

About Everyturn Mental Health

We are a non-profit organisation and proud to provide free talking therapies on behalf of the NHS.

Our therapists are fully qualified and accredited experts in a wide range of therapies. They are warm, friendly, and non-judgmental.

We all work to a strong set of values, to make sure that you get the best possible care and support.

We value:

Innovation

Compassion

Accountability

Respect

Excellence



Our talking therapies are free and confidential

Take a step towards feeling better – fill in the form on our website or give us a call.

everyturn.org/wirral
0151 649 1859



If you feel at risk of harming yourself, or can't keep yourself safe, call 999, visit A&E, or visit everyturn.org/help for emergency contacts.



Free talking therapies

Are you facing a tough time?
We're here for you.

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Everyturn Mental Health is the trading name of Everyturn (charity number 519332) and Everyturn Services Ltd (company registered in England & Wales, number 4391008).

everyturn.org/wirral



What we offer

We know it can be difficult to ask for help. But if you feel like you're struggling, it's really important to get the right support.

We can help you to:

Understand your problems

Work through difficult feelings

Find tools and techniques to help you feel better.

To do this, we offer a range of talking therapies, including counselling, cognitive behavioural therapy (CBT), and digital therapy. The best option for you will depend on your situation.

Our therapists have a range of specialist skills, which means we can provide the best support to suit you.



How to get started

Contact us directly, just fill in the form on our website or give us a call on:

0151 649 1859

You don't have to go through your GP to access our service, you just need to be aged 16+ and registered with a GP in the Wirral.

Once you've contacted us, a friendly member of our team will get in touch to arrange an assessment appointment.

What happens next

Your assessment appointment will be with one of our trained practitioners. It gives you the opportunity to talk through what's been troubling you, and helps our team know which support options could help.

You and our practitioner will then come to a shared decision about the best next steps for you.



Where the therapy takes place

Your therapy could take place in a workshop, online, over the phone, or in-person at a venue that works for you.

Confidentiality

All our services are strictly confidential.

Any information about you is kept securely, in line with the Data Protection Act.

We would only share information about you with your consent, or if there was a safeguarding concern.

For full details, please visit:

everyturn.org/privacy-policy

