

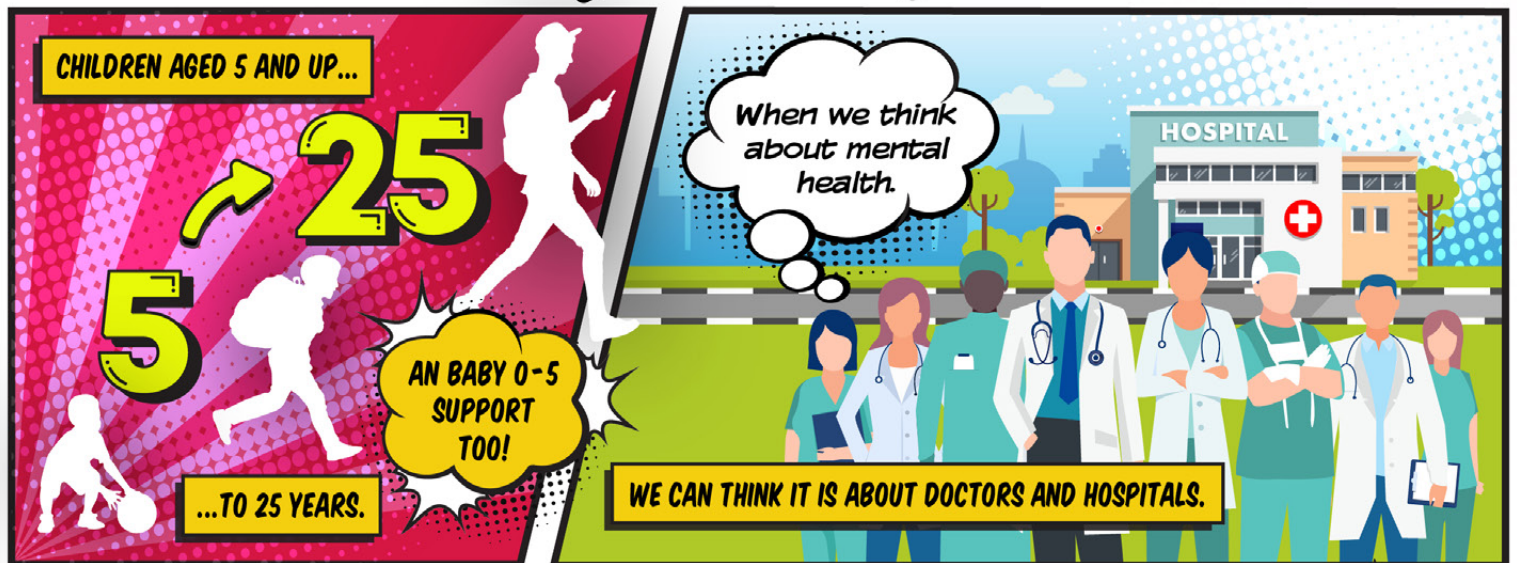
**MENTAL HEALTH SUPPORT IN LIVERPOOL
(IS A GROUP OF LOTS OF DIFFERENT PROFESSIONALS)**

**FOR ALL CHILDREN
AND YOUNG PEOPLE.**



**MENTAL HEALTH
SUPPORT**

For children and young people in Liverpool



OUR PARTNERS...



FIND US ON SOCIAL MEDIA...



