



Wirral CAMHS Resource and Information Pack

Lots of people have an important role to play in promoting positive mental health and supporting children and young people with mental health difficulties – these include children and young people themselves, their families and friends, schools and other community resources as well as CAMHS (a specialist mental health service).

Here is information about self-help resources, community services, when to refer to CAMHS and what to do if you are concerned about immediate risk.

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Coping

There are ways to develop coping strategies through self-help resources for children, young people and families. Details of websites, apps and reading materials that lots of young people find useful are provided on **pages 3-6**.

Getting Help

Sometimes some additional support is required for mild/moderate mental health difficulties. On the Wirral there are a number of agencies who can offer support and counselling. Details are provided on **pages 7-20**.



Getting Risk Support

What to do if there is an immediate risk to self or others – See **page 20**.

Getting More Help

When difficulties become moderate to severe more intensive support may be required. Details can be found on **pages 18-20**.



Coping

- **BEAT (Eating Disorder Association):** www.b-eat.co.uk Information about eating disorders, how to get help and how to help someone else.
- **Bully Busters:** www.bullybusters.org.uk Bully Busters help and support children, young people, parents or professionals who are having difficulties dealing with bullying. Confidential freephone helpline, Tel: 0800 169 6928.
- **CALM (The Campaign Against Living Miserably):** www.thecalmzone.net is a registered charity, which exists to prevent male suicide in the UK. Webchat and Helpline (0800 585858) available from 5pm-midnight all year round.
- **CAMHS Ready:** www.camhsready.org CAMHS Ready is a tool for young people and their families that ensures they get the most out of their first visit to CAMHS. Created by North Staffordshire CAMHS.
- **Childline:** www.childline.org.uk or ring 0800 1111 (24 hours a day, 7 days a week). Free and confidential helpline for children & young people about any worry they may have. Option to speak to a counsellor by telephone or email; there's also online chat, a message board and a text messaging information service.
- **FRANK:** www.talktofrank.com Freephone 0800 77 66 00 (24 hour service, free if called from a landline). Confidential information and advice for anyone that has worries about alcohol or substance misuse.
- **Get-Self Help:** <http://getselfhelp.co.uk/> Provides information about various mental health conditions and self-help resources.
- **Gingerbread:** www.gingerbread.org.uk Charity working with single parent families. Supporting, advising and campaigning with single mums and dads to help them meet their family's needs. Includes single parent forum & helpline.



Coping

- **Headspace Toolkit:** www.headspacetoolkit.org Information and advice for young people when they need a short stay at hospital, so that they better understand what's happening, know their rights and feel they can be involved in the decisions being made.
- **Karma Nirvana:** www.karmanirvana.org.uk Provide practical and emotional support to male and female victims of forced marriage and honour based abuse across the UK. Helpline: 0800 5999 247 (Open 9am - 9pm Weekdays & 10am - 4pm Weekends)
- **The Lowdown:** www.getthelowdown.co.uk A teenager health site; the 'Mind' section offers information and advice about common mental health conditions and dealing with difficult feelings; plus lots of tips on how to stay happy and well.
- **Mermaids:** www.mermaidsuk.org.uk Offer support for gender variant children and teenagers, and their families. Aim to relieve the mental and emotional stress of all persons aged 19 years and under who are in any manner affected by gender identity issues. Various support includes a helpline, an email support service, a parents forum and a separate teens forum, support groups plus multiple residential weekends. **Email:** info@mermaidsuk.org.uk
- **MindEd:** www.minded.org.uk Provide information, guidance and 'e-learning' modules on children and young people's mental health, wellbeing and development to any adult to help them support the development of young healthy minds, and identify and support children and young people with mental health issues.
- **The Mix:** www.themix.org.uk Counselling service for young people 25 years and under. Includes 1-2-1 chat online and helpline (0808 808 4994).



Coping

- **Moodjuice:** www.moodjuice.scot.nhs.uk Information and advice to those experiencing troublesome thoughts, feelings and actions. The site contains information on organisations, services and various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems that can offer support, advice and information.
- **My Mind:** www.mymind.org.uk The CWP CAMHS webpage developed for anyone interested in the mental health & well-being of children and young people across Cheshire and Wirral. Includes information and activities for CYP and parents/carers to download and use.
- **OCD-UK:** <http://ocduk.org/> Provides resources and information for children and adults whose lives are affected by Obsessive-Compulsive Disorder.
- **PAPYRUS (Prevention of Young Suicide):** www.papyrus-uk.org is the national UK charity dedicated to the prevention of young suicide. Helpline 0800 068 4141, 07786209697 (text), pat@papyrus-uk.org (email) from 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm bank holidays.
- **Reading Well:** <http://reading-well.org.uk/> Wirral libraries stock a number of books to promote the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books.
- **Samaritans:** www.samaritans.org.uk or ring 08457 90 90 90 (24 hours a day, 7 days a week). Consists of volunteers who are available to talk to in confidence for support if feeling sad or upset and don't know where else to turn.
- **Sibs:** www.sibs.org.uk Information, advice and support for people that grow up with a disabled brother or sister.



