

## Signposting for Families – Mental Health and Wellbeing

At our school we recognise the importance of the mental health and wellbeing of our pupils and **families** to being able to achieve happy and fulfilling lives. There are lots of resources and organisations that can also support the mental health and wellbeing of your family and child(ren)

### Urgent help

If your child or a young person you know, needs urgent help with their mental health and is in danger call 999 or go to A&E.

If your child is in mental health crisis and you need urgent help, please call the NHS Mental Health crisis line for FREE on 0800 051 1508. This is available 24 hours a day, seven days a week. NHS staff will be able to support you to get the help you / your child needs.

### Advice and guidance



If your child needs assistance with their mental health, but it is not an emergency, you can get help from NHS 111 online or call 111.






Anyone who lives or works in Knowsley can get free help and support via SHOUT – a new, confidential text messaging service for anyone struggling with their mental health.





By texting the word **'REACH'** to **85258** you will start a conversation with a trained volunteer.





**Knowsley Child and Adolescent Mental Health Services (CAMHS) works with young people** up to the age of 18 who have emotional, behavioural or mental health difficulties which are causing difficulties in their school, family or social life. Speak to your GP, health visitor, social worker or school health advisor who will be able to refer you into this specialist service.





There is also a range of support and advice available online:

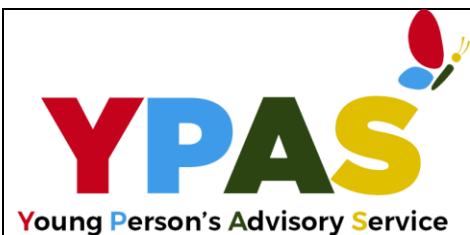
Logo	Summary of Support	Contact details
 <p data-bbox="203 424 647 451">Knowsley Family Information Service</p>	<p data-bbox="683 272 1485 459">The Child and Adolescent Mental Health Service (CAMHS) is a specialist service providing support and therapeutic intervention to children, young people and their families who are experiencing complex, persistent and severe emotional and psychological problems.</p>	<p data-bbox="1529 272 1995 379"><a href="https://www.knowsleyinfo.co.uk">CAMHS Team Knowsley   Knowsley Family Information Service (knowsleyinfo.co.uk)</a></p> <p data-bbox="1529 440 2027 783">CAMHS Team Knowsley Young People and Families' Wellbeing Hub Knowsley Resource and Recovery Centre Dragon Lane Whiston Hospital Prescot L35 5DR</p> <p data-bbox="1529 842 1727 869">0151 489 6137</p>
	<p data-bbox="683 940 831 967"><b>Butterflies</b></p> <p data-bbox="683 975 1473 1086">One-to-one counselling for children and young people (CYP) aged 4 to 17 years and up to 25 years for those with SEND in Knowsley &amp; St Helens</p> <ul data-bbox="734 1094 1491 1206" style="list-style-type: none"> <li>• Specialist counselling service for children and young people affected by suicide bereavement in Hampshire, Cheshire &amp; Merseyside and Lincolnshire.</li> </ul>	<p data-bbox="1529 940 1995 1046"><a href="https://www.listening-ear.co.uk">Affected by Bereavement &amp; Loss - Listening Ear Merseyside (listening-ear.co.uk)</a></p> <p data-bbox="1529 1102 2013 1174">You can make direct referral through the above website</p>

 <p><b>NHS</b> Mersey Care NHS Foundation Trust</p>	<p><b>NHS Self Help Guides and apps</b></p>	<p><a href="#">Self help guides and apps :: Mersey Care NHS Foundation Trust</a></p>
 <p><b>NHS</b> Mersey Care NHS Foundation Trust  Community and Mental Health Services</p>	<p><b>Mental Health and Wellbeing apps</b> Compatible with android and IOS devices.</p>	<p><a href="#">ORCHA</a></p>
 <p><b>LIVE WELL</b></p>	<p><b>Find what you need to live well.</b>  Wellbeing &amp; Health Services. Advice &amp; Guidance. Events/Activities &amp; Groups in Knowsley</p>	<p><a href="#">Home   The Live Well Directory for Liverpool City Region</a></p>
 <p><b>kooth</b> BETA</p>	<p><b>Kooth</b> delivers counselling to young people (age 4 years to 19th birthday) across the Borough of Knowsley.</p>	<p><a href="#">Home - Kooth</a> Online service is open from 12pm - 10pm Monday - Friday and 6-10pm on Saturdays and Sundays and we are open 365 days of the year.</p>
 <p><b>Chasing the Stigma</b></p>	<p><b>Hub of Hope</b> is a place to go to find out what support is around you, wherever you are in the country. A place where you can go and know you're not alone. By creating a community of real people who have faced real problems, we can offer genuine hope to those who need it the most. Whether you are a support group, a concerned friend or someone who is dealing with a mental illness, Chasing the Stigma is here for you.</p>	<p><a href="#">Hub of hope</a></p>

