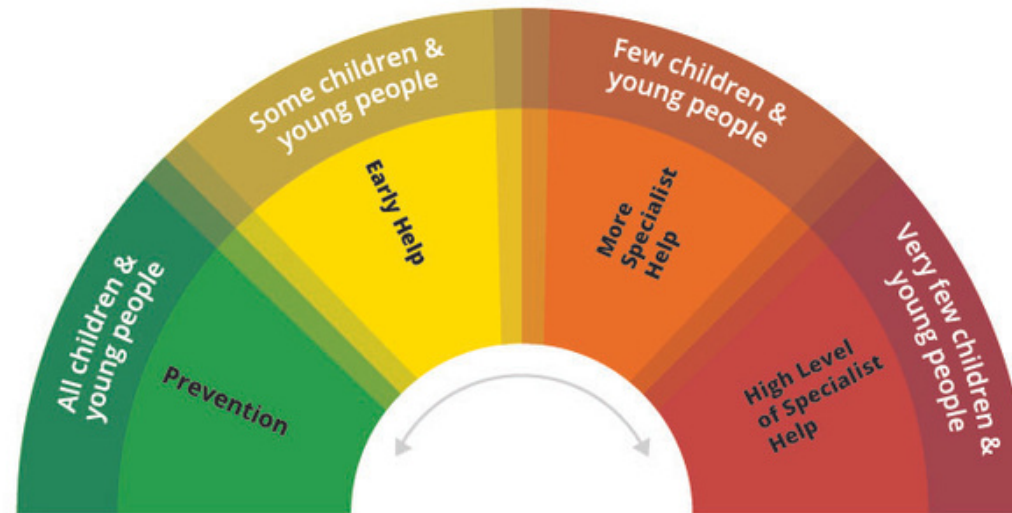


Liverpool's Mental Health Support for Young People/Adults Aged 18-25

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

Maintaining good mental health can reduce stress levels and increase resilience.

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/colleagues and family that you enjoy.

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

EARLY HELP:

At times we can become overwhelmed with life stressors such as pressure from education, family or relationship problems and financial worries.

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're feeling.

Find it hard to be in college/university/work 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 require more specialist help you may be experiencing poor mental health that is impacting your daily functioning. It may mean you:

Have stopped going to work/college/university.

Find it hard to take care of yourself - getting washed and dressed or eating regularly.

Could be experiencing increased levels of anxiety and/or low mood that means you find little pleasure in anything.

Experience things others may not see or hear, these are called hallucinations and can be frightening.

Find that your emotions are very intense or change rapidly.

Find it difficult to cope with your emotions and stressful situations or you may have experienced traumatic events in your lifetime. This might impact negatively on your relationships and the way you feel about yourself.

Find yourself experiencing 'flashbacks' to traumatic events that have happened in the past, and it might feel as though you are reliving the event.

HIGH LEVEL OF SPECIALIST SUPPORT:

At times, despite involvement from specialist services, people can become increasingly unwell which requires a more intense crisis intervention to provide support.

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

Experience thoughts to end your life.

Feel like you have little control and are unable to find a way for things to improve.

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.



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, college or university you can access counselling and welfare [support services](#)

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

Mersey Care Life Rooms (age 18+) provides person-centred support in areas such as [mental and physical wellbeing](#).

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 HEAL to 85258

MORE SPECIALIST HELP:

Speak to someone

YPAS offer [counselling & psychological therapies](#), including Spinning World support for refugee & asylum-seeking young people.

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

Step Forward is a [psychological intervention service](#). Requests are provided through a GP or another health professional referral.

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

Eating disorder support Mersey Care's [Eating Disorder Service/FREED](#).

Text

[SHOUT](#): Text HEAL to 85258

HIGH LEVEL OF SPECIALIST SUPPORT:

Speak to someone

Eating disorder support Mersey Care's [Eating Disorder Service/FREED](#)

Crisis Care

Mersey Care's [Crisis Support](#): 0800 145 6570

Alternative to Crisis Care
YPAS Hubs provide a safe space for young people to come to.

Liverpool Light [out-of-hours mental health crisis service](#) for adults from 6 pm – 1 am, seven days a week.

A&E

- [Royal Liverpool University Hospital](#)
- [Aintree University Hospital](#)

Text

[SHOUT](#): Text HEAL to 85258