Coping

- **STEM4:** www.stem4.org.uk STEM4 targets early identification of teenage Eating Disorders, Addiction, Self-Harm, Anxiety and Depression with an aim to raise awareness and enhance detection, education and motivation. Website includes downloadable apps.
- **Young Minds:** www.youngminds.org.uk Information and real life stories about children and young people's mental health, and ways to get help.
- **Young Minds, Parent Helpline:** http://www.youngminds.org.uk/for_parents/parent_helpline Provides information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25. The helpline allows parents and carers to speak to someone in confidence about any concerns. Helpline Number: 0808 802 5544 (9.30am -4.00pm, Mon-Fri).
- **Youth2Youth:** www.youth2youth.co.uk Helpline run by young people for young people aged 11-19 years who would prefer to speak to another young person in confidence about their worries and concerns.

Mobile Phone Apps

Mindfulness

- <https://smilingmind.com.au/>
- <https://www.headspace.com/>

Coping strategies

- <http://www.inhand.org.uk/>

Problem solving

- <http://www.healthymindsapp.ca/>

Self-harm tracking/distraction tips

- <http://www.stem4.org.uk/>



Getting Help

The Adoption Support Fund (ASF)

The ASF has been established to help families who need some kind of therapeutic support following adoption and enables them to access the services they need more easily. An assessment of the family's adoption support requirements needs to be completed by the Local Authority, who will apply to the fund on the family's behalf. The fund can be used to access support from registered organisations, as well as NHS providers including CAMHS. Families that wish to apply to the fund should contact their Local Authority. For more information visit www.adoptionsupportfund.co.uk

Autism Together (formerly Wirral Autistic Society) - Children and Family Service

Supports children, young people and their families, in helping them understand autism & social and communication difficulties.

Address: Family Support Service, The Rainbow Resource Centre, 120 Chester Street, Birkenhead.

Tel: 0151 666 9960

Email: info@autismfamily.co.uk

Website: www.autismfamily.co.uk

Barnardo's Action with Young Carers, Wirral (5-24 years)

Barnardo's provide specialist support, advice and advocacy to Young Carers aged 5 to 18 and Young Adult Carers aged 18 to 24 in Wirral.

Address: Wirral Young Carers, Ganneys Meadow Nursery School & Family Centre, New Hey Road, Woodchurch, Wirral, CH49 8HB.

Tel: 0151 678 7790

Email: wirral.services@barnardos.org.uk



Getting Help

Bereavement Counselling Services

1) The Dove Service

Offer a range of support to parents and professionals, including counselling for children/young people. Also offer training on issues around bereavement and loss, informative workshops and group support.

Main office is based in Stoke-on-Trent with centres located in:

Pensby Children's Centre, Fishers Lane, Pensby, Wirral, CH61 8SD

Seacombe Children's Centre, St Paul's Road, Seacombe, Wallasey, CH44 7AN

Tel: 01782 683155

Website: www.thedoveservice.org.uk

2) Butterflies (4- 15years)

Butterflies is a well-established activity-based therapy service for young people aged 4 to 15 years experiencing bereavement and loss (including domestic abuse, looked after children/ children on the edge of care and parent in prison).

Tel: 0151 488 6648

Website: <http://listening-ear.co.uk/butterflies>

Brook Advisory-Wirral

They have services for young people/adults to drop into to see a nurse, youth worker or counsellor.

They go into schools to give young people information on their health, relationships, sex and lives.

Brook's services are free and confidential. They hold regular drop in sessions at their clinic.

Address: 14 Whetstone Lane, Birkenhead, CH41 2QR.

