Thank you for your email.

This is an automatic reply. I am currently out of the office and return xxx

**Need urgent help?**

If you or someone else is at immediate risk of serious harm or injury, you should call the emergency services by dialling 999. Or, go straight to the nearest hospital with an Accident and Emergency (A&E) department.

If you are experiencing significant mental health difficulties in the Liverpool area and need immediate help, call the Mersey Care NHS Foundation Trust Crisis Line on 0800 145 6570.

**University Support**

* If you are on campus and require immediate assistance or feel unsafe you can call Campus Support on 0151 794 2222.
* If you are staying in University halls you can get help and advice from the halls staff.
* University of Liverpool students can speak to a qualified counsellor 24/7 via [**Health Assured**](https://www.liverpool.ac.uk/studentsupport/mental-wellbeing/wellbeing-advice/healthassured/). Call 0800 028 3766.

**External Support**

* [**Liverpool Light Mental Health Crisis Support**](https://www.liverpool-light.org.uk/) – based at **181-185 London Road, Liverpool, L3 8JG.** This is a walk-in centre, open from 6pm to 1am. You don’t need an appointment and is a safe place for people who are experiencing or at risk of a mental health crisis to walk in and talk to someone.
* [**PAPYRUS**](https://www.papyrus-uk.org/) is the UK Charity for the prevention of young suicide (under 35). For PAPYRUS HOPELINEUK call 0800 068 4141 (open 9am - midnight every day of the week).
* You can text [**SHOUT**](https://giveusashout.org/) free of charge from any UK mobile network and get confidential advice and support straight to your mobile
* If you need to talk to someone in confidence the [**Samaritans**](https://www.samaritans.org/) have a 24-hour phone line which is free to call: 116 123.
* [**SAFE Place Merseyside**](http://www.safeplacemerseyside.org.uk/) is the Sexual Assault Referral Centre for the Merseyside area. Offering a service for both males and females who have been sexually assaulted both recently and at any time in the past. For services in other areas of the UK, you can [search by location here](https://www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364).
* If you are ill, you can contact your GP, or visit a Walk-In Centre or pharmacy. Information and advice about NHS services is available at <https://www.nhs.uk/>. If you need help now, but it’s not an emergency, visit <https://111.nhs.uk/> or call 111.

**Non-urgent support**

Specialist staff are here to help you if you are experiencing personal, emotional or practical difficulties. To find out more, visit our web pages: [www.liverpool.ac.uk/studentsupport/](http://www.liverpool.ac.uk/studentsupport/)