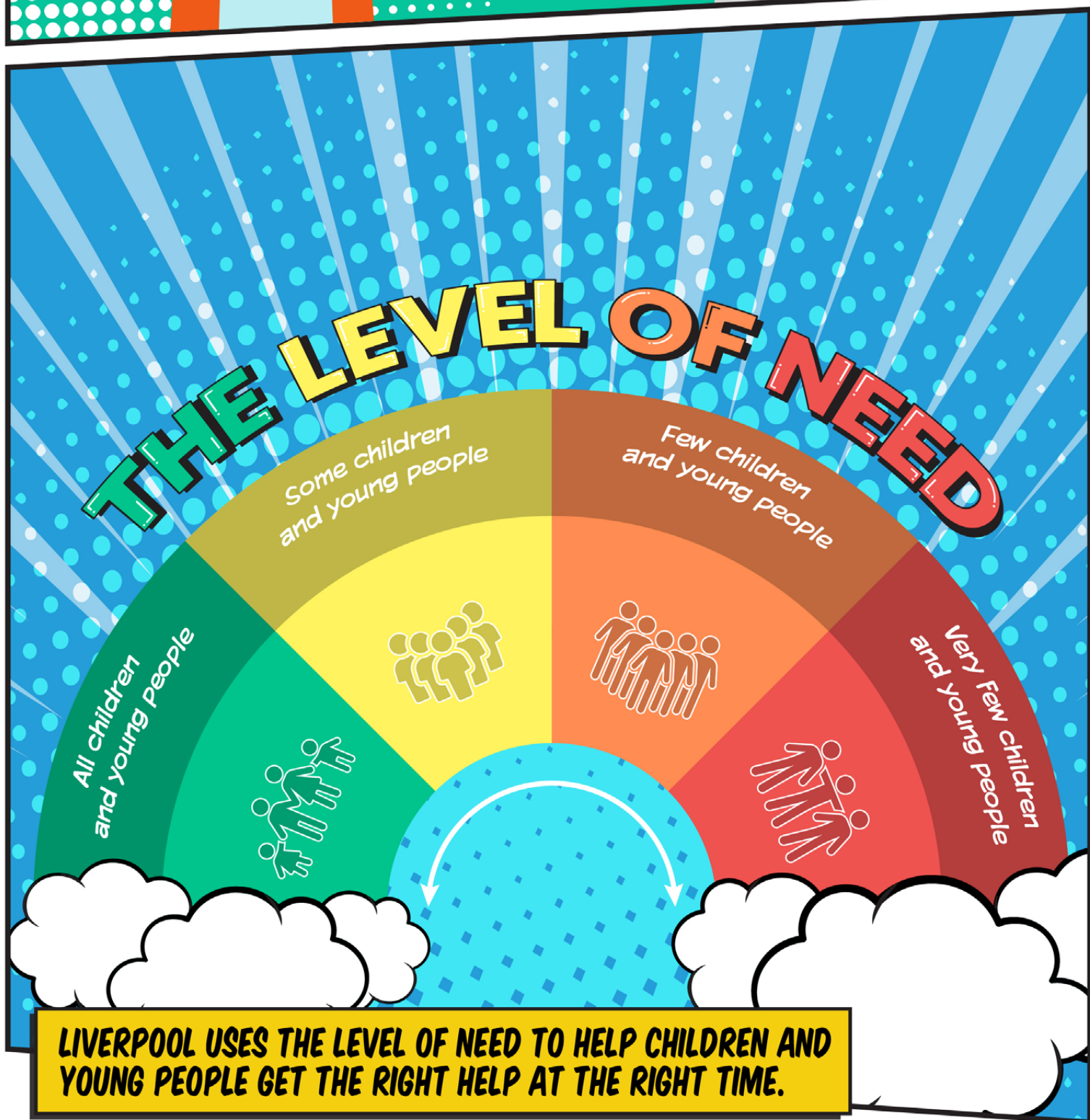
@liverpoolcypmentalhealth



Mental Health Support
Liverpool's Children and
Young People



@LivCYPMHealth



THE UNIVERSAL OFFER

For all children and young people.

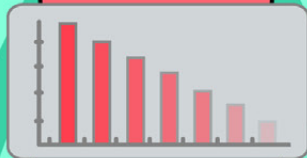
What to expect at this level.

GREEN



LEVEL

It's about...
Prevention...



Reducing!

INFORMATION ABOUT MENTAL HEALTH AND WELLBEING.