 <p>Knowsley Parent Carers <b>Voice</b> <i>Together we can make a difference</i></p>	<p><b>Knowsley Parent Carers Voice</b> are a group of parents and carers of children with special education needs and disabilities from Knowsley. Our children are of various ages ranging from 0-25 Our aim is to work in partnership with Education, Social Care and Health &amp; Wellbeing services to influence and develop quality services for children and young people with Special Educational Needs and disabilities in Knowsley.</p>	<p><a href="#">KPCV</a></p>
 <p><b>NHS</b> <b>Mersey Care</b> NHS Foundation Trust</p>	<p><b>Talking Therapies</b> offer free NHS therapy for people registered with a Knowsley GP with common mental health problems such as anxiety, stress or depression, to help you change the way you feel by changing the way you think. The service is for adults aged 16 and over with common mental health problems like mild to moderate depression, anxiety, and stress. We can help with other problems such as panic attacks, phobias, and post-traumatic stress disorder.</p>	<p>You can find out more and refer yourself by visiting the <a href="#">Talking Therapies website</a> or call 0151 351 8890</p>
 <p><b>Qwell</b></p>	<p><b>Qwell - free, safe and anonymous online chat-based counselling support accessible 24/7.</b> Booked and drop-in chat sessions from midday to 10 pm weekdays and 6 pm to 10 pm on weekends with professional counsellors. You can also access self-help resources and peer to peer support forums and lots of helpful content on a variety of mental health and wellbeing topics. Available for anyone in Knowsley aged 19+.</p>	<p>Sign up now at <a href="#">Qwell.io</a></p>
 <p><b>SAMARITANS</b></p>	<p><b>Samaritans - A safe place</b> to talk 24 hours a day about whatever is troubling you.</p>	<p>Call 116 123 or visit the <a href="#">Samaritans website</a>.</p>

	<p><b>Shout offers confidential 24/7 text messaging support for times when you need immediate support.</b> The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. They can help with issues such as stress, anxiety and depression and are able to talk via text at any time of day or night.</p>	<p>Simply text the word “REACH” to <b>85258</b> for immediate support. <a href="#">Visit the website</a></p>
	<p><b>Young Minds</b> offers lots of practical tips and advice and real-life stories from other young people who have struggled with their mental health and how they got through it. Parents and carers who are concerned about their child’s mental health up to the age of 25 can get advice from our confidential helpline</p>	<p><b>Call free on 0808 802 5544.</b> Lines are open 9.30am to 4.00pm, Monday to Friday. You can also access webchat and email advice via the website visit <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>
	<p><b>AMPARO</b> - support for anyone affected by suicide.</p>	<p>Find out more by calling <b>0330 088 9255</b> or visit the <a href="#">website</a>.</p>
	<p><b>Butterflies</b> - This service is for children and young people who require mental and emotional support following bereavement, loss or separation.</p> <p style="text-align: center;"><b>SELF REFERRALS ARE WELCOME</b></p>	<p>The service is delivered by Listening Ear and more information can be found at <a href="#">Affected by Bereavement &amp; Loss - Listening Ear Merseyside (listening-ear.co.uk)</a>. You can also contact Listening Ear by telephoning <b>0151 488 6648</b> or emailing <a href="mailto:enquiries@listening-ear.co.uk">enquiries@listening-ear.co.uk</a></p>

 <p><b>ADDvanced Solutions</b> Neurodevelopmental Partnership Supporting you to find the answers</p>	<p><b>Advanced Solutions</b> - Advanced Solutions provide support for children, young people and their families living with neurodevelopmental conditions and may need support with their mental and emotional wellbeing.</p>	<p>For more information contact the team via telephone <b>0151 486 1788</b> or email <a href="mailto:info@advancedsolutions.co.uk">info@advancedsolutions.co.uk</a></p>
 <p><b>DiAMOND</b> domestic abuse emotional support</p>	<p><b>DiAmond</b> - This service is available for children and young people who have been affected by domestic abuse and require support for their mental and emotional wellbeing.</p>	<p>The service is delivered by Listening Ear and more information can be found at <a href="http://listening-ear.co.uk">Emotional Support for Domestic Abuse - Listening Ear Merseyside (listening-ear.co.uk)</a>.</p> <p>You can also contact Listening Ear by telephoning <b>0151 488 6648</b> or emailing <a href="mailto:enquiries@listening-ear.co.uk">enquiries@listening-ear.co.uk</a></p>
 <p><b>PAPYRUS</b> PREVENTION OF YOUNG SUICIDE</p>	<p><b>Papyrus</b> - For Children and Young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned about a young person.</p>	<p>Find out more by calling 0800 068 41 41 or visit the <a href="http://papyrus.org.uk">Papyrus website</a></p>
 <p><b>Survivors of Bereavement by Suicide</b></p>	<p><b>SOBS (Survivors of Bereavement by Suicide)</b> – exists to meet the needs and break the isolation experienced by those bereaved by suicide.</p>	<p>Find out more visit the <a href="http://sobsonline.org.uk">website</a>.</p>



**The Young Person's Advisory Service** - provides mental health and emotional well-being services for Merseyside's children, young people and families.

Website:

[The Young Person's Advisory Service](#)



**The Sleep Charity** – Education support and advice on good sleep routines for children, teenagers and adults.

Website:

[Home - The Sleep Charity](#)