

# Children and Young People Mental Health Support Services

For urgent help and support when in crisis call 08001456485 or text 'BLUE' to 85258.  
You should still attend A&E or call 999 if there is a **life-threatening** emergency

<p><b>Mental health support services for children and young people including those with additional needs. (first point of contact)</b></p>	<p><b>Support for Children or Young People with additional needs (SEN, Child in Need etc), non-attendance</b></p>	<p><b>Children and Young People's Mental Health Services (CYP MHS formerly known as CAMHS) support required</b></p>	
<p>Referrals can be made by parents, child/young person schools or social care/health professionals</p>	<p>Referral by professionals only unless specifically stated</p>	<p>Referral by Social Worker, School Nurse, School Professional, Doctor or Education Psychologist</p>	
<p><b>Information and Advice</b> For children, young people and families who would benefit from advice and information to find the best ways of supporting their mental health and wellbeing</p>	<p><b>Getting help from your local services</b> For children, young people and families who would benefit from help and support from a specialist in-house staff or with an external provider.</p>	<p><b>SEND, Children in Care and Non-Attendance</b></p>	<p><b>Getting More Help (Specialist Services)</b> For children and young people who would benefit from more specialist targeted support. Referrals are considered by evidence of a mental health disorder and significant impairment of functioning and risk.</p>
<p><b>Online advice</b> <a href="#">My Mind</a> – information for children, young people, parents and carers. <a href="#">Every Mind Matters</a> – support if you are feeling stressed, anxious, low or struggling to sleep. <a href="#">Young Minds</a> – website with mental health advice and information for parents and young people <a href="#">YouinMind.org</a> – is an online platform helping you find mental health and wellbeing services in Cheshire. <a href="#">The Hub of Hope</a> – mental health database for national and local mental health support services. <a href="#">The Mix</a> – essential support for under 25s <a href="#">Anna Freud</a> – National Centre for Children and Families, aims to empower young people to make informed choices about their mental health and wellbeing.</p> <p><b>Practical Support</b> <a href="#">Student Minds</a> – charity that empowers university students to look after their own mental health, support others and create change. <a href="#">West Cheshire Mental Health Forum (westcheshire-mental-health-forum.org)</a> – The forum provides a</p>	<p><b>Services that provide spaces to talk for children and young people</b> There are a range of support services available within school settings including <a href="#">Mental Health Support Teams (MHST)</a> and Emotional Support Literacy Assistants. Ask the school if they offer these services. <a href="#">#NHS Talking Therapies</a> service is for adults and older people aged over 16 years. You can self-refer through their website or by calling 01514888348. You can also ask your GP to make a referral. <a href="#">HealthBox</a> – support through counselling, social prescribing, school programmes and resources for parents. <a href="#">Kooth</a> – offers online anonymous counselling service <a href="#">Alumina</a> – 7 week course for young people struggling with self-harm support (14-19 years old) <a href="#">Polaris</a> – support from mental health practitioners <a href="#">Open the Door</a> – domestic violence and abuse support <a href="#">No Panic</a> – helps and supports those living with panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders. <a href="#">Platform for Life</a> – free, local counselling and play therapy to low-income families in Blacon and Lache</p>	<p><a href="#">Cheshire Virtual School</a> for children in care offers support for schools to access: 1. Emotion Based School Non- attendance Emma Callwood/Natalie Brotherton 2. Beacon House 3. Stephen Porges – Polyvagal theory 4. Bruce Perry – Trauma related work 5. Dan Hughes – Playful, Acceptance, Curiosity and Empathy approach, helpful to schools 6. Louise Bomber 2020 – Know Me to Teach Me – differentiated discipline for those recovering from Adverse Childhood Experiences <a href="#">Emotionally Based School Non-attendance (ESBN): Information for Parents</a></p> <p><b>Professional's referral is not required to access the services below:</b> <a href="#">Information Advice and Support Service (IASS)</a> – helps parents and carers, children and young people who have difficulties with learning, and or a disability from birth to 25 years. Young people who are 16+ who have, or believe they have SEN, can access advice directly.</p> <p>For children permanently excluded from school or those who have medical needs, including anxiety, which means they are not attending school further details can be obtained on the Cheshire West and Chester <a href="#">Council Website</a> or by emailing: For exclusions: <a href="mailto:exclusions@cheshirewestandchester.gov.uk">exclusions@cheshirewestandchester.gov.uk</a></p>	<p><a href="#">Cheshire West 0-18 CYP MHS (CAMHS)</a> – referrals can be made by GP, schools, healthcare or local authority professionals. <a href="#">Learning Disability Child and Adolescent Mental Health Service (LD CYP MHS (CAMHS) 0-25) Cheshire West</a> – contact the Ellesmere Port office on 0151 488 8041 or email <a href="mailto:cwp.ldcamhs.west@nhs.net">cwp.ldcamhs.west@nhs.net</a> or <a href="mailto:cwp.ldcamhscentral@nhs.net">cwp.ldcamhscentral@nhs.net</a></p> <p><b>CYP MHS formerly known as CAMHS Referral Criteria</b> When considering a referral, CYP MHS look for evidence of symptoms of a significant mental health disorder, significant impairment of functioning, and/or associated significant risk. As part of their referral triage process, they review the information gathered in relation to referral guidance based upon: •Prolonged symptoms (over six months) that suggest significant mental health disorder of a severity that prevents or affects normal development and their daily routine. These symptoms cannot be explained by any other underlying physical, developmental or neurological disorder and/or •High levels of risk associated with significant and/or escalating deliberate self-harm or suicidal thoughts and/or •Consistent implementation of primary services and self-help strategies have not proved effective in improving symptoms</p> <p>Specialist CYP MHS (CAMHS) are not the right service to support young people who are struggling with understandable emotional responses to life events such as parental separation, bereavement, bullying or other contextual safeguarding concerns unless these symptoms are severe and prolonged suggesting development of a mental illness.</p>