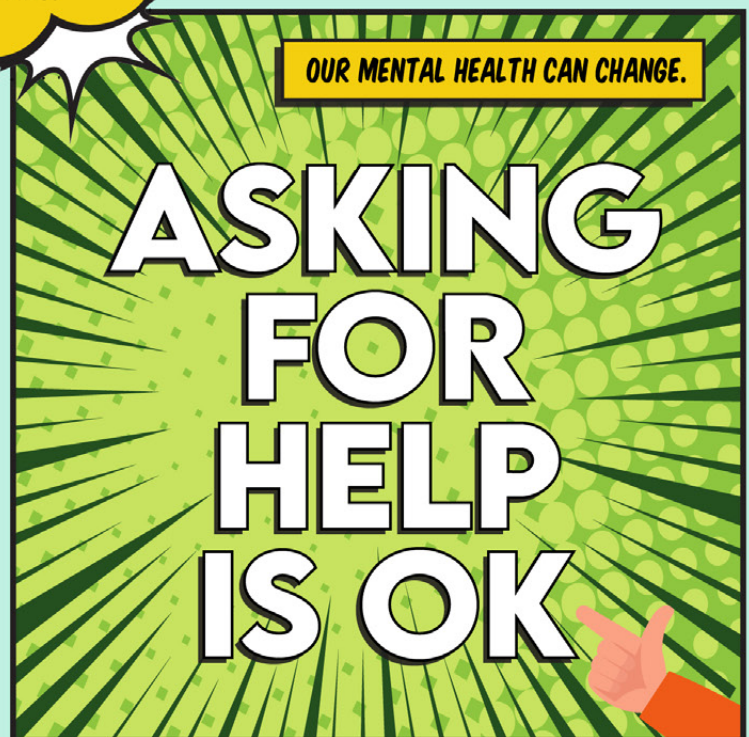
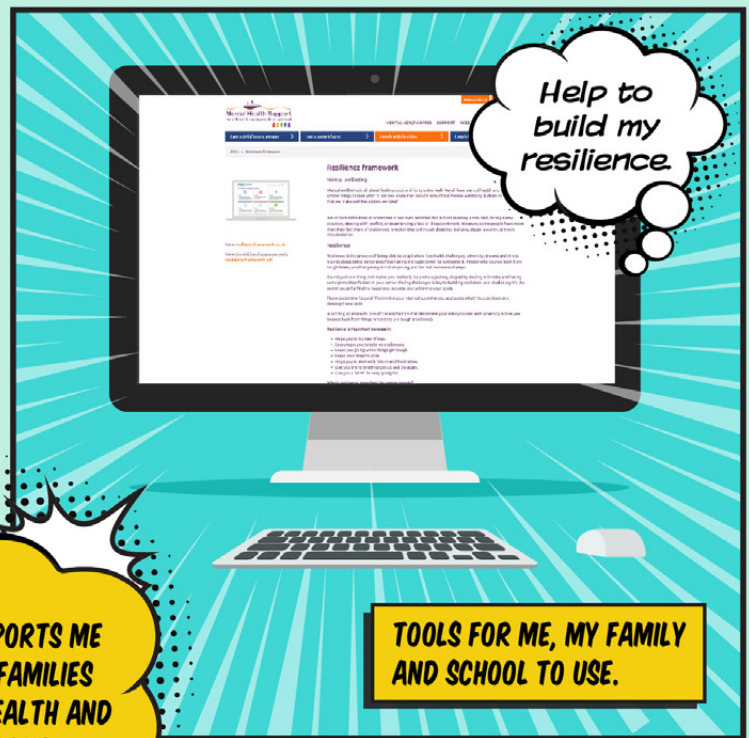
COFFEE MORNINGS, TRAINING FOR PARENTS AND CARERS TOO.

kooth

Bitesize

RAISE
MENTAL HEALTH PROMOTION TEAM
MERSEYSIDE
YOUTH
ASSOCIATION

WITH LOTS OF ONLINE INFORMATION AND TRAINING.



THE LEVEL OF NEED

- All children and young people
- Some children and young people
- Few children and young people
- Very few children and young people

We are all different so the help I get depends on what my needs are.

What to expect at this level.

YELLOW LEVEL

1ST STOP

Speak to someone in school...

...or my doctor (GP).

...School Nurse...

...or make a referral online.

I CAN RECEIVE HELP FROM A MENTAL HEALTH PROFESSIONAL IN SCHOOL.

