

July 2022

Sefton mental health support – children and young people

The Sefton Child and Adolescent Mental Health Services (CAMHS) partnership has been working hard to ensure children, young people and families get the support they need over the holiday period.

This document outlines the support available from each partner and how this support can be accessed. Also visit the [Sefton and Liverpool CAMHS platform](#) for useful resources to support emotional health and wellbeing.

Crisis support will continue to operate 24 hours a day, seven days a week.

Crisis Support

If a child or young person is in crisis, they can call the crisis care line any time, but they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

**Alder Hey Crisis Care Team - 24 hours a day, seven days a week
– 0151 293 3577 or free phone 0808 196 3550**

Face-to-face support is still available when clinically indicated. Same day and next day appointments are available when clinically indicated. Phone and video support when in crisis.

[Click here](#) for more information and updates about CAMHS crisis care or visit Twitter @ CrisisCareAHH

Support for parents and carers

Alder Hey's CAMHS parent and carer support group offers weekly drops in virtually on zoom.

The support group is open to all parent carers who have a child who has ever attended Sefton CAMHS or who is on a waiting list.

For further information and to join the sessions, email freshplusgroup@alderhey.nhs.uk or visit Twitter/Facebook @freshplusgroup.



**Sefton Emotional
Health Partnership**
Working together for childrens emotional health

Kooth

What support is available?

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

The team will be delivering therapeutic support via online forums and chats.

Referral contact details:

Via the website www.kooth.com

Who can make referrals?

Children and young people aged 11-19 years and young adults aged 19-25

How can this support be accessed?

Online via the Kooth website www.kooth.com

Opening hours

9am to 10pm Monday to Friday
6pm - 10pm weekends

Text 'Shout' service

What support is available?



 GiveUsAShoutInsta  GiveUsAShout  GiveUsAShoutUK
giveusashout.org

Referral contact details:

Text the word 'GREEN' to 85258

Who can make referrals?

Anyone experiencing mental health difficulties

How can this support be accessed?

Via text messaging – free and confidential
More information here: www.giveusashout.org

Opening hours

24 hours a day/ 7 days a week



**Sefton Emotional
Health Partnership**
Working together for childrens emotional health

Alder Hey CAMHS

What support is available?

- Crisis risk assessment and management consultation through telephone support
- Urgent and routine assessments are being offered, but there is a slight delay with capacity.
- New urgent work is also being allocated.
- Children and Young People open are continuing with their treatment plan.
- The service offers remote contact when possible but face to face appointments, when clinically indicated. These are at Burlington House or Southport Health and Wellbeing.

Referral contact details:

Telephone: 0151 282 4527

Via online platform:

www.seftonliverpoolcamhs.com

Email: camhs.referrals@alderhey.nhs.uk

Online: www.alderhey.nhs.uk/services/camhs

Twitter: @camhsSefton

For young people: @camhelions and

Instagram: Healthchampionsliverpool.

Who can make referrals?

Any professional, parent/carers, self-referrals.

How can this support be accessed?

Face to face, telephone or video call.

Opening hours

Core hours: 9am - 5pm, Monday - Friday

Crisis: 24/7

Alder Hey Eating Disorders Service for Young People (EDYS)

What support is available?

- Mental and physical health assessments and reviews.
- Dietetic advice.
- Individual and family therapies.
- Service is delivered face to face, via telephone and video call.

Referral contact details:

Telephone: 0151 282 3662

Via online platform:

www.liverpoolandseftoncamhs.com

Or www.alderhey.nhs.uk/services/camhs

Email: camhs.referrals@alderhey.nhs.uk

Twitter: @EDYSAlderhey

Who can make referrals?

Any professional, parent/carers, self-referrals.

How can this support be accessed?

Face to Face support or telephone or via video call.

Opening hours

Core hours: 9am - 5pm, Monday - Friday



Venus Star Centre

What support is available?

- New referrals accepted for children & young people living in Sefton aged 5-18
- Open access drop-in service for children, young people and their parent/carers. Available Mondays 4-6pm @ The Star Centre, 98b Linacre Lane, L20 6ES & Thursdays 4-6pm @ Thornton Children's Centre, Stanny Field Drive, L23 1TY
- Counselling and therapy sessions delivered in person and remotely via video link
- Parenting groups delivered including working with child anxiety
- Social groups for young people take place weekly including LGBTQ+ support group
- Youth Justice team including information, advice & guidance (IAG) and therapies
- Wellbeing and psycho-education telephone calls to new and existing clients
- Range of online resources

Referral contact details

Telephone: 0151 474 4744

Online: <https://seftonliverpoolcamhs.com>
or <https://venuscharity.org/referrals>

Who can make referrals?

Children and young people, parents/carers and professionals

How can this support be accessed?

Face to face by appointment or during drop-in hours, email, telephone or video link

Look for Venus on social media for updates:
@thevenuscentre (facebook & instagram) and
@venuscentre on twitter

Opening hours

Core hours: 9am - 7pm Monday to Friday

Parenting 2000

What support is available?

- Therapeutic counselling for children, young people & families
- Group counselling
- Telephone information, advice & guidance for parents
- Youth Connect 5 courses
- Parenting Circle family support group
- Alchemy Youth Club (Crosby and Southport) – activities, information, advice and support for young people aged 9 years - 18 years old.
- Alchemy Detached youth mentoring: for young people to safeguard them against criminal exploitation & help them make the best choices in life. Drop in mentoring sessions for young people who are worried about their mental health
- Buddy Up Plus @ Alchemy - social club for young people with additional needs aged 18-25 with mild to moderate learning disabilities & difficulties.
- Wellbeing Mondays ages 11-18. Monday 5:30pm - 8:30pm. Drop in for providing mental health and general wellbeing support and advice from youth workers. Provides a safe space where young people can come and talk about their worry's/concerns and assess for a crisis need.

