

St Helens

Lifestyle, social and welfare services

Smoking

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

.....
readytostopsmoking.co.uk
.....

Phone 01744 586 247

Young People's Drug and Alcohol Team provides guidance to young people on cutting down or stopping drug and alcohol use. Visit:

.....
yaz.sthelens.gov.uk
.....

Phone 01744 675 605

Alcohol

St Helens Integrated Recovery Service provides support, treatment and advice for adults with addiction problems. Visit:

.....
changegrowlive.org
.....

Phone 01744 410 752

Choices Lifestyles Referral is aimed at people who want to improve their fitness, whatever their age or ability. Referral by GP or health professional. Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

Physical activity

Fit 4 All is a fun programme of activities to help children, young people and families exercise

and achieve a healthy weight.

Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

Healthy eating

Community Food Programme provides activities, information and guidance on basic food nutrition. Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

Social and welfare

Health trainer service

Health checks and personal health plans to make lifestyle changes and link into social activities in the community.

Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

Mental health and wellbeing

Support and guidance on social prescribing, reduce isolation and improve wellbeing. Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

Public Health volunteers

Support for local people to take up healthy exercise, cooking or classes for better mental health and gain confidence. Visit:

.....
healthysthelens.co.uk
.....

Phone 0300 300 0103

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

Visit:

.....
sthelenscab.org.uk
.....

Phone 03448 269 694

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

.....
sthelens.foodbank.org.uk
.....

Phone 01744 26414

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:

.....
nhs.uk
.....

bloodpressureuk.org.uk
.....

stroke.org.uk
.....

bhf.org.uk
.....

This information is brought to you by Public Health Liverpool on behalf of the Cheshire and Merseyside Cancer Alliance.