Tel: 0151 670 0177

Website: www.brook.org.uk/find-a-service/regions/wirral



Getting Help

Children's Centres (0-5 years)

Children's Centres offer advice and support for the parents of children aged 0-5 years. They offer a range of parenting programmes and support groups. Parents can self-refer directly to the individual Children's Centres:

Brassey Gardens Children's Centre (main hub) Brassey Gardens, 2 Brassey Street, Birkenhead CH41 8DA Tel: 0151 652 1916	Cloughton Children's Centre Cloughton, Ridgeview Road, Prenton CH43 9HG Tel: 0151 488 5948	New Brighton Children's Centre (NBCC) Mount Pleasant Road Wallasey CH45 5HU Tel: 0151 630 2731
Rock Ferry Children's Centre (satellite) Rock Ferry, Ionic Street, Rock Ferry CH42 2BL Tel: 0151 644 5500	Prenton Children's Centre Prenton, Bramwell Avenue, Prenton CH43 0RQ Tel: 0151 608 7253	Seacombe Children's Centre (SCC) St Paul's Road Wallasey CH44 7AN Tel: 0151 630 1845
Cathcart Children's Centre Cathcart, Dover Street, Birkenhead CH41 3JY Tel: 0151 647 4445		Pensby and Thingwall Children's Centre Fishers Lane Pensby CH61 8SD Tel: 0151 666 4819



Getting Help

Counselling Services in Schools

Lots of schools have counselling services provided by private organisations that offer support to young people. These services can be enquired about in school.

G.I.R.L.S. Development Project (13-19 years)

A self-development project targeting young women 13-19 considered vulnerable and at risk. Run to reduce risk taking behaviour, strengthen resilience to peer pressure and abusive relationships and raise aspirations in relation to healthy lifestyle and choices.

Address: Pilgrim Street Arts Centre, 1 Pilgrim Street, Birkenhead, CH41 5EH.

Tel: Caron Drucker, 0151 666 3718.

Email: carondrucker@wirral.gov.uk

Home-Start Wirral

Home-Start work in partnership with families to help them manage the difficulties of family life. They run various projects to help support parents as they learn to cope, improve their confidence and build better lives for themselves and their children.

Tel: 0151 608 8288

Email: admin@homestartwirral.co.uk

Website: www.homestartwirral.co.uk

Inclusion Matters Wirral (16+)

Offer a range of talking therapies for people/young people experiencing low mood, depression or problems with anxiety. These include Cognitive Behavioural Therapy (CBT), online CBT and counselling.

GP's can refer or young people (16+) can self-refer.

Address: Units 20-28, Woodside Business Park, Birkenhead, CH41 1EL.

Tel: 0151 649 1859 (10 – 4pm daily).

Website: www.inclusion-matters-wirral.org.uk



Getting Help

Kidstime Wirral

Kidstime is a monthly workshop for local families where there is a parental mental health difficulty; with an emphasis on helping children and young people affected by the issue to access information and support. Referrals can be made by family workers, Adult Mental Health Services, GPs, school nurses and CAMHS.

Address: Wirral Creative Development Team, Pilgrim Street Arts Centre, 1 Pilgrim Street, Birkenhead, CH41 5EH.

Tel: 0151 666 3718

Kooth.com (11-25 years)

www.kooth.com is an online counselling service that provides users with a free, confidential, safe and anonymous way to ask for help. It's currently available to over half a million 11-25 year olds in England and Wales and is now operational in 33 geographical areas.

Leap Frog (5-10 years)

Leap Frog are a programme for children aged 5-10 years who need help overcoming experiences of domestic violence.

Address: Royal Standard House, 330-334 New Chester Road, Rock Ferry, Wirral, CH42 1LE.

Tel: Lisa Briard, 07415402820.

Multi-Agency Safeguarding Hub (MASH)

The MASH provides a single integrated service for all safeguarding concerns. It is a multi-agency co-located team of key safeguarding agencies designed to provide quick and accurate identification of safeguarding risks to children, young people and adults. Referrals into the MASH are made through the Central Advice and Duty Team (CADT). If a child, young person or adult is at risk of harm, abuse or neglect it should be reported to the CADT.

Tel: 0151 606 2008 (for adults please phone 0151 606 2006) (Mon-Fri 9-5), 0151 677 6557 (outside of hours).

Email: cadtsocialcare@wirral.gcsx.gov.uk



Getting Help

NYAS (National Youth Advocacy Service)

Provides socio-legal services, information, advice, advocacy and legal representation to children, young people and vulnerable adults

Tel: 0151 649 8700.

Website: www.nyas.net

The Open Door Centre (14+)

Provide Mental Health Support and musical provision for young people free of charge. Offer free and immediate access to 'Beating the Blues' Computerised Cognitive Behaviour Therapy (CCBT), face-to-face counselling and meditation/mindfulness for those wishing to improve concentration and relieve stress.

Address: 108 Seaview Road, Wallasey CH45 4LD.

Tel: 0151 639 4545.

