



## **Mental Health Services - fact sheet**

The information in this fact sheet provides details of mental health and wellbeing services available in Knowsley for adults and children. Below are the key services that you are most likely to need to direct people to. However a more detailed list of specialist mental health services available in Knowsley for adults and children is available at [Knowsley mental health](#).

This list is particularly important if specific mental health needs are known and identified by client.

### **Mental Health Crisis Support**

For people in Crisis - Urgent mental health support - 01925 275309 (adults and children)

### **General mental health support**

For adults (over 16) requiring treatment for common mental health problems such as depression and anxiety - Think Wellbeing - 0151 290 4999, <https://www.nwbh.nhs.uk/think-wellbeing-knowsley>

### **Wellbeing and lifestyle support**

For lower level wellbeing support and general lifestyle support - Contact the Healthy Knowsley Hub on **0800 0731 202** or **0151 289 9555** or complete the Hub referral form and one of our friendly wellbeing advisors will contact them. They are able to provide wellbeing support and will refer on for specialist support if required. More information available on [www.healthyknowsley.co.uk](http://www.healthyknowsley.co.uk)

You may also wish to refer to the [NHS Every mind matters](#) website for other useful resources.