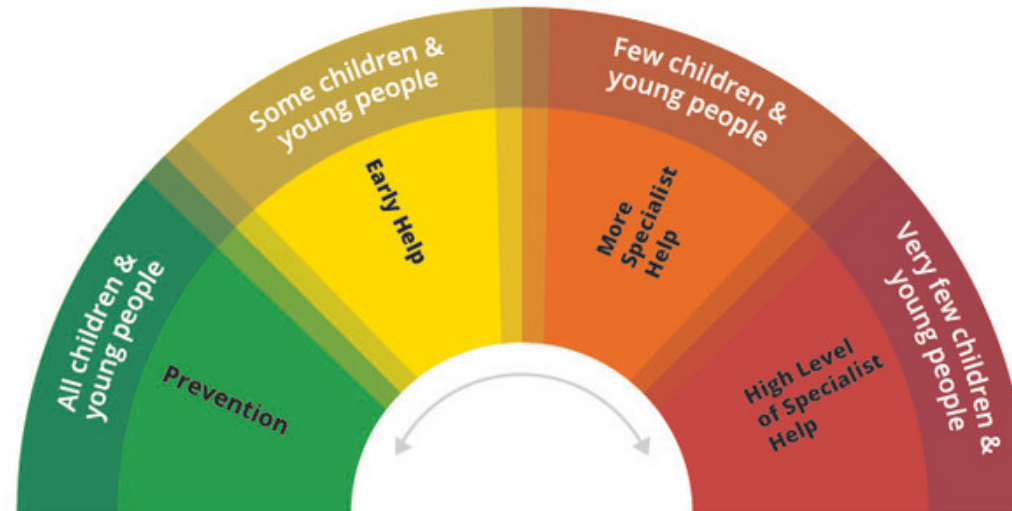


# Liverpool's Mental Health Support for Babies & Children Aged 0-5 & Their Parents/Carers

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 training is available for professionals and parents/carers to promote resilience and equip them to identify the signs that a parent/carer or their 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 of need

## PREVENTION:

### As a parent/carer, you:

- Will be able to soothe your child when they're upset.
- Enjoy being a parent/carer, and want to spend time with your child.
- Recognise the individual characteristics of your child - their 'personality', preferences, abilities and characteristics and your child feels safe.
- See your child as a little person with their own thoughts and feelings.
- Will be able to identify what your child is thinking or feeling and respond appropriately to them.
- Are able to anticipate your child's needs - both physical, such as sleep and food, and in terms of play and learning.
- Feel supported by others and can ask for help if you feel overwhelmed.
- Can cope if your child is distressed.
- Will respond to your baby sensitively, acknowledging their actions and expressions and mirroring or commenting in a calm way - as it happens.

## EARLY HELP:

### As a parent/carer, you:

- May feel you and your child are on 'different pages' - you're not 'in synch' with each other.
- And your child may not be enjoying each other's company
- Might feel worried about how your child is interacting or behaving.
- Can't cope if your child is distressed.
- Seek support and space if you need to 'let go of' or 'process' difficult things that happened to you, so you can be your preferred version of yourself.

### Your baby/toddler may be:

- Starting to struggle to do things they could previously do.
- Not always meeting developmental milestones, which may reflect missing opportunities.
- Over or under-stimulated.

## MORE SPECIALIST HELP:

### As a parent/carer, you:

- May find yourself wanting to avoid spending time with your child.
- Struggle to anticipate your child's needs, both physical - like sleep and food, emotionally and in terms of play and learning.
- Struggle to know what your child is communicating through their behaviour and emotions.

### Your baby/toddler may be:

- Not feeling able to leave your lap to explore.
- Having difficulties feeding or going to the toilet that aren't explained by a physical health reason.

## HIGH LEVEL OF SPECIALIST SUPPORT:

### As a parent/carer, you:

- Might be trying too hard to instruct your child and not following their lead enough.
- Might not comfort your child if they're upset.
- And your child may seem to have a mismatch in your emotions - your child might be overly bright and happy, but you're really upset.

