



Self-help

Phone support

Talking therapy

Urgent help



Liverpool City Council

HEALTHIER LIVERPOOL

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.Live Your Life Well.info



**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

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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.