If you’re struggling with your mental health and you’re harming yourself, U-COPE can help.

U-COPE therapy is a psychosocial intervention designed to help you work through your emotions and understand why you self-harm.

We won’t judge you, we’re just here to talk to you and help you move forward.

Our team of mental health professionals are employed by Mersey Care NHS Trust and have partnered with universities in Liverpool to improve student access to mental health - and help make your University life a happier one.
Access to the service is quick and easy. If you feel ready to start your journey to recovery then speak to:

**University of Liverpool** – Your Wellbeing Advisor, Counsellor or Mental Health Advisor.

**Liverpool John Moores University** – The Counselling or Mental Health Advisory Team.

They will refer you to U-COPE and we aim to see you within two weeks of your referral being received.

Treatment consists of six one-to-one sessions and on completion you will develop a ‘Staying Well’ plan with your advisor to help you stay on track.

With your consent, we will share your plan with your GP and your University’s Central Student Support Service to ensure you still receive support once your treatment ends.

If you still don’t feel ready at this time to access this treatment, but you would still like support, please call the Urgent Mental Health Support team on 0800 145 6570 or make an appointment to see your GP.