



**It's okay to feel worried,
angry, sad or confused
at times.**

Asking for help can make
a huge difference.

We've made it easier for
you to get the support
you need.

Learn more at:

Live Your Life Well.info

Supported by



Self-help

Phone
support

Talking
therapy

Urgent
help



Liverpool
City Council

HEALTHIER LIVERPOOL

When you need a quick **pick-me-up**

Self-help tips and small changes
can really lift your mood.

If you feel low, stressed, have a
fuzzy head or are not sleeping
well, there are small changes
that can help you feel good.

When you need **help and support**

You're not alone.
Liverpool offers a wide range
of professional support.

If you feel depressed, anxious
or have obsessive behaviours,
professionals can find the right
support for you.

Talk Liverpool 0151 228 2300
www.talkliverpool.nhs.uk

When talking it through **can really help**

Talking to someone can help
you get your thoughts in order.

If you feel alone, worried or
distressed, just talking it through
can help you feel better.

The Life Rooms 0151 478 6556
The Samaritans
Freephone 24/7 on **116 123**

Urgent help
Call freephone **0800 145 6570**
lines are open 24/7

If your thoughts and feelings
frighten or confuse you, call the
number above. We're ready to listen.
If you, or others, feel you are in
immediate risk of self-harm or acting
on suicidal thoughts call 999.

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During COVID-19 you may feel anxious, stressed or worried.

There are things you can do to help you feel better.



Stay connected



Be active



Help others



Make time for yourself



Look after your body



Get support for money worries

Supported by



To see how these small changes can improve your life and get lots more tips and support visit: www.LiveYourLifeWell.info