YPAS
Young Person's Advisory Service

MHST
Mental Health Support Team

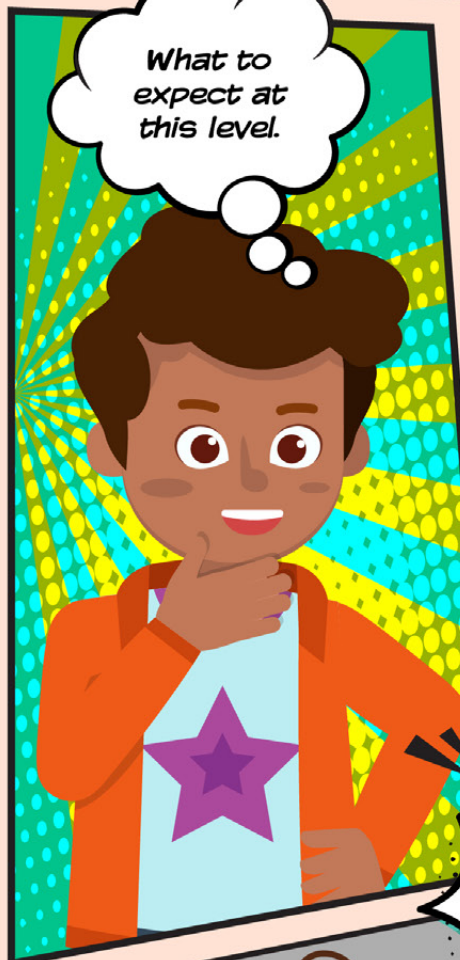
keeth

bullybusters
don't suffer in silence

Text 'SHOUT' to 85258

WWW.LIVERPOOLCAMHS.COM

I MAY GET HELP JUST ME... OR IN A GROUP... BUT IT WILL BE NEAR TO MY HOME OR IN SCHOOL.



THE THERAPY FOR THE FAMILY TO SUPPORT THEM IS AVAILABLE TOO, WHEN NEEDED IN THE SPECIALIST TEAMS.



THE SPECIALIST TEAMS WILL ALSO SUPPORT SOMEONE IN CRISIS.

WAIT

WHILE YOU'RE WAITING

FOR CHILD AND ADOLESCENT MENTAL HEALTH SUPPORT (CAMHS)

For children and young people up to the age of 25

When you've been referred to one of the Liverpool CAMHS partners, you and your family can access a range of support and tools whilst waiting for your initial appointment (often known as an 'assessment').

ONLINE

On the CAMHS website liverpoolcamhs.com you will find a range of information and support resources, including the Resilience Wall Framework. We all have things that make us feel better.

TEXT

SHOUT is a free, confidential, 24/7 text service you can use if you're feeling overwhelmed or is struggling to work with you to take your next steps towards helping with issues such as stress, anxiety and depression. You can text at any time - day or night.

If you're under 18, text GREEN to 85258, and if you're 18 and above, text HEAL for immediate support.

Based support services you can access:

- If you're under 18, the 24/7 crisis care team can support you if you're in crisis. They can also help to keep you safe with a home visit. Freephone 0800 196 3550
- If you're 16+, Freephone 0800 145 6570

You will check in with you and your parents/carers at your initial appointment. If you or your parent/carer progress of your referral, you can call them:

- 025 Alder Hey Tel: 0151 293 3662

Young people aged 5-25:

The mental health hubs if you need support, information, advice with your CAMHS journey. The hubs too, and they can also come along to your appointment.

Bitesize

WE UNDERSTAND IT CAN BE HARD TO WAIT. BUT ONCE YOUR REFERRAL IS IN WE HAVE LOTS OF RESOURCES THAT CAN HELP WHILE YOU WAIT FOR ASSESSMENT.

PROFESSIONALS OR PARENTS AND CARERS

???

Our Bitesize Training have lots of tools and strategies that can also help.

Bitesize

Bitesize

THE LEVEL OF NEED

- All children and young people
- Some children and young people
- Few children and young people
- Very few children and young people

Support when in crisis.

What to expect at this level.

RED LEVEL

YPAS
Young Person's Advisory Service

WE RECOGNISE THAT IT IS EXTREMELY DIFFICULT TO WITNESS A CHILD OR YOUNG PERSON IN A LOT OF DISTRESS.

DROP IN TO YPAS HUB. YOU DON'T NEED TO GO TO HOSPITAL.

We are specially trained to assess risk. Each young person is assessed by their individual circumstances.

CRISIS LINE AVAILABLE EVERYDAY, SAME OR NEXT DAY APPOINTMENTS.

24/7

NHS Mersey Care
NHS Foundation Trust

16

HOSPITAL

OVER 16 SEEN BY MERSEY-CARE AT HOSPITAL.

