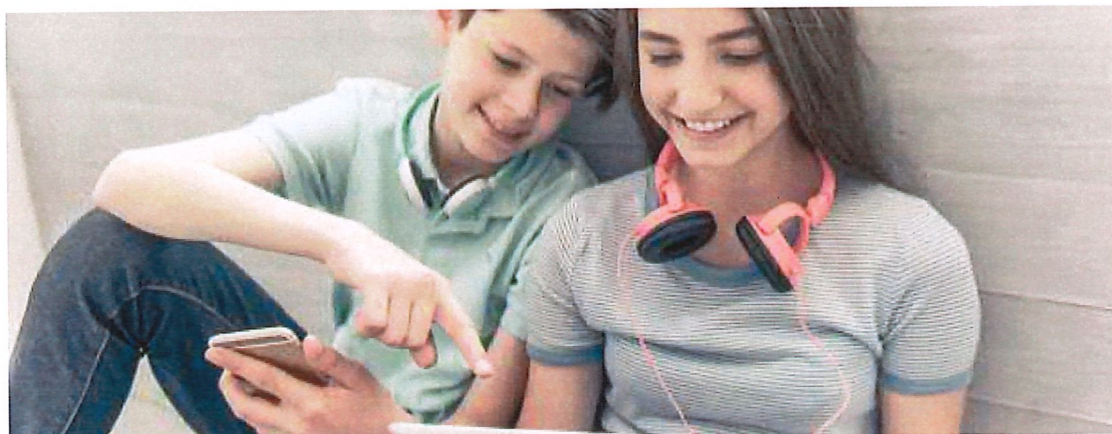


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December 2022

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 winter period.

With the festive holidays on the way, this newsletter outlines the support available from each partner and when this support can be accessed during the holiday period. Also visit the [Sefton and Liverpool CAMHS platform](#) for useful resources to support emotional health and wellbeing.

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Support services

Crisis support

Alder Hey Crisis Care Team - open 24 hours a day / 7 days a week.
Call 0151 293 3577 or free phone 0808 196 3550

If a child or young person is in crisis, they can call the crisis care line any time, but

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Face-to-face support will still be available when clinically indicated - risk assessments will be undertaken regarding these cases.

For more information about CAMHS crisis care [visit the website](#) or follow them on Twitter at [@CrisisCareAHH](#).



Fresh + 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 parents and carers who have a child who has ever attended Sefton CAMHS, or who is on a waiting list.

To join the parent carer support group

Email freshplusgroup@alderhey.nhs.uk or visit their [Twitter](#) or [Facebook](#) pages.



Shout 85258 - text service

A free, confidential and anonymous text support service that you can text from wherever you are in the UK.

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.

Find out more: www.giveusashout.org

Opening hours

24 hours a day/ 7 days a week

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**Kooth**

Kooth is a free online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop.

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.

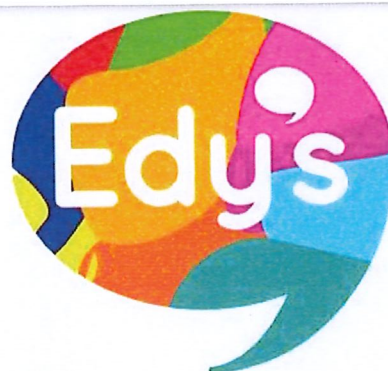
How can this support be accessed?

Online: www.kooth.com

Opening hours

9am to 10pm Monday to Friday

6pm - 10pm weekends

**Alder Hey Eating Disorders Service for Young People (EDYS)**

- Mental and physical health assessments and reviews
- Dietetic advice
- Individual and family therapies

Referral contact details:

Telephone: 0151 282 3662

Online: www.seftonliverpoolcamhs.com

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

Email: camhs.referrals@alderhey.nhs.uk

Twitter: [@EDYSAlderhey](https://twitter.com/EDYSAlderhey)

Who can make referrals?

Professionals, parent/carers, self-referrals.

How can this support be accessed?

Face to face support, telephone or via video call.

Opening hours

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

The service will still be operating over the Christmas period.

