

DEPRESSION

In the last month...

Have you been feeling down, depressed or hopeless?

Have you had little pleasure or interest in doing things?

Based on National Institute for Health and Care Excellence (NICE) guidelines, last revised June 2024

If your answer to any one of the above is a **YES**, speak to your GP as you may have depression.

People with depression may experience a variety of symptoms and they can range from Mild-Moderate-Severe.

Some of the common symptoms of depression are:

- Appetite changes
- Weight changes
- Sleep disturbances (difficulties falling asleep, increased or reduced sleep)
- Tiredness or fatigue
- Muscle or joint aches
- Low sex drive
- Difficulties concentrating
- Sluggish thoughts or movements
- Tearful
- Overwhelming feelings of guilt or hopelessness
- Thoughts of death or making suicide plans – when & how to end own life, leaving a note, preparing a will, saying goodbyes.

Things that can increase your risk of Depression:

- Lifestyle factors (eg: alcohol or recreational drug misuse).
- Long term physical health problems.
- Previous mental health conditions, self harm or suicide attempts.
- Learning disability or cognitive impairment.
- Family history of depression.
- Current or previous stressful life events (eg: relationship breakdown, giving birth, losing your job, social isolation, traumatic events).

What happens at your GP appointment?

Your GP will take a thorough history regarding your mental health – that means asking about your mood, thoughts, recent life events, relationships with other people, work & social life, other medical conditions & medications, consumption of alcoholic beverages or other substances.

Your GP may perform a physical examination or order some blood tests where relevant.

Your GP will then discuss a management plan with you, which may include:

- Advice on diet & lifestyle changes
- Talking therapies
- Support groups
- Provide relevant leaflets
- Suggestion on relevant apps or online resources
- Medication

ADULT MENTAL HEALTH SUPPORT

- 1. Merseycare Crisis line number: 0800 145 6570 for Liverpool and Sefton (24 hours a day, 7 days a week).**
- 2. Talking Therapies – Liverpool**
Telephone: 0151 228 2300
Website: Self refer at <https://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies>
- 3. Text support:** Text SHOUT to 85258 for immediate support, available 24/7.
- 4. The Liverpool Light.**
Out of hours mental health service, opens 6pm to 1am, 7 days a week.
Address: The Liverpool Light, 181-185 London Road, Liverpool, L3 8JG
Website: self-refer at <https://www.liverpool-light.org.uk/referral/>
Email: liverpool.light@creativesupport.org.uk
- 5. James' Place – Preventing suicide. Providing hope** (offers free, life-saving therapy to suicidal men).
Open 9:30am-5:30pm Monday-Friday (exc. Bank Holidays).
Phone: 0151 303 5757
Email: liverpool@jamesplace.org.uk
Website: self-refer at <https://www.jamesplace.org.uk/get-support/>
- 6. Sean's Place** - Mental Health Support for Men in Sefton and Liverpool.
Open 5 days and 5 nights per week for a range of sessions & support however office is only manned Monday-Friday between 9am and 4.30pm.
Phone: 0151- 922-5444 (Monday-Friday 9.30am-4.30pm).
Website: Self refer at <https://seansplace.org.uk/self-referral/>
- 7. Samaritans:**
24 hours a day, every day of the year.
Phone: 116 123 (free)
Email: jo@samaritans.org
Website: <https://www.samaritans.org/>
- 8. CALM: Campaign Against Living Miserably** (suicide prevention charity).
Open from 5pm - midnight every day.
Phone: 0800 585858
Website: access support via LiveChat and Whatsapp (QR code) at <https://www.thecalmzone.net/suicide-prevention-helpline>
- 9. SANE**
A national out-of-hours mental health helpline.
Telephone helpline: 0300 304 7000 open from 4pm to 10pm, every day of the year.
Email: support@sane.org.uk
Website: Textcare at <https://www.sane.org.uk/how-we-help/emotional-support/textcare>
- 10. WHISC** - The Women's Health Information and Support Centre (General & Mental Health support for women).
A charity dedicated to improving the health and wellbeing of women and their families throughout Liverpool.
Email: womwn@whisc.org.uk
Call: 0151 707 1826. 10am-4pm, Monday to Thursday.
Website: <https://whisc.org.uk/>

