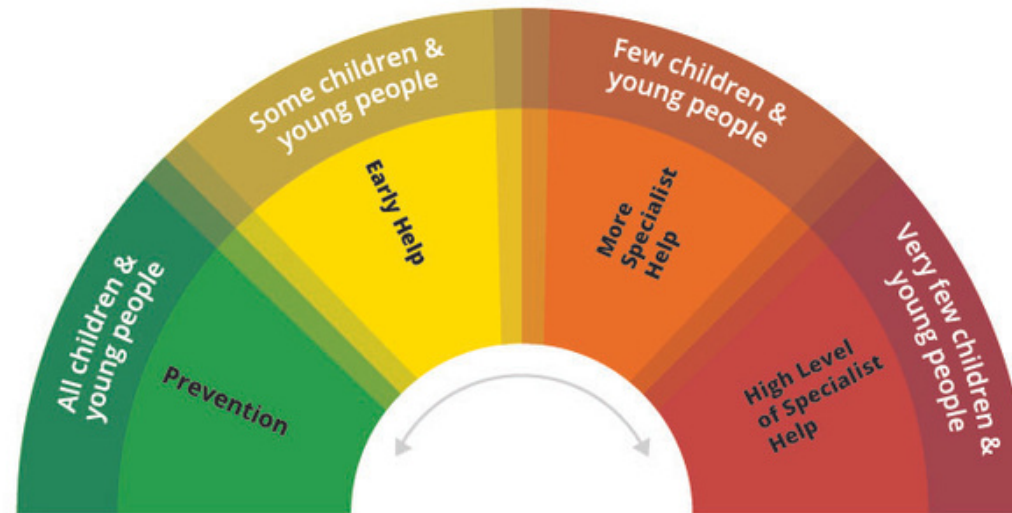


# Liverpool's Mental Health Support for Young People/Adults Aged 16-18

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: Being mentally healthy**

### **What does this mean?**

It's about promoting mental health, self-care and building resilience.

Our training is available for professionals working with families, as well as parents and carers to promote resilience and equip them to identify the signs that a young person may be starting to struggle.

## **EARLY HELP: Getting Advice and Help**

### **What does this mean?**

If you're struggling with your feelings, the Liverpool CAMHS partners are here to help and offer advice. They can also tell you about the support available and share information on getting the support you need, whether online or face-to-face.

## **MORE SPECIALIST HELP: Getting Additional Help**

### **What does this mean?**

If you're experiencing moderate or severe mental health and emotional difficulties which are having a significant impact on your daily psychological/social and educational functioning, specialist services are here to support you.

## **HIGH LEVEL OF SPECIALIST SUPPORT: Risk & Crisis Support**

### **What does this mean?**

Support, advice and guidance if you need specialist support, including crisis care.



# How you might be feeling/what you might be experiencing

## PREVENTION

**If you have good mental health, you will:**

Feel you can talk to your family and friends.

Be able to sleep through the night and feel rested.

Feel comfortable in your own body.

Find things you do in life that makes you feel happy.

Have a range of hobbies and interests that you enjoy.

Feel you can show your emotions.

Have relationships with friends and family that you enjoy.

Learn at school/college, and be able to concentrate and work towards your goals.

## EARLY HELP:

**If you are starting to struggle with your mental health, you may:**

Sometimes want to be by yourself and stay away from others.

Find it hard to get to sleep.

Be unsure if you like how you look and feel uncomfortable in your body.

Feel like you don't fit in with your friends.

Have hobbies and interests, but don't find them fun any more.

Find it hard to show how you are feeling.

Find it hard to be in school/college and want to stay home.

Feel worried about some things, both at home and outside.

Feel sad and find it hard to be happy.

Feel restless - it is hard to relax

## MORE SPECIALIST HELP:

**If you are struggling with one clear, or a number of mental health difficulties, you may:**

Sometimes leave home or school/college without telling anyone.

Find your body feels tense and feel tired or have no energy.

Have lots of worries in your mind that stops you from doing things.

Can get angry at yourself and other people. You may try to manage this by throwing or hitting things.

Spend little time with friends.

Get involved in unsafe relationships.

Feel scared of other people and can feel on high alert.

Feel sad and find it hard to feel happy.

Might do things without thinking and get involved with the Police.

Smoke, use drugs or drink alcohol to change how you feel.

## HIGH LEVEL OF SPECIALIST SUPPORT:

**If you are reaching crisis point with your mental health, you may:**

Not leave your room. Or never stay at home and go missing.

Have thoughts in your mind that make you sad. You might then hurt yourself or feel you do not want to be here.

Have worries that stop you from doing things you enjoy.

Not feel safe.

Not feel close to your friends or family - you may feel very alone.

Change what you eat because you do not like your body. You might start making yourself throw up.

Have feelings that are really strong and hard to manage.



# Help and support available at each level

## PREVENTION:

### Building resilience

Resilience is important for our mental health. Having resilience enables people to manage stress, which is a natural response to difficulties in life.

Stress is a risk factor for mental health conditions such as anxiety stress, which is a natural response to difficulties in life. Stress is a risk factor for mental health conditions such as anxiety and depression. 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 young people.

### Self-care

**Mersey Care** offers a range of assessment and intervention services for young people.

## EARLY HELP:

### Speak to someone

**YPAS** offer wellbeing services young people can attend.

#### In school or college talk to:

- The school Mental Health Lead, Pastoral Team or a member of staff that you feel comfortable with.
- A school nurse.

Your **GP** can talk to you about your mental health and help introduce you to the right mental health service for your needs.

**Talk Liverpool (Talking Therapies for Anxiety and Depression)** offers psychological therapies to young people and adults in Liverpool who are feeling depressed or anxious.

### Online

**Kooth** a free, safe and anonymous online wellbeing advice, support and counselling service.

### Text

SHOUT: Text GREEN to 85258

## MORE SPECIALIST HELP:

### Speak to someone

**YPAS** offer counselling & psychological therapies, including Spinning World support for refugee & asylum-seeking young people.

**Fresh CAMHS at Alder Hey** community-based specialist mental health and emotional well-being service.

*To access these services, you can make a CAMHS referral online*

**Mersey Care's Early Intervention in Psychosis Service** supports young people aged 14 – 35 who have had a psychotic experience.

**Eating disorder support Alder Hey Eating Disorder Service (EDYS).**

### Text

SHOUT: Text GREEN to 85258

## HIGH LEVEL OF SPECIALIST SUPPORT:

### Speak to someone

**Fresh CAMHS at Alder Hey**

**Eating disorder support Alder Hey Eating Disorder Service (EDYS).**

*To access these services, you can make a CAMHS referral online*

### Crisis Care

**Alder Hey 24/7 Crisis Care Line:** 0808 196 3550

#### Alternative to Crisis Care

**YPAS Hubs** provide a safe space for young people to come to.

#### A&E

- Royal Liverpool University Hospital
- Aintree University Hospital

### Text

SHOUT: Text GREEN to 85258

## Get involved

You can get involved in our mental health participation programmes.  
Register interest here