

Sefton

Lifestyle, social and welfare services

Smoking

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

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smokefreesefton.co.uk
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Phone 0300 100 1000

Physical activity

Active Lifestyles supports people to improve their physical, nutritional and mental health and wellbeing. Visit:

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activelifestyles-sefton.co.uk
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Phone 0151 934 2352

Alcohol

Ambition Sefton provides support, treatment and advice for adults with drug or alcohol problems. Visit:

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merseycare.nhs.uk
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Phone 0151 944 5334

Healthy eating

Living Well Sefton is a free service to help you improve your health by making small or big changes. From cooking and eating better to coping with stressful situations and more.

Visit:

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livingwellsefton.org.uk
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Phone 0300 323 0181

Social and welfare

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

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sefton.gov.uk/social-care
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Phone 0151 934 3555

Homeless or at risk - If you are homeless or fear you may become homeless, we can help. Visit:

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sefton.gov.uk/homeless
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Phone 01704 501 256

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

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seftoncab.org.uk
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Phone: 0151 288 5683

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

South Sefton foodbank

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southsefton.foodbank.org.uk
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Phone: 0151 934 3055

Southport foodbank

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southport.foodbank.org.uk
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Phone: 01704 544 419

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.