Sefton CAMHS



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	• 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 centre. Referral contact details: Telephone: 0151 282 4527 Online: www.seftonliverpoolcamhs.com or www.alderhey.nhs.uk/services/camhs Email: camhs.referrals@alderhey.nhs.uk Twitter: @camhsSefton Camhelions for young people - Twitter and Instagram Who can make referrals? Professionals, 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 support: 24/7 <i>The service will still be operating over the Christmas period.</i>	• New referrals accepted for children and young people living in Sefton aged 5-18 • Open access drop-in service for children, young people and their parent/carers, Monday and Wednesdays, 3-6pm. • Counselling and therapy sessions delivered in person and remotely • 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: www.seftonliverpoolcamhs.com or www.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, via email, telephone or video call. Follow our social media for updates: Facebook, Instagram, Twitter Opening hours Core hours: 9am - 7pm Monday to Friday. <i>The week beginning 19 December will be our last week for open access drop-ins before Christmas, and we will have reduced cover over the festive period.</i>



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Designed to build positive mental and physical health and wellbeing for young people aged 11-19. The programme uses physical activity as an engagement tool and aims to improve confidence and self-esteem. It is personalised based on the needs and interests of the young person and delivered in either a school (secondary) or community setting.

Referrals can be made via the school mental health lead or via active.sports@sefton.gov.uk. For further information call 0151 288 6286.



Sefton Council for Voluntary Service (CVS)

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

How can this support be accessed?

Visit the Here for You Directory:

www.directory.seftoncvcs.org.uk - search for organisations that can offer support.

[Sefton SEAS](#) (Sefton Emotional Achievement Service)

Community youth projects:

- [Brunswick Youth and Community Centre](#)
- [MYA Space](#) (Sefton Performing Arts and Education)
- [Woodvale Community Centre](#)
- [Netherton Park Neighbourhood Centre](#)
- [The Youth Community Partnership](#) (Meols Cop)



Sefton Young Carers @ Sefton Carers Centre

Sefton Carers Centre provides free advice and guidance, emotional and practical support, training and therapies for unpaid carers living in Sefton, including specific support services for young carers aged 5-15 and young adult carers aged 16-25.

Referral contact details:

Referral information is on our website:

www.sefton-carers.org.uk

Who can make referrals?

Young carers, young adult carers, parents/carers and professionals.

How can this support be accessed?

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

Opening hours

9am to 5pm Monday to Thursday.

9am to 4.30pm on Fridays.

Sefton Carers Centre is closed on weekends and bank holidays. Additionally, during the Christmas period, we are closing at the earlier time of 12:30pm on Friday 23 December.

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- Litherland Youth and Community Centre: [Facebook](#) or [Twitter](#)

Parenting

2000

Parenting 2000

- Therapeutic counselling for children from 6 years.
- Parenting Programmes: Youth Connect 5.
- Alchemy Youth Club (Crosby and Southport) for ages 11-18 years.
- Youth wellbeing support and guidance
- Buddy Up Plus @ Alchemy - social club for young people with additional needs aged 18-25 years, with mild to moderate learning disabilities and difficulties.

Find out more

www.parenting2000.org.uk

Alchemy Youth: [Instagram](#) and [Facebook](#)

Referral contact details

www.parenting2000.org.uk/referrals

Telephone: 01704 380047

Who can make referrals?

Self referral, parents/carers and professionals.

How can this support be accessed?

Face to face, via email, telephone and online.

Opening hours

9am - 5pm Monday-Wednesdays and Fridays.

9am -8pm on Thursdays.



Send a message to

07312 263 291

and chat with
a school nurse

Find @SeftonSchoolNurses at chathealth.nhs.uk

School Nurse service

A confidential service for children, and their families to support with emotional, mental health and behavioural issues such as emotional health and wellbeing issues, bullying or friendship issues, healthy eating/weight, sex/contraception, and smoking/drugs/alcohol.

Referral contact details

Telephone: 0151 247 6354 or email: mcn-tr.seftonschoolhealth@nhs.net

Who can make referrals?

Children, young people, parents/carers, schools.

How can this support be accessed?

Face to face visits in schools or another suitable venue, via the 'Chat Health' service below, or telephone consultation and advice for parents, carers and young people.

Opening hours

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

School nurses are also available during school holidays.

'Chat Health' with a school nurse - text messaging service for 11 to 19 year olds

Young people aged 11 to 19 in Sefton can text 07312 263 291 (anonymously if they wish) to get confidential help and advice

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Over the Christmas period, our office will close from 5pm on 22 December, opening at 9am on 3 January.

nurse will reply to the message within 24 working hours at most. Find out more:

www.chathealth.nhs.uk

Adult mental health support

Mersey Care urgent mental health helpline

Open 24 hours a day / 7 days a week

Call 0800 145 6570

Urgent 24/7 support for parents/carers with urgent mental health needs, and for emergency service staff requiring immediate mental health advice and support for a Sefton resident,

Non urgent support

Self-referrals for anxiety, depression and other common mental health conditions can be made directly to Access Sefton – call 0300 303 2708 or complete an online referral at: www.mhm.org.uk/talking-matters-sefton

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

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