safe space giving mental health service users and carers a voice.

### Phone line Support

[Childline](#) – 0800 1111 24hr support line

[Samaritans](#) – this is a free phone line support on 116123

### App Support

NHS Think Ninja App free in the [Google app store](#) or [Apple Store](#).

### Specialist services

[The Proud Trust](#) - supports LGBT+ young people.

[Chester Pride](#) – celebrating, supporting and advocating for the LGBTQ community. Helpline  
WhatsApp: 07718 066 684 or email [info@chesterpride.co.uk](mailto:info@chesterpride.co.uk)

[The Wilderness Tribe](#) - uses the power of nature to tackle mental health issues, reduce social isolation

[Martin Gallier Project](#) – provides suicide prevention and intervention for anyone over the age of 16 through specialist suicide intervention. They can also support carers of children who are experiencing suicidal ideation.

### Other services that can support emotional health and wellbeing

[Rage Fitness](#) - supports to improve their physical, mental & emotional wellbeing.

[Youth Fed](#) – mental health support face to face, online, over the phone or video; youth groups and mental health first aid training for young people

[Youth Service](#) – delivers youth provision and youth projects to young people 13-19 years (up to 25 years if Special Educational Needs and Disabilities)

[Brio Leisure](#) – local leisure centres that provide spaces for physical activity

### Specialist Services

[Child and Educational Psychology](#) Service - provide advice on learning, social, emotional, behavioural and developmental needs.

[Together for Adoption](#) – a range of services available to meet the needs of adoptive families and those in the process of adopting.

For medical needs:

[medicalneeds@cheshirewestandchester.gov.uk](mailto:medicalneeds@cheshirewestandchester.gov.uk)

### LD CYP MHS (CAMHS) criteria

The LD CYP MHS (CAMHS) team support young people 0-18 who have a Severe Learning Disability and behaviour that is challenging and or sleep problems, someone who has a Severe Learning Disability will “have little or no speech, find it very difficult to learn new skills, need support with daily activities such as dressing, washing, eating and keeping safe, have difficulties with social skills and need life-long support. A Severe Learning Disability is typically diagnosed at birth or in early childhood.” (Challenging Behaviour Foundation 2022).

Anyone can refer to the service, please call the team on 0151 488 8041 or email [cwp.ldcamhs.west@nhs.net](mailto:cwp.ldcamhs.west@nhs.net) all referrals will be triaged and if the young person does not meet the team criteria LD CAMHS will attempt to signpost to alternative services that may be able to help.

### Other specialist services

[West Minister Drugs Projects](#) call **0300 303 4549**, email [cwacyp@wdp.org.uk](mailto:cwacyp@wdp.org.uk)

- For Behavioural problems local parenting courses are the best intervention
- For young people where you suspect ADHD or a Autistic spectrum condition please refer to community paediatrics or your GP.

### Getting Risk support ( Professionals ONLY)

For children and young people who are currently unable to benefit from evidence-based treatment such as CAMHS and talking therapies but remain a significant concern and risk. This might include children and young people who routinely go into crisis but are not able to make use of help offered, or where help offered has not been able to make a difference; who self-harm; or who have emerging personality disorders or ongoing issues that have not yet responded to interventions.

[Ancora House](#) -Specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital.

[Forensic Child and Adolescent](#) support

## Bereavement Services

- [Reflect Children's Bereavement Service](#)
- [Child Bereavement UK](#)
- [Winstons Wish](#)
- [Cruse Bereavement](#)
- [Hope Again](#)
- [The Dove Service](#)

## Crisis Support

Cheshire and Wirral Partnership Crisis Line - 08001456485 or text 'BLUE' to 85258  
[Shout](#) is the UK's first 24/7 text service, free for anyone in crisis anytime, anywhere.

### Suicide Prevention

(Self-referrals)

- [Papyrus](#)
- [Stay alive app](#)
- [Calm Harm app](#)

Advice can also be found on the Live Well Council site or <https://westcheshirechildrenstrust.co.uk/>