

Liverpool

Lifestyle, social and welfare services

Smoking

Quit smoking your way with free and confidential advice and support from smokefree Liverpool. Visit:

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smokefreeliverpool.co.uk
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Phone

0151 374 2535 or
0800 061 4212

Alcohol

Liverpool Community Alcohol Service provides support, treatment and advice for adults with alcohol problems. Visit:

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liverpoolalcoholservice.nhs.uk
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Phone 0151 529 4504

The Brink is a dry bar open to everyone and offers support to those affected by addiction.

Visit:

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thebrinkliverpool.com
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Phone 0151 703 0582

Addaction supports adults experiencing problems related to their own or someone else's drug or alcohol use.

Young Addaction supports young people and families with drug and alcohol problems.

Visit:

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addaction.org.uk
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Phone

0151 702 0655
(Adult Addaction)

0151 706 9747
(Young Addaction)

Drink less feel good - Find out how many calories you drink each week and get personalised tips to drink less at:

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drinklessfeelgood.com
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gardening are all things you can do to improve health and wellbeing. Visit:

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liverpool.gov.uk/leisure
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Physical activity

Fit for me supports people to get active with free local activities, special offers and motivational support. Visit:

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fitforme.info
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Healthy eating

For advice on healthy eating, food facts, recipes and more, visit:

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change4life.com

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childrensfoodtrust.org.uk

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nhs.uk/goodfood
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Exercise for Health encourages people to get active and improve health, medical conditions and life expectancy. Ask your GP about a referral. Visit:

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[liverpool.gov.uk/
exerciseforhealth](http://liverpool.gov.uk/exerciseforhealth)
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Social and welfare

Benefits advice - Get advice and support on benefits managed by the council and its partners. Visit:

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liverpool.gov.uk/benefits
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Phone 0800 028 3697

Leisurely activities such as a walk in the park, swimming or

Careline - The council's free and confidential 24-7 advice service for social care, housing and homeless issues.

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liverpool.gov.uk/careline
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Phone 0151 233 3800

Citizens Advice - Get advice about debt, housing, benefits, consumer issues and more.

Visit:

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liverpoolcab.org.uk
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Phone 0344 848 7700

Foodbanks - Foodbanks provide three days of nutritional, non-perishable food to people in crisis. Visit:

South Liverpool Foodbank

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southliverpool.foodbank.org.uk
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Phone 07760 718 640

Central Liverpool Foodbank

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centralliverpool.foodbank.org.uk
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Phone 0151 733 3373

North Liverpool Foodbank

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northliverpool.foodbank.org.uk
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Phone 0151 226 3406

Liverpool Health Trainers

Health trainers provide support and motivation to individuals who want to make a change to their lifestyle. Visit:

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livewireliverpool.co.uk
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Phone 0300 003 2322

Healthy Homes - The

programme aims to prevent ill health and injury resulting from poor quality housing. Visit:

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liverpool.gov.uk/healthyhomes
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Phone 0800 012 1754

Blood pressure

You can get your blood pressure checked at your local pharmacy or general practice, at community events and kiosks, and you could even buy a machine to check your own blood pressure at home. For more information about high blood pressure you can visit the following websites:

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[nhs.uk](https://www.nhs.uk)
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[bloodpressureuk.org.uk](https://www.bloodpressureuk.org.uk)
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[stroke.org.uk](https://www.stroke.org.uk)
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[bhf.org.uk](https://www.bhf.org.uk)
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This information is brought to you by Public Health Liverpool on behalf of the Cheshire and Merseyside Cancer Alliance.