

Christmas Support for Students

CAMHS (Child Adolescent Mental Health Service)

The CAMHS Crisis Care team provides support, advice and guidance to children, families and professionals in crisis. To speak to a member of the team call:

CAMHS Crisis Line – 0151 293 3577

CRISIS CARE FREEPHONE: 0808 196 3550

Fresh CAMHS – 0151 293 3662

For more information about crisis care visit:

<https://www.liverpoolcamhs.com/support/camhs-crisis-care-team/>

Shout 85258 is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.

The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. We can help with issues such as stress, anxiety and depression and are here to talk at any time of day or night.

If you're under 18 text GREEN to 85258 and if you're 18 and above text HEAL for immediate support. Find out more here:

<https://www.liverpoolcamhs.com/children-young-people/new-text-message-support-feature-for-children-and-young-people/>

You may just want someone to talk to for advice...

Below are some phone numbers and links that may be useful for support.

NHS 111

Where trained health professionals can give you health advice and information 24 hours a day.

Telephone 111

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>

The Samaritans

Offer a 24-hour confidential helpline. Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Telephone 08457 90 90 90

Textphone 08457 90 91 92

<http://www.samaritans.org/>

Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to us on the phone, by email or through 1-2-1 counsellor chat. Whatever feels best for you.

<https://www.childline.org.uk/>

Telephone: 0800 1111

1-2-1 Counsellor Chat <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

BSL Users https://www.childline.org.uk/get-support/contacting-childline/#DontspeakEnglish_ipnav13064

Papyrus

Provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

<https://papyrus-uk.org/hopelineuk/>

Kooth

Free, safe and anonymous online support for young people

<https://www.kooth.com/index.html>

Young Minds

Worried about a child or young person? Call our free helpline for confidential, expert advice.

Visit Young Minds help for parents:

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

SAVERA UK

<https://www.saverauk.co.uk/get-help/i-need-help-now/>

Whatever your situation, we can and we will help you.

We understand the causes and effects of 'honour'-based abuse, harmful practices and other harmful cultural beliefs.

We are here to provide support, help or simply advice, all on a completely confidential basis.

If you contact us, we will listen and work with you to support you, or the person you are worried about, out of an abusive environment. We will always put your safety first.

You can contact our helpline 0800 107 0726 (9am – 5pm, Monday – Friday)

If you are at immediate risk please ring 999

THiNK.

THiNK stands for Teenage Health in Knowsley and has been designed by young people for young people. THiNK was designed as an overall approach to Young People's health & wellbeing. This includes issues such as mental health, sexual health and child exploitation.

There are many services in Knowsley, that endorse THiNK as a brand. The problem is, it can be confusing knowing who can help. The THiNK website has been designed to give young people one place where they can seek help, information and get the support they need.

<https://www.thinkknowsley.co.uk/index.php>

Call us on 0151 673 0500

info@vibeuk.org

FOLLOW US
@VibeUKOrg

You may need to see someone...

At times children and young people may become distressed and need to be seen in an emergency. The following is available for children and young people in Liverpool:

GP Out of hours service

A GP is available when your local surgery is closed during evenings, weekends and Bank Holidays. If you need urgent healthcare which cannot wait until the next working day, you can access a GP via the GP Out of Hours service. Call your Doctor's surgery on the usual number and you will either be transferred to the Out of Hours service, or there will be an answerphone message with details of how to access it. The out of hours service operator will take details of your call and pass these to a doctor or nurse, who will contact you and, depending on your circumstances, will offer you one of the following options:

- Telephone advice
- An appointment at a healthcare service in your area that evening
- A home visit

Accident & Emergency

Children and Young People aged 0-16 years

If a child or young person becomes distressed or shows signs of becoming a risk to others or themselves they should be taken to A&E at Alder Hey Children's Foundation Trust following receipt of parental/carer permission. The specialist mental health service provided by this trust operates a duty on-call system and a clinician will be called to attend A&E to support and provide an assessment of the child or young person. A Psychiatrist on-call system operates through the evening.

Young People aged 16+

Young people aged 16+ showing signs of distress or becoming a risk to themselves or others should be taken to A&E at the Royal Liverpool University Hospital Trust or University Hospital Aintree. A member of the mental health crisis team will provide an assessment of the young person. This is a 24-hour service.

CRISIS WALK-IN SERVICE

(for all 5-25 year olds & parents/carers from Liverpool and Knowsley)

Christmas Hours

Monday 27th Dec	1pm - 6pm
Tuesday 28th Dec	1pm - 6pm
Wednesday 29th Dec	1pm - 6pm
Thursday 30th Dec	1pm - 6pm
Friday 31st Dec	1pm - 6pm
Monday 3rd Jan	1pm - 6pm



- Struggling with your mental health
- Yourself or your child are in a crisis
- Feeling lonely & isolated
- Need a listening ear
- Safe Space
- Trained staff
- Support through difficult times



YPAS Central Community Hub
36 Bolton Street, L3 5LX