

CYP Mental Health Snapshot

Getting Advice



Kooth

Kooth offers online mental health support that is integrated, person-centred and based on individual needs.

Kooth provides moderated therapeutic and topic-specific content and community-centred forums where CYP can read and share personal experiences, advice, and receive emotional support. The content and community is age-segregated, pre-moderated and peer-support focused and includes crisis information, and self-help resources.

Kooth also offers support through live chat and messaging for young people seeking immediate help. We provide a safe space to feel heard, engaging with practitioners .

We offer young people a one-off single counselling sessions on an intermittent basis, or regular sessions with a consistent Kooth practitioner.

For more information and to access, visit www.kooth.com

Getting Help



Thornton Wellbeing Centre

- Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, severe learning disabilities or complex physical disabilities.
- Family Based Interpersonal Therapy – An early intervention aiming to prevent depression that is aimed at children aged 7-12.
- Incredible Years Parenting Programme - This programme aims to strengthen parent - child interactions and promote positive attachments.
- Contact thornton.fwc@sefton.gov.uk for more information.

School Nursing Service



The school nursing service offer 1:1 sessions in a school setting for pupils.

The School Nursing Service can offer pupils and their families support with mental health or behaviour difficulties. Following holistic assessment, they provide health promotion, early intervention and referral onto targeted services. Please visit: <https://www.merseycare.nhs.uk/our-services/sefton/school-health-team> for more information.

The service can be contacted via 0151 247 6354 or mcn-tr.seftonschoolhealth@nhs.net

Parenting 2000



Parenting 2000 provides therapeutic counselling to children and young people from 6 years upwards living in Sefton, and weekly after school mental wellbeing youth mentoring sessions for 11-18 year olds.

Parenting programmes (youth Connect 5) are offered to parents/carers of children and young people, aiming to improve understanding of mental wellbeing and how to build resilience and communication within the family.

Further information about Parenting 2000 is available [here](#)
Referrals (including self referrals) can be made online [here](#)

1-2-1 Programme



The 1-2-1 programme is 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. The programme is personalised based on the needs and interests of the young person. Sessions take place on a weekly basis over the course of 6-12 weeks, and is delivered in one of the Active Sefton leisure centres.

Referrals can be made via the following link <https://activelifestyles-sefton.co.uk/1-2-1-programme-referral/>

For further information call 0151 288 6286 or email: active.sports@sefton.gov.uk

Venus



The Venus Star Centre works to support the mental health and emotional wellbeing of Sefton young people. The team work with children, young people and their families aged 5-18 living in Sefton to provide a wide range of support.

The service offers both group and 1-2-1 therapeutic interventions, to support and manage mental health concerns such as anxiety, worry and low mood.

For further information visit www.venuscharity.org or call 0151 474 4744.
Referrals (including self referrals) can be made online [here](#)

Getting More Help



Young People sessions delivered through Wellbeing Centres

- Adolescent skills training - Aimed at adolescents who are at risk of developing depression and/or struggling with relationships.
- Individual Interpersonal therapy for Adolescents (IPT-A) - A programme aimed at those who are experiencing symptoms of depression.
- Contact thornton.fwc@sefton.gov.uk for more details.

SWAN Women's Centre



SWAN womens centre provides a counselling service for women and teenage girls aged 13+.

Referrals can be made by the young person, family or professional via the website: www.swanwomenscentre.org by email: YPCounselling@swanwomenscentre.org or call: 0151 933 3292

Getting Risk Support



CAMHS Crisis Care Team

This specialist service at Alder Hey supports young people under 18 with a Liverpool or Sefton GP, offering fast access to mental health assessments and care. The team provides support for children and young people, as well as families and professionals involved in their care.

Support can be accessed 24/7 through **NHS 111** by calling and selecting the mental health option, or online: 111.nhs.uk

Further information about the team is available [here](#)

Children and Adolescent Mental Health Service (CAMHS)



CAMHS work with children and young people with varying mental health difficulties including low mood, anxiety, self-harm, suicidal ideation, behavioural and trauma. The team provide assessment and intervention up to the age of 18.

A referral (including self-referral) can be made online [here](#), or please email: camhs.referrals@alderhey.nhs.uk / call: 0151 282 4527

Further service information available [here](#)



Alder Hey Eating Disorder Service for Young People

The Eating Disorder for Young People Service (EDYS) provides specialist, community-based support for children and young people up to age 18 across Liverpool and Sefton. The team offers timely assessment and intervention for a range of eating disorders, including anorexia, bulimia, and other disordered eating behaviours.

A referral can be made online [here](#), or please email: EDYS@alderhey.nhs.uk or call: **0151 282 4911**

Further service information available [here](#)

Mental Health Support Team (MHST) in Schools



The Sefton MHSTs are based within schools offering individual and group support for young people, parents and staff.

The MHST is an early intervention and prevention service offering mental health and wellbeing support to young people, families and staff. Support includes: 1:1 low level and group interventions for mild-moderate mental health difficulties, psychoeducation, staff and parent support, advice and signposting and developing the Whole School and College Approach.

Referrals can be made by speaking to the Mental Health Lead within schools. Further information available [here](#) or email: sefton.mhst@alderhey.nhs.uk

Helplines

HOPELINEUK
Call: 0800 068 4141 Text: 07860 039 967

Samaritans
Call: 116 123

Childline
Call: 0800 1111



Sefton Emotional Health Partnership
Working Together For Young Peoples Emotional Health