

CYP Mental Health Snapshot

Getting Advice



Kooth

Up to 6 weeks' worth of online counselling can be accessed with limited waiting times.

Kooth is a free, safe and anonymous online wellbeing advice, support and counselling service specifically designed for residents of Sefton aged 10-25.

For more information visit www.kooth.com

ChatHealth



A confidential service that provides health and wellbeing advice provided via text message.

Young people aged 11-19 years can gain advice on health and wellbeing from a School Nurse via a text messaging service ChatHealth. The young person can remain anonymous if they wish.

The number for **ChatHealth Sefton** is **07312263291**.

School Nursing Service



The school nursing service offer 1:1 sessions in a school setting for pupils.

The School Nursing Service can offer pupils and their families support with mental health or behaviour difficulties. Following holistic assessment, they provide health promotion, early intervention and referral onto targeted services.

The service can be contacted via **0151 247 6354** or mcn-tr.seftonschoolhealth@nhs.net

1-2-1 Programme



A 1-2-1 programme that is designed to build positive mental and physical health and wellbeing.

For young people aged 11-19, the programme uses physical activity as an engagement tool and aims to improve confidence and self-esteem. The programme is personalised based on the needs and interests of the young person. The programme is delivered in either a school (secondary) or community setting.

Referrals can be made via the school mental health lead or via **active.sports@sefton.gov.uk**

For further information call **0151 288 6286**.

Getting Help



Thornton Wellbeing Centre

- Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, severe learning disabilities or complex physical disabilities.
- Family Based Interpersonal Therapy – An early intervention aiming to prevent depression that is aimed at children aged 7-12.
- Incredible Years Parenting Programme - This programme aims to strengthen parent - child interactions and promote positive attachments.
- Contact thornton.fwc@sefton.gov.uk for more information.

Parenting 2000



Parenting 2000 provides therapeutic counselling to children and young people from 6 years upwards living in Sefton and weekly after school mental wellbeing youth mentoring sessions for 11-18 year olds. Parenting programmes (youth Connect 5) are offered to parents/carers of children and young people which aims to improve understanding of mental wellbeing and looks at how to build resilience and communication within the family.

For further information and to keep updated visit: www.parenting2000.org.uk, to refer: <https://parenting2000.org.uk/referrals/>

Venus



The Star Centre is Venus's therapeutic wellbeing service for children and young people living in Sefton between the ages of 5-18. Some therapeutic interventions offered include person centred counselling, cognitive behavioural informed therapy and systemic family practice. Support for parents and weekly social wellbeing groups for young people are also available.

For further information visit www.venuscharity.org or call **0151 474 4744**. To make a referral for a child or young person visit www.seftonliverpoolcamhs.com

Getting More Help



Young People sessions delivered through Wellbeing Centres

- **Adolescent skills training** - Aimed at adolescents who are at risk of developing depression and/or struggling with relationships.
- **Individual Interpersonal therapy for Adolescents (IPT-A)** - A programme aimed at those who are experiencing symptoms of depression.
- Contact thornton.fwc@sefton.gov.uk for more details.

SWAN Women's Centre



SWAN womens centre provides a counselling service for women and teenage girls aged 13+.

Referrals by made by the young person, family or professional. Referrals can also be made from their website: www.swanwomenscentre.org. Contact Sue McGregor – Young Persons Counselling Co-ordinator. Email: YPCounselling@swanwomenscentre.org Phone number: 0151 933 3292

Children and Adolescent Mental Health Service (CAMHS)



CAMHS work with children and young people with varying difficulties including low mood, anxiety, self-harm, suicidal ideation, behavioural difficulties and trauma within the Sefton area. The team provide assessment and intervention up to the age of 18.

For more information please call 0151 282 4527, email camhs.referrals@alderhey.nhs.uk or visit www.seftonliverpoolcamhs.com

Alder Hey Eating Disorder Service for Young People



The Eating Disorder Team (EDYs) provides treatment for children and young people in Liverpool and Sefton with an eating disorder. The team is multi-disciplinary and are trained in various therapies including CBT, SFT, Family Therapy and FBT.

You can contact the team on 0151 282 4911 or by email EDYS@alderhey.nhs.uk. Referrals can be made via www.seftonliverpoolcamhs.com

Further information about the team is available here: www.alderhey.nhs.uk/services/eating-disorder-young-peoples-service

Sefton Mental Health Support Team



The Sefton MHST is based within schools offering individual and group support for young people, parents and staff.

The MHST is an early intervention and preventative service offering mental health and wellbeing support to young people, families and staff. Support includes: 1:1 low level and group interventions for mild-moderate mental health difficulties, psychoeducation, staff and parent support, advice and signposting and developing the Whole School and College Approach.

Referrals can be made by speaking to the Mental Health Lead within schools. For further information visit <https://alderhey.nhs.uk/services/sefton-mental-health-support-team-mhst> or email sefton.mhst@alderhey.nhs.uk

Getting Risk Support



Alder Hey Crisis Care Team

The Crisis Care Team at Alder Hey provide support for Children and Young People, up to the age of 18, who have a Liverpool or Sefton GP and who are experiencing mental health crisis. They are a multi-disciplinary team providing support for children and young people, as well as their families and professionals involved in their care. The team are contactable 24/7 on 0808 196 3550 or 0151 293 3577.

Further information about the team is available at: www.alderhey.nhs.uk/services/camhs-crisis-care-team

A & E or Merseyside Police

If you are concerned about immediate risk to self or others.



Helplines



HOPELINEUK

Call: 0800 068 4141 Text: 07860 039 967

Samaritans

Call: 116 123

Childline

Call: 0800 1111



Sefton Emotional Health Partnership

Working Together For Young Peoples Emotional Health