

Find the right support for you



Cheshire and Wirral
Partnership
NHS Foundation Trust

Mental health services in Wirral

Talking therapies self-referral

Talking Therapies services are for adults and older people, with mild, moderate-to severe symptoms of anxiety or depression. You can find your local service at www.nhs.uk/help

SHOUT mental health support

Are you feeling anxious or stressed and need support? Text 'SHOUT' to 85258 to start a conversation, via text, with a trained volunteer, who will provide free and confidential support. Open 24/7

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Compañeros Crisis cafe

0151 488 8135
Open 10am-10pm

A safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a warm and welcoming environment to connect with others who are experiencing similar problems.

2a Price Street, Hamilton Square, CH41 6JN

NHS 111

If your mental health gets worse and you feel you are unable to cope, this is a mental health crisis. It is important to access support quickly. Call 111, select the mental health option and professional call handlers can support you to access the help you need 24/7