

## Student Mental Health Support



**Your GP** - It can be helpful to speak to a GP about how you are feeling so make sure you get registered. Make an appointment to talk about your mental health

**Your University** - Your university has its own student wellbeing or support team. They may be able to offer advice, counselling services or access to online wellbeing services and apps. You can refer yourself to these services.



**Talk Liverpool** - a free NHS service for adults in Liverpool, offering psychological therapies for people who are feeling depressed or anxious. You'll need to be registered with a Liverpool GP. Go to [www.talkliverpool.nhs.uk](http://www.talkliverpool.nhs.uk)

**SAMARITANS** **Samaritans** - a safe place for you to talk any time you like, in your own way about whatever's getting to you.  
**Call 116 123 free or email [jo@samaritans.org](mailto:jo@samaritans.org)**

# Who you can contact if you are in a Mental Health crisis



**Your GP** - Contact your GP for an emergency appointment



**NHS 111** - If your GP is closed, consider calling 111 if you urgently need medical help or advice but it's not a life-threatening situation



**Call the Mersey Care Urgent Mental Health Support Service**

**Mersey Care**  
NHS Foundation Trust

- 24/7 access to mental health support (including people in crisis)  
**Call 0151 296 7200.**

**If your life is in immediate danger you should call 999.**

**J James' Place** **James' Place** - A service for men in suicidal crisis.  
**Call 0151 303 5757, email [info@jamesplace.org.uk](mailto:info@jamesplace.org.uk)**  
**Web: [www.jamesplace.org.uk](http://www.jamesplace.org.uk)**  
24 hour Crisis Text Line - **Text JP to 85258**