

Are you a parent and need some support?

If you need any support with issues such as

- Family and caring responsibilities
- Mental health and physical wellbeing
- Financial difficulties
- Employment and volunteering
- Social activities and support networks
- Housing issues
- Learning
- Anything else, not listed, that is affecting your day to day life.

A Pathways Advisor can help you.

You can book an appointment or drop in to your children's centre.
Your nearest Pathways Advisor service is:

Tuebrook Children's Centre
61 Lower Breck Rd, L6 4BX
Monday's & Thursday's 09:30am - 3:30pm



The Life Rooms are working with Public Health Liverpool and your local libraries, one stop shops and children's centres to provide you with practical support and learning opportunities that support your mental health and wellbeing and help you access services in your local community.



How to access: if you need more information about the service and would like to access support for any of the issues listed on this leaflet, you can drop in or book an appointment. Please ask at reception for details.

How to refer: If you would like to refer someone, you can do this online via www.liferooms.org/pathways-advice-service/ or by emailing pathways.advisor@merseycare.nhs.uk

Alternatively, you can contact us on **0151 478 6556** for more information.