



**Wirral Citizens Advice Bureau** provides a service in Eastham Group Practice through the Primary Care Advice Liaison (PCAL) team.

We provide advice and support for patients who are suffering from mild to moderate mental health conditions by advising on issues that could affect their condition, or be affected by the condition.

One aim is to help patients with practical issues in order to reduce stress and anxiety that could cause a worsening of the condition, or be a barrier to recovery. We also work towards empowering the patient to deal with the issues themselves. We can refer patients who need extended help to CAB specialist advisers or to Advocacy in Wirral, with whom we work in partnership. They are based in Woodside, Birkenhead and offer further support for longer periods.

Referral to the Primary Care Advice Liaison (PCAL) service is through GP's, nurses, counsellors or other members of the Practice Team. **A 45 minute appointment can be made at the Practice's Front Reception desk**