

# Feeling overwhelmed?

We are here to  
support you



# 0151 473 0303

This number will take you to Mersey Care NHS switchboard, simply ask for the 'PSYCHOLOGICAL SUPPORT LINE' and you will be transferred to one of the team

This line is to provide psychological support to those impacted by the COVID-19 situation, such as those experiencing stress, anxiety and/or low mood



- Available to **anyone** aged 16+
- **8am to 8pm** everyday (Mon-Sun)
- A **listening ear** support line
- Staffed by **clinical psychologists & psychological practitioners**

Please note this is not an emergency line, if you are in need of urgent support please ring the **urgent mental health support line** on 0151 296 7200