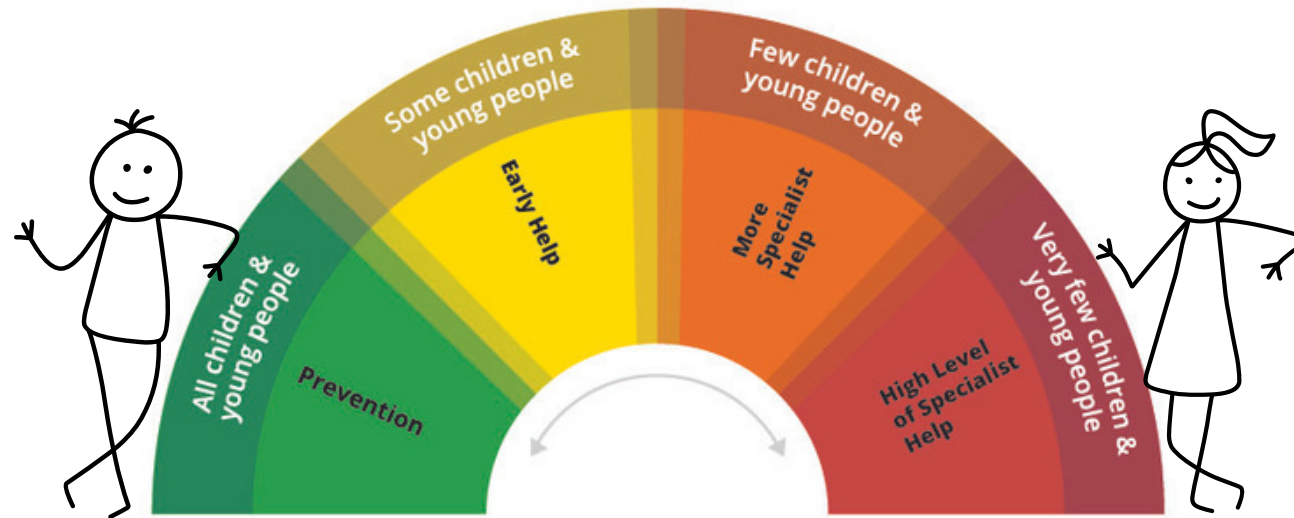


Liverpool's Mental Health Support for Young People Aged 11-16

In Liverpool, mental health support for children and young people aged 0-25 and their families is delivered as a collaborative approach. A partnership of NHS providers and 3rd sector organisations work together to deliver services across different levels of need, from prevention - being mentally healthy - to high levels of specialist help.



PREVENTION: Looking after our mental health

What does this mean?

It's about promoting mental health, self-care and building resilience. Our Whole School Approach promotes positive mental health and wellbeing in education, while training is available for professionals and parents/carers to promote resilience and equip them to identify the signs that a young person may be starting to struggle.

EARLY HELP: Getting Advice and Help

What does this mean?

If a young person struggles with their feelings, the Liverpool CAMHS partners are here to help them and offer advice. They can also tell them about the support available and share information on getting the support they need, whether online or face-to-face.

MORE SPECIALIST HELP: Getting Additional Help

What does this mean?

If a young person is experiencing moderate or severe mental health and emotional difficulties which are having a significant impact on their daily psychological/social and educational functioning, specialist services are here to support them.

HIGH LEVEL OF SPECIALIST SUPPORT: Risk & Crisis Support

What does this mean?

Support, advice and guidance to young people who need specialist support, including crisis care.



What's happening and what to look out for at each level

PREVENTION:

When young people have good mental health, they will:

Feel they can talk to their family and friends.

Be able to sleep through the night and feel rested.

Feel comfortable in their own body.

Find things they do in life makes them feel happy.

Have a range of hobbies and interests that they enjoy.

Feel they can show their emotions.

Have relationships with friends and family that they enjoy.

Learn at school, and be able to concentrate and work towards their goals.

