

# Mental Health: A Guide to Services



## **Grove House Opening times**

8am to 6.30pm Monday & Tuesday  
7am to 6.30pm Wednesday & Friday  
7am to 8pm Thursday

## **Heath Road Opening Times**

8.30am to 6pm Monday to Friday

**Reception is open for telephone contact:**

8.30am to 6.30pm Monday to Friday

We are closed on Saturdays, Sundays  
and Bank Holidays

## Mental Health



This booklet aims to provide as much information as possible to enable anyone with a mental health issue to gain easy access to services that are available to them. From helplines, to self referral, to Wellbeing, to GP referral services.

## Help In Crisis

There is a mental health assessment team in Halton. They are available 24 hours a day, seven days a week, 365 days a year.



If you feel you are experiencing a mental health crisis, you can contact your local assessment team directly on the numbers below::

**CRISIS LINE: 0151 422 6804**

If you are already receiving care from a mental health community team, such as our home treatment, recovery or early intervention teams, contact them directly. If it's outside of the team's usual working hours and you don't feel you can wait until the next day to speak to someone, you can contact your local assessment team using the telephone number above.

## Guidance for children/young people up to age 18

Children and young people who are experiencing a mental health crisis can contact our Child and Adolescent Mental Health Services Assessment and Response Team 01925 579 405.

## The Brooker Centre

This service is normally via a GP Referral, but for information on the services and their inpatient services you can view their websites:

<http://www.nwbh.nhs.uk/aboutus/Pages/Brooker-Centre.aspx>

<http://www.nwbh.nhs.uk/inpatients-halton>

Contact number: 01928 753 976

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## Samaritans

Whatever you're going through, call the Samaritans **FREE** any time, from any phone on **116 123**.

They are there round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. You don't have to be suicidal to call us.

The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. **For lots more information visit: [www.samaritans.org](http://www.samaritans.org)**

## Sane-Line

**SANE** provides emotional support and information to anyone affected by mental illness, including families, friends and carers.

You can phone them on: 0300-304-7000 4:30pm-10:30pm For further information please visit their website: [www.sane.org.uk](http://www.sane.org.uk)



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## Wellbeing

Wellbeing know life can be tough from time to time and it has its up and down, but they believe that they can help people to be a brilliant version of themselves by finding out what they love to do, what they are good at, connecting you to people who make you feel good and by learning some top tips to help you overcome challenges and stay positive.

You can meet with one of their Wellbeing Officers and develop your personalised plan for wellbeing, They also have wellbeing courses, activities or you can volunteer your time and help create something extraordinary in your community. Your GP Practice has a Wellbeing Officer who holds a regular clinic within the Practice.

<http://www.wellbeingenterprises.org.uk/>

01928 589799



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## Think Wellbeing Halton (IAPT)

**Think wellbeing Halton (IAPT) is a service for Mild to Moderate mental health and offers free NHS therapy for people in Halton with common mental health problems like anxiety or depression, to help you change the way you feel by changing the way you think.**

With our easy-to-access, flexible therapy options, you'll have a choice of either online therapy through a system called SilverCloud or attending one of our group wellbeing courses in your local area.

The service is for adults age 18 and over with common mental health problems like mild to moderate depression, anxiety and stress. We can help with other problems like panic attacks, phobias and post traumatic stress disorder.

**You can self refer via their website:**

**<http://www.nwbh.nhs.uk/iapt-halton>**

**Or by contacting them on: 0151-292-6954**



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## MIND (Halton)

**Halton MIND Info – Service exists to serve the information needs of anyone affected by mental distress. Halton MIND's information service provides a range of information on local services, medication, treatments, complimentary therapies, your rights and much more and if we have not got the information.**

They also provide a day services for people who have had or are experiencing a mental health problem and are living in the Halton area. Mind is a self referral system and you can contact them via the ways below:

**<http://www.mindhalton.org.uk>**

**[info@mindhalton.org.uk](mailto:info@mindhalton.org.uk)**

**01928 563612**

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## Alzheimer's Society Cheshire North & St Helens

Through this service you can get advice in a number of ways, such as online chat, email, helplines and much more;

<https://www.alzheimers.org.uk/>

Email [halton&sthelens@alzheimers.org.uk](mailto:halton&sthelens@alzheimers.org.uk)

Telephone 0151 420 8010

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## Admiral Nurses

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, our nurses work alongside people with dementia, and their families: giving them one-to-one support, expert guidance and practical solutions.

