

Knowsley Mental health services

Service	Location	Contact
Knowsley CAMHS (Up to 18)	Young People and Families' Wellbeing Hub Knowsley Resource and Recovery Centre Whiston Hospital Prescot L35 5DR	Tel: 0151 290 4999 (9am-5pm, Mon-Fri)
Young People's Community Eating Disorder Service - Mid-Mersey	Young People and Families' Wellbeing Hub Whiston Hospital Prescot L35 5DR	Tel: 0151 290 4999 Email: mid-merseyceds@nwbh.nhs.uk
<p>Think Wellbeing – Knowsley (16+)</p> <p>Option 1 - online therapy through our SilverCloud system</p> <ul style="list-style-type: none"> • Available 24 hours a day, seven days a week • Can be done at a time and place that suits you • You can start the therapy straight away • You will get weekly online support from your therapist • You will have access to the system for a year after you've been discharged from the service • It has been shown to be more effective than one-to-one therapy <p>Option 2 - Skills for Wellbeing Course</p> <ul style="list-style-type: none"> • A six-week course that will help you develop skills to manage your mood • The sessions are informal and relaxed, and you don't have to talk about your problems if you don't want to • Courses are available in your local area • You will have a choice of times you can attend • A new course begins every three weeks so you'll never have to wait more than a few weeks to join. 	Think Wellbeing Knowsley Whiston Primary Care Resource Centre Old Colliery Road Whiston L35 3SX	Tel: 0151 290 4999

Wirral mental health services

Service	Location	Contact
<p>Autism Together (formerly Wirral Autistic Society)</p> <p>Support children, young people and their families, in helping them understand autism & social and communication difficulties, offering information, advice and services to families who have: a child with autism; a child undergoing a diagnosis of autism; or who have a child with social and communication difficulties as their primary need.</p>	<p>Children and Family Department, Oak House (Unit C) 6 Tebay Road, Bromborough, Wirral, CH62 3PA.</p>	<p>Tel: 0151 666 9960 / 0151 334 7510 Email: enquiries@autismtogether.co.uk Website: www.autismfamily.co.uk</p>
<p>Listening Ear- Butterflies (4- 18 years)</p> <p>Butterflies is a well-established activity-based therapy service for young people aged 4 to 18 years experiencing bereavement and loss (including domestic abuse, looked after children/ children on the edge of care and parent in prison).</p>	<p>St Nicholas Centre 70 Church Road Halewood Liverpool L26 6LB</p>	<p>Tel: 0151 488 6648 Website: http://listening-ear.co.uk/butterflies</p>
<p>G.I.R.L.S. Development Project (13-19 years)</p> <p>A self-development project targeting young women 13-19 considered vulnerable and at risk. Run to reduce risk taking behavior, strengthen resilience to peer pressure and abusive relationships and raise aspirations in relation to healthy lifestyle and choices.</p>	<p>Pilgrim Street Arts Centre, 1 Pilgrim Street, Birkenhead, CH41 5EH.</p>	<p>Tel: Caron Drucker, 0151 647 3160. Email: carondrucker@wirral.gov.uk</p>

<p>Inclusion Matters Wirral (16+)</p> <p>Offer a range of talking therapies for people/young people experiencing low mood, depression or problems with anxiety. These include Cognitive Behavioural Therapy (CBT), online CBT and counselling. GP's can refer or young people (16+) can self-refer.</p>	<p>Address: Units 20-28, Woodside Business Park, Birkenhead, CH41 1EL.</p>	<p>Tel: 0151 649 1859 (10 – 4pm daily). Website: www.inclusion-matters-wirral.org.uk</p>
<p>Open Door Centre (14+)</p> <p>Provide Mental Health Support and musical provision for young people free of charge. Offer free and immediate access to 'Beating the Blues' Computerised Cognitive Behaviour Therapy (CCBT), face-to-face counselling and meditation/mindfulness for those wishing to improve concentration and relieve stress</p>	<p>Address: 108 Seaview Road, Wallasey CH45 4LD.</p>	<p>Tel: 0151 639 4545.</p>
<p>RASA Merseyside (no age limit)</p> <p>The RASA Centres provide free, confidential and non-judgemental services, run by women for individuals who have experienced any form of rape or sexual abuse at any time in their lives.</p>	<p>Hoylake 122c Market Street Hoylake Wirral CH47 3BH</p> <p>westwirral@rasamerseyside.org</p> <p>0151 633 2151 Birkenhead birkenhead@rasamerseyside.org 0151 650 0155</p>	<p>Tel: 0151 650 0155. Email: birkenhead@rasamerseyside.org Website: www.rasamerseyside.org</p>

<p>Response</p> <p>Response is an open access service to young people aged 13 to 19 years old. Direct referrals can be made to Response with young person's consent. Young people can also present during opening hours.</p> <p>A) Response Counselling (13 – 19 years)</p> <p>Response is a confidential service for young people aged 13-19 years old. They offer a wide range of support, covering drugs & alcohol, mental health, and homelessness/threatened homelessness. Many young people who use Response have a number of needs that require a lot of support.</p> <p>B) Response Drug & Alcohol Service</p> <p>Specialist Support - working with vulnerable young people aged 13 to 18, offering 1-1 support for young people with substance misuse issues and other complex needs. Young people are assessed and often supported through a multi-agency intervention.</p> <p>Targeted Support - one-to-one support offered to young people with alcohol and substance misuse issues with protective factors in place; giving advice, guidance and support to the young person and their parents/guardians.</p>	<p>Callister Centre, 19 Argyle Street, Birkenhead.</p>	<p>0151 666 4123, by email at response@wirral.gov.uk</p>
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Sefton mental health services

