

YPAS City Centre Hub will be offering a **limited service** of the Alternative to Crisis Drop-in over the **Christmas holiday period** for children and young people aged 5-25 as well as parents and carers to support mental health and wellbeing. Please follow this link to view their “Whats On” calendar for **opening hours over the Christmas period**. [YPAS Whats on Calendar](#) .

All three of the YPAS community hubs will **return to regular working hours from Tuesday 2nd January 2024**.

If over the Christmas Period you or someone you know requires immediate support, please see below.

If you are a **child or young person in crisis**, you can call the **Alder Hey CAMHS crisis care line 24/7** on **0151 293 3577** or free-phone **0808 196 3550**, or Email: CrisisCare@alderhey.nhs.uk

You should **only present to Accident Emergency Department** if you need **medical treatment or are struggling to keep yourself safe**.

If you are a parent or carer of a **young person aged under 18** please click on the following link to access emergency advice [Emergency advice - Liverpool CAMHS](#).

If you are **18+ and in distress or crisis** please call Mersey Care Urgent mental health support contact number: **0151 296 7200** or access support through the following website [Merseycare Urgent Mental Health Support](#).