

Need urgent help with your mental health?

If you or someone you care about needs urgent mental health support, you can call our 24/7 mental health crisis lines for free!



Call **0800 051 1508** if you live in **Halton, Knowsley, St Helens** or **Warrington**

Call **0800 051 3253** if you live in **Wigan**

Available to people of all ages – adults, children and young people

It is always okay to ask for help.

