

WHILE YOU'RE WAITING

FOR CHILD AND ADOLESCENT MENTAL HEALTH SUPPORT (CAMHS)

For children and young people up to the age of 25

When you've been referred to one of the Liverpool CAMHS partners, you and your family can access a range of support and tools whilst waiting for your initial appointment (often known as an 'assessment').

ONLINE

On the CAMHS website [*liverpoolcamhs.com](https://liverpoolcamhs.com)

You'll find a range of information and self-help resources, including the Resilience Wall Framework.



We all have a role we can play in supporting and building your resilience.

This tool includes resources that can help you and your family set out a plan of action and make practical changes to your day-to-day life, building your resilience brick-by-brick.

[*Resilienceframework.co.uk](https://resilienceframework.co.uk)

Training and awareness opportunities

Our free and accessible training is available for parents and carers to improve their knowledge and understanding of mental health issues that may impact you.

[*LiverpoolCAMHS.com/professionals/training/](https://liverpoolcamhs.com/professionals/training/)



Kooth online support and counselling

Children and young people in Liverpool aged 10-25 have 24-hour access to self-help materials and resources. Direct support and counselling are also available during Mon-Fri 12-10 pm and Sat 6 pm-10 pm.

[*Liverpoolcamhs.com/support/kooth-camhs-support/](https://liverpoolcamhs.com/support/kooth-camhs-support/)

TEXT

SHOUT is a free, confidential, 24/7 text message support service if you're feeling overwhelmed or is struggling to cope. Someone will work with you to take your next steps towards feeling better, helping with issues such as stress, anxiety and depression. They are here to talk at any time - day or night.

If you're under 18, text GREEN to 85258, and if you're 18 and above, text HEAL for immediate support.



TELEPHONE

There are some telephone-based support services you can access:

- The Alder Hey CAMHS 24/7 crisis care team can support you if you're experiencing a mental health crisis. They can also help to keep you safe with advice and support. **Freephone 0808 196 3550**
- Mersey Care 24/7 crisis team if you're 16+. **Freephone 0800 145 6570**
- YPAS and Alder Hey teams will check in with you and your parents/carers while you're waiting for your initial appointment. If you or your parent/carer would like an update on the progress of your referral, you can call them:

YPAS Tel: 0151 707-1025

Alder Hey Tel: 0151 293 3662



FACE-TO-FACE

At YPAS - for children and young people aged 5-25:

- You can drop into any of the three mental health hubs if you need support, Information, Advice and Guidance (IAG) or help with your CAMHS journey.
- Parents/carers can get support in the hubs too, and they can also come along to coffee mornings in the hubs and schools.

The central hub is open Mon-Sat, and the north and south hubs are open Mon - Fri. Opening hours can be found at ypas.org.uk/contact-us/

- Our alternative to crisis support in the mental health hubs means you and members of your family can walk in to get support, therapy and ongoing referral to services, including advice on how to keep you safe if you are experiencing a mental health crisis.

The alternative to crisis support is available Mon-Sat in the central hub and Mon - Fri in the north and south mental health hubs. Opening hours can be found on

ypas.org.uk/what-we-do/well-being-services/crisis-drop-in/

A&E - 24 hours a day, seven days a week.

- **Alder Hey** will see you if you're **under** the age of 16.
- **Liverpool University Hospitals Accident and Emergency Departments** (The Royal & Aintree) will see you if you're aged 16 and above.

You can also speak to whoever initially referred you to CAMHS, for example, your school or your GP, for support.