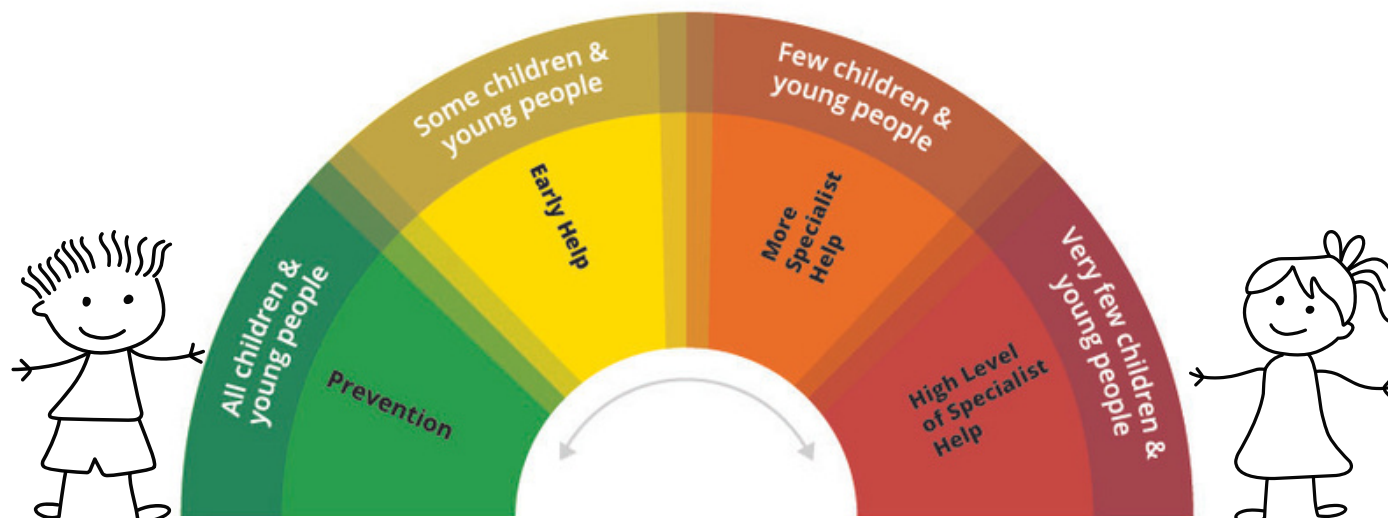


Liverpool's Mental Health Support for Children Aged 5-11

In Liverpool, mental health support for children and young people aged 0-25 and their families is delivered as a collaborative approach. A partnership of NHS providers and 3rd sector organisations work together to deliver services across different levels of need, from prevention - being mentally healthy - to high levels of specialist help.



PREVENTION: Looking after our mental health

What does this mean?

It's about promoting mental health, self-care and building resilience. Our Whole School Approach promotes positive mental health and wellbeing in education, while training is available for professionals and parents/carers to promote resilience and equip them to identify the signs that a child may be starting to struggle.

EARLY HELP: Getting Advice and Help

What does this mean?

If a child struggles with their feelings, the Liverpool CAMHS partners are here to help them and offer advice. They can also tell them about the support available and share information on getting the support they need, whether online or face-to-face.

MORE SPECIALIST HELP: Getting Additional Help

What does this mean?

If a child is experiencing moderate or severe mental health and emotional difficulties which are having a significant impact on their daily psychological/social and educational functioning, specialist services are here to support them.

HIGH LEVEL OF SPECIALIST SUPPORT: Risk & Crisis Support

What does this mean?

Support, advice and guidance to children and young people who need specialist support, including crisis care.



What's happening and what to look out for at each level

PREVENTION:

When children have good mental health, they feel:

They can talk to their family and friends.

They can get to sleep ok.

They are happy in their own body.

The things they do in life make them feel happy.

They might have hobbies and be interested in playing games, sports, music, reading.

Like they can cry or smile when they need to.