Admiral Nurse Services in Halton (Opening hours Monday to Friday, between 9am and 5pm (excluding bank holidays).

**Tel: 0151 244 4369**

Email: [admiralnurseservice@nwbh.nhs.uk](mailto:admiralnurseservice@nwbh.nhs.uk)

Admiral Nurse Dementia Helpline on 0800 888 6678

<https://www.dementiauk.org/>



## Sure Start to later life

Sure Start to Later Life is an information service for the over 55's in Halton providing a free, personal and confidential information service to help people to live a happy and independent life. We can offer information and a range of activities available in the local community that enable older people to take an active part in their community.

<https://hit.activehalton.co.uk/project/ss2II/>

01928-569477 or 01928-569498

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## **Age UK**

A free, confidential and impartial service for older people and their families helping them to make informed choices to improve their lives. We can also support older people 65+ with practical support to claim benefits - additional income that can help assist older people in maintaining their independence. The service is free, private and confidential and covers a wide range of issues relevant to older people.

**Contact:** 01928 575400

<https://www.ageuk.org.uk/midmersey/>

[enquiries@aukmm.org.uk](mailto:enquiries@aukmm.org.uk)

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## **CGL Drugs and Alcohol services HALTON**

Halton Integrated Substance Misuse Service is a fully integrated substance misuse service offering rapid and open access to assessment and treatment for people experiencing problems with drugs and/or alcohol, promoting recovery from addiction and dependence.

Halton Integrated Recovery Service operates an open access assessment system. This means that you can walk through our doors Monday to Friday during our opening times and be assessed for treatment. If you require additional support to attend treatment, please contact our telephone number to discuss further.

**Runcorn 0151-422-1400**

**Widnes 0151-422-1400**

<https://www.changegrowlive.org/content/halton-integrated-recovery-service>

**Alcoholics Anonymous 0800 917 7650**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## Young Addaction Halton for 10 –19 year olds

Addaction helps young people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to making lasting change in their lives.

<https://www.addaction.org.uk/>

Contact: 01928 240406



**Child Line: 0800 1111**

<https://www.childline.org.uk/>

## Halton Carers Centre

Halton Carers Centre offer numerous services from Info & Advice to free relaxation therapies, please see our services for more details. Its simple to register! Call into the Centre or telephone one of our offices and a support worker will go through the registration form. You can also ask your GP to refer your details directly to us and we can give you a call.

**62/64 Church Street, Runcorn, Halton. WA7 1LD**

**Tel: 01928 58018**

## More Useful Contacts:

**Domestic violence Changing Lives 0300 11 11 247**

**M.A.L.E (Men's advice line) 0808 801 0327**

## Homeless Hostels

**Creative Support-** previously known as Halton YMCA **01928 591680**



**Brennan Lodge – Widnes 0151 958 9732**

**Housing and Homeless advice 0303 333 4300**

[housingsolutions@halton.gov.uk](mailto:housingsolutions@halton.gov.uk)

# Contacting us

Grove House Practice  
St Paul's Health Centre  
High Street  
Runcorn  
Cheshire  
WA7 1AB

Tel: 01928 566561

Cancellation Line Tel : 01928 842577  
(message service only)

Website [www.grovehouse.co.uk](http://www.grovehouse.co.uk)

**If you need urgent medical advice or  
treatment when the Practice is closed,  
or, for general health advice and information you can contact  
111**

(calls are free from landline and mobiles)

or, you may wish to go to the nearest walk-in centre in Widnes at  
the Health Care Resource Centre, Oaks Place,  
Caldwell Road WA8 7GD

Last reviewed: February 2020