AGED 16+ MOVING TOWARDS ADULthood THERE IS SUPPORT



THERE IS LOTS ON OFFER IN LIVERPOOL FOR YOUNG PEOPLE ACROSS THE LEVELS OF NEED.

JOIN A YOUTH GROUP OR BOARD AT A LOCAL SERVICE TO HELP SHAPE YOUNG PEOPLE'S CARE



MYA-YAY
PAS - Youth
Ambassadors
Mary Seacole House
- Youth Board

USE
YOUR
VOICE
& HAVE
A CHOICE

BROWNLOW HEALTH GP SURGERY

BROWNLOW HEALTH OFFERS SUPPORT FOR YOUNG PEOPLE AND STUDENTS.



Easily
accessible
locations
across
the city.

IF YOU CAN'T GET TO A GP MANY SERVICES ACCEPT SELF REFERRALS TOO!



JAMES' PLACE

Liverpool CAMHS
mental health is everyone's business

NHS
Talking Therapies

YPAS
Young Person's Advisory Service

You can
do it all
online.

WAITING AREA



WHILE YOU WAIT YOU CAN FIND SUPPORT AT LOCAL DROP INS AND ONLINE.

18+ LATE NIGHT CRISIS DROP IN CAN BE FOUND AT LIVERPOOL LIGHT 6PM-1AM

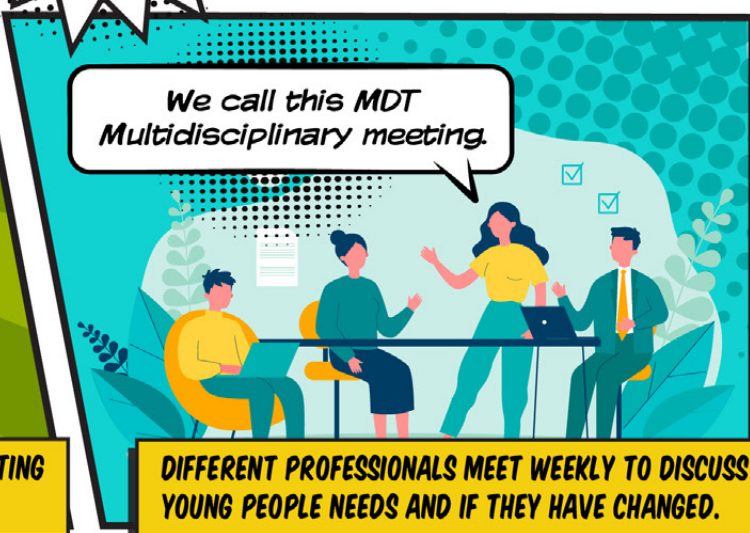
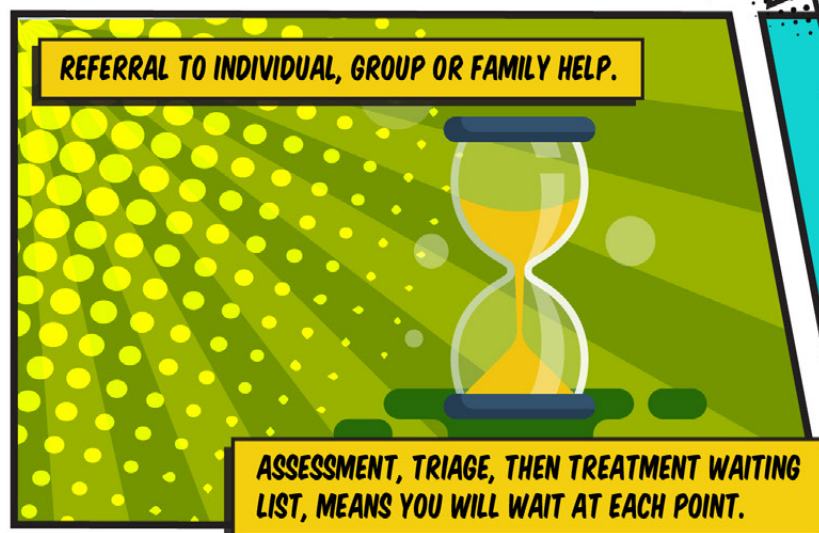
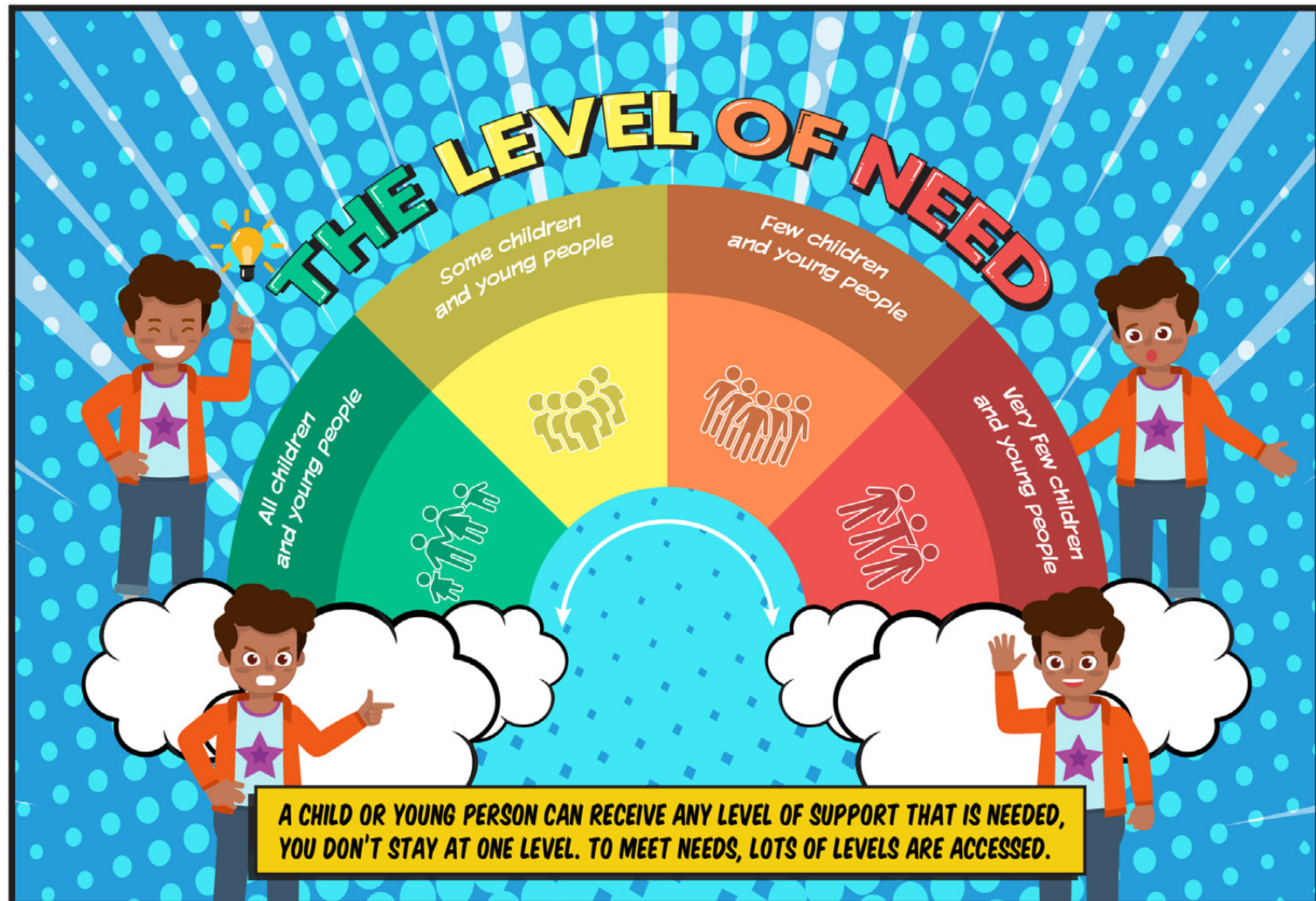


THE LIVERPOOL LIGHT

CRISIS CARE

HOSPITAL

16+ CRISIS CARE CAN BE FOUND AT LIVERPOOL ROYAL HOSPITAL.





Single point of access
0151 293 3662

Text 'SHOUT' to
85258



@liverpoolcypmentalhealth



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Liverpool's Children and
Young People***



@LivCYPMHealth

www.liverpoolcamhs.com