Private Therapists and Psychologists

Professional bodies holding directories of accredited therapists required to meet particular standards in order to be registered.

- **British Psychological Society (BPS)** www.bps.org.uk - Holds a directory of chartered psychologists. This can be found under the 'Find a Psychologist' section.
- **British Association for Behavioural and Cognitive Psychotherapies (BABCP)** www.babcp.com – Holds an official register of all accredited Cognitive Behavioural Therapists (CBT). This can be found under the 'Public - Search for a Therapist' section. All the practitioners listed are accredited members of either the BABCP (the lead organisation for CBT in the UK and Ireland), or the Association for Rational Emotive Behaviour Therapy (AREBT).
- **British Association for Counselling & Psychotherapy (BACP)** www.bacp.co.uk - Holds a register of counsellors & psychotherapists accredited by the Professional Standards Authority for Health. This can be found under the 'Information- It's Good to Talk' section.



Getting Help

RASA Merseyside (no age limit)

The RASA Centres provide free, confidential and non-judgemental services, run by women for individuals who have experienced any form of rape or sexual abuse at any time in their lives.

Tel: 0151 650 0155.

Email: birkenhead@rasamerseyside.org

Website: <http://www.rasamerseyside.org/>

Response Counselling (13 – 19 years)

Response is a confidential service for young people aged 13-19 years old. They offer a wide range of support, covering drugs & alcohol, mental health, and homelessness/threatened homelessness. Many young people who use Response have a number of needs that require a lot of support.

Address: Callister Centre, 19 Argyle Street, Birkenhead, CH41 1AD.

Tel: 0151 666 4123.

Safe Families for Children

Safe Families recruit and train a diverse group of volunteers to support families in crisis. Support may include moral support for parents and carers regarding their own problems, support for the challenges of parenting, or looking after a child aged 0-10 for a period of time. While Safe Families volunteers step in to help, parents and carers maintain the primary care of their children.

Email: info@safefamiliesforchildren.com

Website: <https://www.safefamiliesforchildren.com/>



Getting Help

Triple P Parenting Programme

Triple P run parent interventions to increase the knowledge, skills, and confidence of parents; and reduce the prevalence of mental health, emotional, and behavioral problems in children and adolescents.

Contact: Family Intervention Team, Alan Rimmer.

Tel: 0151 666 4927

WEB (Women's Enterprising Breakthrough)

Offer self-development courses- confidence and self-esteem training, one-to-one support, days out, holistic therapies. WEB staff can also help with practical issues such as housing, benefits and employment. In recent years WEB has extended its services to Men & Boys

Run young women's groups & boy's groups providing activities and opportunities specifically focusing on building confidence and self-esteem.

- Young Women's Group Service: For girls aged 9-18, operates on a Wednesday evening at 5pm – 7pm (age 9-13), 7pm-9pm (age 14-18).
- Boys Group Service: For boys aged 9-13, operates on a Monday evening at 4.30pm-6.30pm (age 9-13).

Address: WEB Merseyside 176 Corporation Road, Birkenhead, Merseyside. CH41 8JQ

Tel: 0151 653 3771.

Wirral Change

Wirral Change provide a range of services to support disadvantaged and Black and Minority Ethnic communities in Wirral.

Address: Wirral Change . St Laurence's School . St Laurence Drive .Birkenhead, CH41 3JD.

Tel: 0151 649 8177.

Email : info@wirralchange.org.uk



Getting Help

Wirral LGBT Network

Provide a range of support, advice and training opportunities to Lesbian, Gay, Bi and Trans people or those questioning their gender or sexuality across the Wirral.

Tel: 0151 666 9890.

Email: info@wirrallgbt.org.uk

Social Media Pages: www.facebook.com/WirralLGBT and www.twitter.com/WirralLGBT

Wirral Multi Cultural Organisation (no age limit)

Offer support for black and minority ethnic children with a particular focus upon children who are experiencing the negative effects of social isolation, family stress and racial harassment

Tel: 0151 666 4547.

Email: info@wmo.org.uk

Website: <http://www.wmo.org.uk/>

Wirral SEND Partnership (formerly Parent Partnership) (0-25 years)

Information, advice and support for children and young people aged 0-25 with Special Educational Needs and/or Disabilities (SEND) and their parents or carers.

Tel: 0151 522 7990.

Email: contact@wired.me.uk



Getting Help

YPAS (Young Person's Advisory Service) (5-25 years)

Offer support and therapeutic services for children aged 5 -15 years, young people aged 16-25 years and their families in Liverpool to improve the mental health and emotional well-being needs. Includes LGBT, sexuality and transgender support and advice. Group sessions, individual therapy, and other support services available.