EARLY HELP:

When young people are starting to struggle with their mental health, they may:

Sometimes want to be by themselves and stay away from others.

Find it hard to get to sleep.

Be unsure if they like how they look and feel uncomfortable in their body.

Feel like they don't fit in with their friends.

Have hobbies and interests, but they do not find them fun any more.

Find it hard to show how they are feeling.

Find it hard to be in school and want to stay home.

Feel worried about some things, both at home and outside.

Feel sad and find it hard to be happy.

Feel restless - it is hard to relax.

MORE SPECIALIST HELP:

When young people are struggling with one clear, or a number of mental health difficulties, they may:

Sometimes leave home or school without telling anyone.

Find their body feels tense and feel tired or have no energy.

Have lots of worries in their mind that stops them from doing things.

Can get angry at themselves and other people. They try to manage this by throwing or hitting things.

Spend little time with friends.

Get involved in unsafe relationships.

Feel scared of other people and can feel on high alert.

Feel sad and find it hard to feel happy.

Might do things without thinking and get involved with the Police.

Smoke, use drugs or drink alcohol to change how they feel.

HIGH LEVEL OF SPECIALIST SUPPORT:

When young people are reaching crisis point with their mental health, they may:

Not leave their room. Or they never stay at home and go missing.

Have thoughts in their mind that make them sad. They might then hurt themselves or say they do not want to be here.

Have worries that stop them from doing things they enjoy.

Not feel safe.

Not feel close to their friends or family - they feel very alone.

Change what they eat because they do not like their body. They might start making themselves throw up.

Have feelings that are really strong and hard to manage.



What could help?

PREVENTION:

Building resilience

Resilience is important for young people's mental health. Having resilience enables people to manage stress, which is a natural response to difficulties in life. Stress is a risk factor for mental health conditions such as anxiety and depression.

[Resilience Framework](#)

Funded Training

[Liverpool CAMHS Training](#)

educates and empowers professionals, parents and carers to improve the knowledge and understanding of mental health among young people.

Self-care

On the [Liverpool CAMHS website](#) there's information and support to look after young people's mental health.

EARLY HELP:

Speak to someone

The **YPAS Community Hubs** offer drop-in and support groups offering information, advice and guidance and social prescribing including parent and family support.

Visit your GP who can talk to you about your young person's mental health and help introduce you to the right mental health service for their needs.

In school, talk to:

- The school Mental Health Lead, Pastoral Team or a member of staff that the young person feels comfortable with.
- A school nurse.

Online

Kooth

A free, safe and anonymous [online wellbeing advice](#), support and counselling service.

Text

Text [SHOUT](#) to 85258

MORE SPECIALIST HELP:

Speak to someone

YPAS offer access counselling and [therapeutic support](#)

Fresh CAMHS at Alder Hey

work with young people with varying difficulties including low mood, anxiety, self-harm, suicidal ideation, behavioural difficulties and trauma.

*To access these services, you can make a **CAMHS referral online***

Mersey Care's

[Early Intervention in Psychosis Service](#) supports young people aged 14 – 35 who have had a psychotic experience.

In school, talk to:

- The school Mental Health Lead, Pastoral Team or a member of staff that the young person feels comfortable with.
- A school nurse.

Text

Text [SHOUT](#) to 85258

HIGH LEVEL OF SPECIALIST SUPPORT:

Speak to someone

[Fresh CAMHS at Alder Hey](#)

Eating Disorders Support Team (EDYS) at Alder Hey provides treatment for young people with an eating disorder.

*To access these services, you can make a **CAMHS referral online***

Crisis Care

Alder Hey 24/7 [Crisis Care Line](#): 0808 196 3550

The Crisis Care Team provide support for young people who are experiencing mental health crisis.

Walk-In Support Hub

YPAS Hubs provide a safe space for young people to come to. Trained professional staff will listen and support them through difficult times.

Text

Text [SHOUT](#) to 85258