form the Pathways Advice service on 0151 478 6556. It offers non-clinical support for any issues that are affecting someone's wellbeing.



## Access Sefton:

For people with general anxiety or depression Individuals can self refer to Access Sefton. They complete the online referral form below or call **03003032708** from 9am-4pm, Monday to Friday.

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=4b256396-c75e-4324-97d2-dff515580c0b>

Following initial telephone referral clients may be given access to Silver Cloud, an online CBT support package.

## Emotional Wellbeing Support

### Living Well Sefton:

- Living Well Sefton Partners are offering health and wellbeing support, as well as mentoring, over the phone, these services can be contacted by calling: **0300 323 0181** or by contacting partner organisations directly
  - **Brighter Living Partnership** works to improve the health and wellbeing of people primarily living in the Southport and Formby areas, but more generally the people of Sefton. **01704 517810**
  - **Netherton Feelgood Factory** works to provide help and support to enable people cope with the stresses and strains of everyday living. **0151 291 8010**
  - **Sefton Carers Centre** continue to be available to support carers on a range of topics form more information call **0151 288 6060**
  - **May Logan Centre** is happy to make phone calls to anyone who is self-isolating and in need of a friendly chat. Please contact the centre on **0151 922 8588**
  - **Citizens Advice Sefton** provide social welfare advice and specialist advice of a range of issues for more information call **0344 493 0012** or for the Help to Claim Universal Credit Telephone Line **0800 144 8 444** of for the Money/debt advice line **0151 318 6407**

## Other Useful Numbers

Providers of generalist and specialist emotional wellbeing support at this time also include:

- **Parenting 2000** supports families to face the challenges of everyday life providing, emotional and practical support and guidance. **07880 033830** (Crosby) or **07834 524 986** (Southport)
- **Reach Mens Group** is based in South Sefton we provide a range of services aimed at reducing social isolation and improving the mental health of men in the area **07504565764**
- **SWACA** dedicated team help women, young people and children survive the impact of Domestic Violence and Abuse by giving free practical and emotional support **0151 922 8606**
- **SWAN Women's Centre** support women who are affected by or experience anxiety, depression, stress, isolation or other mental health problems we provide a range of services including counselling **0151 933 3292**
- **Venus** promotes and supports women, young women and their children in developing their potential, recognising their choices, achieving their goals and challenging injustice **0151 474 4744**