



# Support for parents and carers

## If you are concerned about a young person who's aged 18 and under, support is available

If they are feeling distressed and need urgent support, they can contact any of the following services:

- CAMHS Crisis Line – FREEPHONE: 0808 196 3550, 24/7
- Shout 85258 is a free, confidential, 24/7 text message support service. Text GREEN to 85258
- Papyrus - 01925 572444 Mon-Fri 9am-5pm.

If they are starting to struggle with their mental health:

- [Kooth](#) offers free, safe and anonymous online support
- The [YPAS Community Hubs](#) offer drop-in and support groups offering information, advice guidance and social prescribing, including parent and family support.

If you want to make a referral to Liverpool CAMHS on behalf of a young person, you can complete this [online referral form](#).

You can view the CAMHS Offer for [11-16 year-olds here](#) and for [16-18 year-olds here](#)

## If you need support for your mental health

Talk Liverpool ([Talking Therapies for Anxiety and Depression](#)) is a free NHS service offering psychological therapies to adults in Liverpool who are feeling depressed or anxious. Tel: 0151 228 2300.

## FREE Training: Understanding and supporting young people's mental health

Members of the Liverpool CAMHS Partnership design and deliver an ongoing programme of free, bite-size training opportunities, including safety planning and suicide awareness/prevention.

Underpinned by therapeutic models, this training is designed to educate and empower parents and carers to improve the knowledge and understanding of mental health among children and young people.



View the full training [calendar and book here](#).