They have relationships with friends and family that they enjoy.

They feel they can learn at school.

EARLY HELP:

When children are starting to struggle with their mental health, they might:

Sometimes want to hide away from other people.

Find it hard to get to sleep.

Be unsure if they like their body.

Have hobbies and interests but not find them fun any more.

Find it hard to show how they are feeling.

Not have people close to them that they like spending time with.

Be finding school hard and not want to go.

Feel worried quite a lot.

Feel sad and find it hard to be happy.

Say their tummy feels funny a lot and they find it hard to sit still.

Find it hard when things change.

MORE SPECIALIST HELP:

When children are struggling with one clear, or a number of mental health difficulties, they might:

Not speak to their family.

Say their body feels tense and they find it hard to relax.

Say they have lots of worries in their minds.

Get angry and throw or hit things.

Spend little time with friends, they don't know how to talk to them.

Feel scared of other people.

Feel like they're on high alert - watching other people.

Find it hard to want to eat.

Feel tired a lot.

Feel sad and do not know how to feel better.

HIGH LEVEL OF SPECIALIST SUPPORT:

When children are reaching, or are at crisis point with their mental health, they might:

Spend little time outside of their room and maybe not go to school.

Have thoughts in their mind that make them sad and unhappy with life.

Feel so angry that they feel they are going to burst.

Have worries that are really big and hard to control.

Not feel safe.

Not feel close to their friends or family - they may feel very alone.

Change what they eat because they do not like their body.

Say their feelings are really strong and they might do things to get rid of them - like hurting themselves, other people or objects around them.



What could help?

PREVENTION:

Building resilience

Resilience is important for children's mental health. Having resilience enables children to manage stress, which is a natural response to difficulties in life. Stress is a risk factor for mental health conditions such as anxiety and depression.

[Resilience Framework](#)

Funded Training

[Liverpool CAMHS Training](#) educates and empowers professionals, parents and carers to improve the knowledge and understanding of mental health among children.

Self-care

On the [Liverpool CAMHS website](#) there's information and support to look after children's mental health.

EARLY HELP:

Speak to someone

The **YPAS** [Community Hubs](#) offer drop-in and support groups offering information, advice and guidance and social prescribing including parent and family support.

Visit a GP to talk about a child's mental health. They will be able to introduce you to the right mental health service for the child's needs.

In school, talk to:

- A class teacher or a member of staff that the child feels comfortable with. This may include a counsellor or mental health practitioner in school.
- A school nurse.

Online

Kooth (age 10+)

A free, safe and anonymous [online wellbeing advice](#), support and counselling service.

Text

Text [SHOUT](#) to 85258

MORE SPECIALIST HELP:

Speak to someone

YPAS offer access to counselling and [therapeutic support](#)

Fresh CAMHS at Alder Hey

work with children with varying difficulties including low mood, anxiety, self-harm, suicidal ideation, behavioural difficulties and trauma.

*To access these services, you can make a **CAMHS** [referral online](#)*

In school, talk to:

- A class teacher or a member of staff that the child feels comfortable with. This may include a counsellor or mental health practitioner in school.
- A school nurse.

Text

Text [SHOUT](#) to 85258

HIGH LEVEL OF SPECIALIST SUPPORT:

Speak to someone

Fresh CAMHS at Alder Hey

Eating Disorders Support Team (EDYS) at Alder Hey

Provides treatment for children with an eating disorder.

*To access these services, you can make a **CAMHS** [referral online](#)*

Crisis Care

Alder Hey 24/7 [Crisis Care Line](#):
0808 196 3550

The Crisis Care Team provide support for children who are experiencing mental health crisis.

Alternative to Crisis Care

The **YPAS** [Community Hubs](#) provide a safe space for children to visit. Trained professional staff will listen and support the child through difficult times.

Text

Text [SHOUT](#) to 85258

Get involved

Children can get involved in our mental health participation programmes.
[You can register interest here](#)