Drop-In service available 10am until 4pm, Monday to Thursday.
Address: 120 Bold Street, Liverpool, L1 4JA

11. Mind.

Support line: 0300 102 1234, 9am to 6pm, Monday to Friday (except bank holidays).
Infoline: 0300 123 3393, 9am to 6pm, Monday to Friday (except bank holidays).
Welfare benefits line: 0300 222 5782, 9am to 5pm, Monday to Friday (except bank holidays).
Legal line: 0300 466 6463, 9am to 6pm, Monday to Friday (except bank holidays).
Email: info@mind.org.uk
Website: <https://www.mind.org.uk/>

12. Venus (General & Mental health support for women, children, families).

Phone: 0151 474 4744
Email: hello@venuscharity.org
Website: self-refer at <https://venuscharity.org/get-support/>
Drop in at various centres in Liverpool as listed on <https://venuscharity.org/our-centres/>

13. The Life Rooms (General & Mental health support)

Telephone Walton: 0151 478 6556
Telephone Southport: 01704 383 198
Telephone Bootle: 0151 330 6461
Telephone Lee Valley: 0151 472 4099
Website: access various types of support and self-referral forms at <https://www.liferooms.org/support>

14. ZSA - Zero Suicide Alliance

Website: Access Life Matters podcast series at <https://www.zerosuicidealliance.com/life-matters>

15. Compass counselling

Phone: 0151 237 3993
Email: enquiries@compass-counselling.org.uk

CHILD AND ADOLESCENT MENTAL HEALTH SUPPORT

1. Alder Hey Mental Health Support for Children and Young People in Liverpool (CAMHS).

CAMHS Crisis Line: 0808 196 3550 or 0151 293 3577 (24 hours a day, 7 days a week).

Email: CrisisCare@alderhey.nhs.uk

Website: self-refer at <https://www.seftonliverpoolcamhs.com/>

FRESH PLUS (for parents/carers who have a child who attend CAMHS service).

Phone: 0151 293 3662

Email: freshplusgroup@alderhey.nhs.uk

Webpage: link to Facebook page and support group schedule on <https://www.alderhey.nhs.uk/services/mental-health-hub/fresh-plus-parent-carer-support-group/>

2. Text message support:

Text SHOUT to 85258 is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.

Text GREEN to 85258 for immediate support.

3. Papyrus – Prevention of Young Suicide.

HOPELINE 247 number: 0800 068 41 41

Text: 88247

Email: pat@papyrus-uk.org

Website: access online resources such as Suicide Safety Plan on <https://www.papyrus-uk.org/>

4. Childline.

Phone: 0800 1111

1-2-1 Counsellor Chat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Counsellor Chat with British Sign Language interpreter: <https://www.childline.org.uk/get-support/>

5. Youth Person's Advisory Service (YPAS) - provides General & Mental Health support.

Self-refer via phone: 01517071025.

Self-refer via online form and email: <https://www.ypas.org.uk/get-support/>

****referrals for those under 18 will first go to Alder Hey Mental Health Support for Children and Young People in Liverpool to be triaged before coming to YPAS (if suitable).*

Email: support@ypas.org.uk

Walk-In Support Hub Service at YPAS Central Hub, 36 Bolton Street, Liverpool, L3 5LX.

GYRO - LGBTQ+ youth groups for children & young people aged 11-25 years.

View youth group schedule at <https://www.ypas.org.uk/what-we-do/well-being-services/gyro/>

(no referral needed for GYRO)

6. Barnardo's – Changing childhood. Changing lives (provides General & Mental Health support).

Website: access support via <https://www.barnardos.org.uk/get-support/support-for-young-people>

7. The Mix - Essential support for under 25s (General & Mental health support).

Website: access Support groups, Crisis Messenger, Counselling Services via <https://www.themix.org.uk/get-support>

8. Bullybusters CAMHS support.

Freephone advice line: 0800 169 6928.

Email: bbusters@localsolutions.org.uk

Website: <https://aimsprojects.org.uk/bullybusters/>

9. Kooth – a safe, anonymous online platform with 1:1 counselling support.

Website: <https://www.kooth.com/>

10. Tellmi app – a moderated, safe and anonymous app with in-house counsellors

Website: further information and download via <https://www.tellmi.help/what-is-tellmi>