Address: 36 Bolton street, Liverpool, L3 5LX.

Tel: 0151 707 1025.

Email: support@ypas.org.uk



Getting Help- 18+ years only

Age UK Wirral

Age UK promote the wellbeing of older people in the whole of Wirral by offering support and advice as well as organising events and activities.

Address: Age UK Wirral, Devonshire Resource Centre & Bradbury Wing, 141 Park Road North, Birkenhead, Wirral CH41 0DD.

Tel: 0151 482 3456.

Email: enquiries@ageukwirral.org.uk

Website: www.ageuk.org.uk/wirral

Cruse (18+)

Offers 1-1 support and bereavement support groups to adults aged 18 and over.

Tel: 0151 645 6604

Email: wirral@cruse.org.uk

Tomorrow's Women Wirral (TWW) (women aged 18+)

Project designed to reduce female imprisonment, offending, and to provide assistance to those women who want to make positive lifestyle changes.

Tel: 0151 647 7907 or 07927335655.

Email: admin@tomorrowswomen.org.uk

Wirral Mind: Provides services to adults in the local community with mental health problems and learning disabilities. Support services include self-help groups, drop-in centre, counselling, befriending.

Address: Drop-in Centre: The Fountain Project, 90 – 92 Chester Street, Birkenhead, CH41 5DL.

Tel: 0151 512 2200.

Email: learning@wirralmind.org.uk

Website: www.wirralmind.org.uk



Getting Help/Getting More Help

Wirral CAMHS (Child & Adolescent Mental Health Service)

Adcote House, Kent Street

Oxton, CH63 6TX, Tel: 0151 488 8111

CAMHS accept referrals for the following moderate to severe mental health difficulties:

Psychosis –including delusional beliefs, paranoia, deterioration in self-care and social/family functioning, disinhibited behaviour in partnership with Early Intervention Team.

Moderate – Severe Trauma Reaction including Post-Traumatic Stress Disorder and Developmental Trauma – more than one month after the traumatic event where there is a significant impact on the young person’s functioning.

Emerging Emotionally Unstable Personality Disorder – with significant instability of interpersonal relationships, self-image and mood, and impulsive behaviour

Eating disorders – including anorexia, bulimia and eating disorders not otherwise specified, in partnership with Chester Eating Disorder Service (CHEDS)

Anxiety and Depressive symptoms - including phobias, anxiety, depression, OCD, somatic symptoms where there is a significant impact on daily functioning, is beyond a normal adjustment reaction (i.e. bereavement, loss) and of significant duration.

ADHD – where difficulties are mainly home-based and with co-morbid mental health difficulties, in partnership with community paediatrics and the agreed ADHD pathway.



Getting Help/Getting More Help

ASC - where there are co-morbid mental health difficulties and the child is aged 13+

Conduct Disorder and Oppositional Defiant Disorder - with co-morbid mental health concerns and as part of multi-agency planning in partnership with MST (Multi-Systemic Therapy), YOS (Youth Offending Service), Adolescent Support Team

Attachment disorder- having a significant impact on family and social functioning

Under 5s - with significant behavioural, social or emotional difficulties where previous universal interventions have not alleviated the difficulties, in partnership with the Health Visitor service.

Children with Severe Learning Disabilities – under the age of 16 who have mental health and/or significant behavioural difficulties, in partnership with the Local Authority disability team for transitional cases.

Deliberate self-harm - accompanied by suicidal ideation and a pattern of emotional dysregulation and poor coping strategies.

Wirral CAMHS will prioritise vulnerable groups. Children In Care will be seen within 2 weeks.

CAMHS do not accept referrals where:

- the young person is aged over 18
- the referred problem may be best treated in an alternative service
- a more clinically appropriate service has been commissioned from an alternative provider
- children are in court proceedings and intervention is not advised under Home Office guidelines



Getting Help/Getting More Help

For any queries or for a consultation you can contact the CAMHS Duty Worker

- Tel, advice line: 0151 488 8453, Mon-Fri, 9am-5pm
- Email: wirralcamhsadvice@nhs.net
- Website: www.mymind.org.uk

Early Intervention Team

Support and treat individuals experiencing symptoms of psychosis for the first time.

Address: Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LQ.

Tel: 0151 488 823.

Getting Risk Support

A & E

If you are concerned about immediate risk to self or others

Arrowe Park Hospital

Tel: 0151 678 5111.

Address: Arrowe Park Road, Upton, Wirral, Merseyside, CH49 5PE.