Service	Location	Contact details
<p>Sefton CAMHS Some of the issues that we can help with include:</p> <ul style="list-style-type: none"> • Anxiety • Attachment Difficulties • Conduct/Behaviour Problems • Depression • Emotional and Behavioural difficulties in children with Learning Disabilities • Obsessions and Compulsions • Psychosis • Post-Traumatic Stress Disorder (PTSD) • Self-harm • More complex psychological difficulties 	<p>Sefton CAMHS (Alder Hey Children's NHS Foundation Trust)</p> <p>2nd Floor, Burlington House Crosby Road North Liverpool L22 0PJ</p>	<p>Sefton CAMHS</p> <p>0151 282 4527</p> <p>camhs.referrals@alderhey.nhs.uk https://alderhey.nhs.uk/.../camhs</p>
<p>Eating disorder young persons service</p>	<p>Eating Disorder Young People's Service Catkin Building Alder Hey – Retained Estate Eaton Road Liverpool L12 2AP</p>	<p>0151 282 4911</p> <p>EDYS@alderhey.nhs.uk</p> <p>https://alderhey.nhs.uk/services/eating-disorder-young-peoples-service (referral form online)</p>

Access Sefton

Access Sefton is a free, confidential service, commissioned by the NHS. The service is available to anyone aged 16+ and registered with a Sefton* GP. Access Sefton talking therapies are an effective treatment for common mental health conditions, including:

- Anxiety
- Depression
- Stress
- Phobia
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Panic

Multiple locations

- Fill in the **online form**
- Call us – 0300 303 2708
- Email us – **CWP.AdminAccessSefton@nhs.net**
- You can also ask your GP to make a referral for you

<https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/access-sefton/>

<p>Venus- Star centre We provide a friendly and welcoming space along with our partners, where young people up to the age of 18 can access information and advice on mental health issues, as well as group support and a variety of therapies.</p> <p>Services on offer include counselling, CBT (cognitive behavioural therapy), psychoeducation, peer support, family therapy, training for parents and group activities addressing issues such as the transition from children to adults' services.</p>	<p>98b Linacre Lane, Bootle L20 6ES.</p>	<p>0151 474 4744. https://www.venuscharity.org/service/star-centre (referral form online)</p>
<p>RASA- Rape and sexual abuse centre Sunflower project RASA is one of only a small number of specialist services in the UK that provides counselling, advocacy and emotional support to children who have experienced sexual abuse or exploitation, and their families. We have a team of dedicated, experienced and passionate workers who will work alongside children and families to offer them a range of support.</p>		<p>You can self-refer to the Sunflowers Project at RASA by calling the Helpline on 0151 666 1392, or emailing referrals@rasamerseyside.org.</p> <p>Children are also referred to RASA through health, and social services, and via the Police and schools.</p>

Liverpool Mental health services

- Young people can self-refer to **YPAS** - YPAS Support Service - 0151 702 6074
- **CAMHS** for support Alder Hey Fresh CAMHS - 0151 293 3577 or freephone 0808 196 3550 camhs.referrals@alderhey.nhs.uk
- **Talk Liverpool** – Free Service for anyone 16 and over who lives in Liverpool <https://www.talkliverpool.nhs.uk/>

Other mental health services

- **Calm Harm – the app**
This is award-winning, developed for teenage mental health charity stem4 by a Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). It provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password. You will be able to track your progress and notice change.
- **Kooth** – www.kooth.com
Free, safe and anonymous online support for young people text-based service also includes a chat forum and information.
- **YoungMinds Crisis Messenger** - Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- **Samaritans**
Call any time, day or night for free on 116 123
- **PAPYRUS is the UK Charity for the prevention of young suicide.**
For **PAPYRUS** HOPELINEUK call 0800 068 4141 (open 9am-10pm weekdays, 2pm-10pm weekends and bank holidays).
- **Right Lines** – <https://www.right-lines.co.uk/> - RightLines aims to reach and work with young people aged between 13 and 35 who self-harm or might self-harm. RightLines want to enable them to develop understanding, strength and change. RightLines starts small with a messaging channel and the 24/7 distraction service TAV, with live webchat on limited service hours. Follow their Instagram @hitheretav
- **Anna Freud National Centre for Children and Families** - text **AFC** to **85258**.
- **Beat's services** – Eating Disorders Call or email our Youthline, 0808 801 0711 • fyp@beateatingdisorders.org.uk. Find help and support in your local area at helpfinder.beateatingdisorders.org.uk. Follow Beat's Support services on Twitter: @BeatEDSupport BeatEDSupport

- **Actionforchildren.org.uk** - Action for Children work with and support young carers across the UK, providing practical and emotional support. barnardos.org.uk - Barnardo's runs 20 services across the UK, which work to support young carers and their families in a variety of ways. Search for their services online.
- **Childline** - Childline.org.uk - is a free, private and confidential service to help anyone under 19 in the UK with any issue they're going through. You can contact a Childline counsellor by phone 0800 1111 or get in touch via online chat or email.
- **The Mix** - themix.org.uk - offer support to anyone aged 13 to 25. You can chat with people going through similar experiences to you online or speak to one of their advisors online or by free phone 0808 808 4994.
- YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 all texts are answered by trained volunteers, with support from experienced clinical supervisors