### Your baby/toddler may:

- Appear frozen in fear.



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

## PREVENTION:

### Your baby/toddler will:

- Feel safe exploring their environment and trusts that you will return.
- Be familiar with their caregivers over time.

### Your preschool child will:

- Be learning at least one language.
- Feel loved.
- Be supported to get on with siblings and family members when little and with peers as they get older (particularly from the age of two years onwards).
- Experience predictable responses from their parents and other trusted adults.
- Be learning appropriate boundaries and limits in a positive way.
- Connect with a number of adults, parents, grandparents and wider family, and members of the community/culture.

## EARLY HELP:

### Your preschool child may be:

- Starting to struggle to do things they could previously do.
- Uninterested in connecting with people.
- Not always meeting developmental milestones, which may reflect missing opportunities.
- Displaying repetitive or self-stimulating behaviours.
- Experiencing unpredictable responses from their parents and trusted adults.

## MORE SPECIALIST HELP:

### Your preschool child may be:

- Withdrawn and doesn't seem interested in interacting with others.
- Not turning to you if they feel scared.
- Struggling to be around other children.
- Seem either lethargic a lot or hyperactive.

## HIGH LEVEL OF SPECIALIST SUPPORT:

### Your preschool child may:

- Appear frozen in fear.
- Not feel loved.
- Feel lots of anger.
- Give those that care for them cause for concern, for example, if they have experienced trauma or something scary.
- Be put in a position where they need to choose between parents.
- Have eating difficulties - either eating too little or too much. This may reflect feeling anxious, or there may be other causes.
- Try to hurt their pets.
- Hurt themselves.



# What could help?

## PREVENTION:

### Building resilience

Resilience is important for children's 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 and depression.

Resilience Framework

### Funded Training

Liverpool CAMHS Training

Educate 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.

### Other support

- Health Visitor
- Midwife
- Nursery
- Children's Centre

## EARLY HELP:

### PSS Growing Together

A low-intervention service working with parents/carers living in Liverpool to form closer connections with their babies during the first two years of their development.

### Liverpool Women's

NHS Foundation Trust Enhanced Midwifery Service.

### Citizens Advice Liverpool

Perinatal Mental Health Support.

### YPAS

Parental Support.

### NSPCC

Pregnancy in Mind.

### Talk Liverpool

(Talking Therapies for Anxiety and Depression).

Visit a GP, Children's Centre or your nursery. They will be able to introduce you to the right mental health service for you and your child's needs.

### Life Rooms

A free NHS service who provide a safe and welcoming space to meet others, access opportunities and learn about community resources.

## MORE SPECIALIST HELP:

### Step Forward

A psychological intervention service.

### Liverpool Women's

NHS Foundation Trust Enhanced Midwifery Service.

### Talk Liverpool

(Talking Therapies for Anxiety and Depression).

### Mersey Care

- Perinatal Mental Health Service Provide important mental health assessment and support for local women experiencing moderate to severe mental health issues.
- Maternal Mental Health Services Treatment and care after experiencing loss, distress or trauma during pregnancy and birth.
- Family Nurse Partnership Strength-based, intensive, preventative home visiting programme offered to first-time teenage parents.

### PSS Parent-Baby Service

Supports parents and carers to build positive and lasting bonds with their babies.

### Alder Hey CAMHS

0-5 support. You can make a CAMHS referral online

## HIGH LEVEL OF SPECIALIST SUPPORT:

### Mersey Care

- Perinatal Mental Health Service Provide important mental health assessment and support for local women experiencing moderate to severe mental health issues.
- Silver Birch Hubs: Maternal Mental Health Services Treatment and care after experiencing loss, distress or trauma during pregnancy and birth.

### Mersey Care's Crisis Support:

0800 145 6570

Alder Hey CAMHS 0-5 support. You can make a CAMHS referral online.