Referral contact details

Counselling & Family support:
www.parenting2000.org.uk/referrals

Alchemy Youth Club enquiries :
@Alchemy Youth via Instagram & Facebook

Alchemy Detached Youth Mentoring referral:
<https://parenting2000.org.uk/referrals/ypreferrals/>

General enquiries:
<https://parenting2000.org.uk/contact/>

Who can make referrals?

Children and young people, parents/carers and professionals

How can this support be accessed?

Face to face, remotely via email, telephone and a variety of online platforms

Opening hours

Core hours: 9am - 5pm Monday to Friday
Many services delivered outside of these hours



**Sefton Emotional
Health Partnership**
Working together for childrens emotional health

Sefton Carers Centre - Sefton Young Carers Support Service

What support is available?

Sefton Carers Centre provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton, including young carers and young adult carers.

Sefton Young Carers is a specialist service for children and young people aged 5-16 years old who have a direct caring role at home.

Our Transitions service supports young adult carers aged 16-25 throughout their journey to adulthood. Personalised support is offered to each individual and focuses on protecting the futures of Sefton's young carers.

The centre offers support to young carers, young adult carers, and their families in-person, online and by telephone.

Referral contact details:

Telephone: 0151 288 6060

Email: help@carers.sefton.gov.uk

Online: www.sefton-carers.org.uk (see young carers and young adult carers pages)

Who can make referrals?

Young carers, parents/carers and professionals.

Upon receipt of a referral the needs of the young carer will be assessed and an appropriate offer of support made.

How can this support be accessed?

By telephone, messaging, online, and in-person where possible.

Visit the young carers and young adult carers pages of the website for more information: www.sefton-carers.org.uk

Opening hours

9am to 5pm Monday to Thursday

9am to 4.30pm on Fridays

Sefton Council for Voluntary Service (CVS)

What support is available?

Sefton CVS supports a number of local youth and community centres, organisations and groups which provide services and support to children, young people and their families.

Most of these centres and organisations are continuing to provide information, advice and support online and via social media, and some centres are supporting local food banks.

How can this support be accessed?

Further information about these centres and organisations, including how to access the services and support available at this time, can be found on the [Sefton CVS website](#) or via the links below:

[Bootle Christ Church Youth and Community Centre](#)

[Brunswick Youth and Community Centre](#)

[Litherland Youth and Community Centre](#)

Facebook: @LitherlandYCC

Twitter: @LitherlandYouth

[MYA Space \(Sefton Performing Arts and Education\)](#)

[Woodvale Community Centre](#)

[Netherton Park Neighbourhood Centre](#)

[Sefton SEAS](#)

[The Youth Community Partnership](#) (Meols Cop)
[YKids](#)



School Nurse Service

What support is available?

Confidential service for children, and their families to support with emotional, mental health and behavioural issues. Covers all school age children in all settings

Support available for the following issues:

- Anger issues
- Anxiety
- Exam stress
- Low mood
- Low self-esteem
- Self-harm
- Bullying or friendship issues
- Relationships
- Behavioural problems
- Healthy eating/ weight
- Sex/ contraception
- Smoking/ drugs/ alcohol

Chat health- text messaging service for 11 to 19 year olds

Send a text message to **07312 263 291** and chat with a school nurse

Young people aged 11 to 19 in Sefton can send a message, anonymously if they wish, to their school nurse to get confidential help and advice about a range of health concerns, including emotional health, sexual health, relationships, alcohol and drugs and bullying. A Specialist Community Public Health School Nurse will reply to the message within 24 working hours at most.

Further information about the service can be found on the trust website following the launch or visit www.chathealth.nhs.uk

Referral contact details

Telephone: 0151 247 6354

Who can make referrals?

School, children and young people, parent / Carer

How can this support be accessed?

Face to face visits in schools or another suitable venue; or telephone consultation and advice for parents, carers and young people. Virtual 'attend Anywhere' also available.
Through Chat health

Opening hours

9am – 5pm, Monday to Friday all year round (excludes bank holidays)



**Sefton Emotional
Health Partnership**
Working together for childrens emotional health

Adult Mental Health Support

Urgent 24/7 support

For parents/carers with urgent mental health needs and emergency service staff requiring immediate mental health advice and support for a Sefton resident, Mersey Care's 24 hour helpline is available.

**Mersey Care's urgent mental health helpline - 24 hours a day,
seven days a week - 0800 145 6570.**

Non urgent support

Self-referrals for anxiety, depression and other common mental health conditions can be made directly to Access Sefton.

Access Sefton referrals – call 0300 303 2708 or complete an online referral here: <https://www.mhm.org.uk/talking-matters-sefton>

If you require this information in an alternative format or language, please contact email communications@sefton.nhs.uk or call 0151 317 8456.

Acknowledgement and thanks to all Sefton CAMHS partners in helping to produce this document, including Sefton Place, CAMHS at Alder Hey Children's Hospital, Sefton MBC, Merseycare, Sefton Council for Voluntary Services (CVS), The Venus Centre and Parenting 2000.