

October 2020

SEFTON CAMHS SUPPORT

The Sefton Child and Adolescent Mental Health Services (CAMHS) partnership has been adapting as Coronavirus impacts on our everyday lives and the journey to recovery begins.

Our partners are working hard to ensure children, young people and families get the support they need during this time. This document outlines the support available from each partner and how this support can be accessed.

Crisis Support

If a child or young person is in crisis, they can call the crisis care line any time, but they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

**Alder Hey Crisis Care Team - 24 hours a day, seven days a week
– 0151 293 3577 or free phone 0808 196 3550**

Face-to-face support will still be available when essential - risk assessments will be undertaken regarding these cases.

[Click here](#) for more information and updates about CAMHS crisis care or visit Twitter @ CrisisCareAHH

Fresh Plus Group - support for parents and carers

Alder Hey's CAMHS parent and carer support group will be running a series of informal virtual sessions to support families as we head into winter, focusing on strategies to boost mood and relieve anxiety in these uncertain times.

The support group is open to all parent and carers who have a child who has ever attended Sefton CAMHS or who is on a waiting list.

For further information and to join the sessions, email freshplusgroup@alderhey.nhs.uk or visit Twitter/Facebook @freshplusgroup.

Alder Hey CAMHS

What support is available?

- Crisis risk assessment and management consultation through telephone support
- Range of online workshops, seminars and groups for parents/carers, children and young people.
- Urgent assessments are being offered remotely.
- New urgent work is also being allocated and offered remotely.
- Children and Young People open are continuing with their treatment plan remotely.
- Online groups and seminars coming on line in May 2020.

Referral contact details:

Telephone: 0151 282 4527

Email: camhs.referrals@alderhey.nhs.uk

Online: www.alderhey.nhs.uk/services/camhs

Twitter: @camhsSefton

Who can make referrals?

Any professional, parent/carer, self-referrals.

How can this support be accessed?

Telephone, online and video call.

Opening hours

Core hours: 9am - 5pm, Monday - Friday

Crisis: 24/7.

Alder Hey Eating Disorders Service for Young People (EDYS)

What support is available?

- Mental and physical health assessments and reviews by telephone and online
- Dietetic advice via telephone and online
- Individual and family therapies via telephone and video call

Referral contact details:

Telephone: 0151 282 3662

Email: camhs.referrals@alderhey.nhs.uk

Online: www.alderhey.nhs.uk/services/camhs

Twitter: @EDYSAlderhey

Who can make referrals?

Any professional, parent/carer, self-referrals.

How can this support be accessed?

Telephone, online and video call.

Opening hours

9am - 5pm, Monday - Friday

School Nurse Service - Emotional Health and Wellbeing support

What support is available?

Targeted, confidential service for children, young people and their families to support with emotional, mental health and behavioural issues.

Provided by the Specialist School Nurse Service, North West Boroughs Healthcare Trust.

Support available for the following issues:

- Anger issues
- Anxiety
- Low mood
- Low self-esteem
- Bullying or friendship issues
- Behavioural problems

Referral contact details

Telephone: 07867187632

Main contact: Catherine Brindle, Specialist School Nurse, Emotional Health and Wellbeing

Who can make referrals?

School nurses

How can this support be accessed?

Currently no face to face appointments, but available for telephone consultation and advice for parents, carers and young people.

Opening hours

8am – 6pm, Monday to Thursday

Parenting 2000

What support is available?

- Therapeutic counselling for children, young people & families
- R.A.W: individual counselling combined with group sessions for children and young people aged 10-14 years at risk of being drawn into violent crime, via video link
- Early Help family support delivered by telephone, via video link and some face to face
- Youth Connect 5 courses for parents delivered via video link
- Parenting Circle family support group delivered via video link
- 'Mindful Futures': therapy led confidence building course to help people back into work or training delivered via video link
- Alchemy Youth Club (Crosby and Southport) – interactive activities, information, advice and support for young people aged 9 years - 18 years old, via online platforms, social media and some face to face
- Tyred Rides CIC bicycle recycling, repairs, sales (donations to most vulnerable) & cycling training.

Referral contact details

Counselling & Family support:

Online referral: www.parenting2000.org.uk

Email: info@parenting2000.org.uk

Telephone: 07834 524986/07464 544314

Alchemy Youth Club enquiries

Telephone: 07834 524987 or

Visit: @Alchemy Youth via Instagram & Facebook

Tyred Rides CIC enquiries

Telephone: 07880 035274 (Monday to Thursday)

Who can make referrals?

Children and young people, parents/carers and professionals

How can this support be accessed?

Remotely via email, telephone and a variety of online platforms

Opening hours

Core hours: 9am - 5pm Monday to Friday
Some services delivered outside of these hours.

COVID-19 Recovery

SEFTON CAMHS SUPPORT

Venus Star Centre

What support is available?

- Open access telephone support for children, young people (5 -18 years) and their parent /carers. Available Monday and Thursday, 3pm - 7pm (last call 6.15pm). Call 07467 045 207
- Counselling and therapy sessions by video link, telephone and face to face, including an increased offer of after school later appointments
- New referrals accepted and assessments by video link, telephone or face to face
- Group work with parents/carers of younger children (under 10 years); also some joint sessions with parents/carers and their children. The sessions support with emotional health and wellbeing and provide activities / strategies to help with anxiety and worry.
- Youth Justice Service support including information, advice & guidance (IAG) and therapies
- Wellbeing and psycho-education telephone calls to new and existing clients
- Range of online resources

Referral contact details

Telephone: 0151 474 4744

Email: referrals@venuscharity.org;

Online: www.venuscharity.org

Who can make referrals?

Children and young people, parents/carers and professionals

How can this support be accessed?

Email, telephone or video link

Opening hours

9am - 7pm, Monday to Friday

9am - 2pm, Saturday

Kooth

What support is available?

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

The team will be delivering therapeutic support via online forums and chats.

Referral contact details:

Via the website www.kooth.com

Who can make referrals?

Children and young people aged 11-19 years and young adults aged 19-25

How can this support be accessed?

Online via the Kooth website www.kooth.com

Opening hours

9am to 10pm Monday to Friday

6pm - 10pm weekends

COVID-19 Recovery

SEFTON CAMHS SUPPORT

Sefton Council for Voluntary Service (CVS)

What support is available?

Sefton CVS supports a number of local youth and community centres, organisations and groups which provide services and support to children, young people and their families.

Most of these centres and organisations are continuing to provide information, advice and support online and via social media, and some centres are supporting local food banks.

How can this support be accessed?

Further information about these centres and organisations, including how to access the services and support available at this time, can be found on the [Sefton CVS website](#) or via the links below:

[Bootle Christ Church Youth and Community Centre](#)

[Brunswick Youth and Community Centre](#)

Litherland Youth and Community Centre

Facebook: @LitherlandYCC

Twitter: @LitherlandYouth

[MYA Space \(Sefton Performing Arts and Education\)](#)

[Woodvale Community Centre](#)

[Netherton Park Neighbourhood Centre](#)

[Sefton SEAS](#)

[The Youth Community Partnership](#) (Meols Cop)

[YKids](#)

Sefton Carers Centre - Sefton Young Carers Support Service

What support is available?

Sefton Carers Centre provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton, including young carers.

The centre continues to offer advice, information or a listening ear by telephone or online. This includes benefit advice.

Activity packs designed to entertain, inform and amuse young carers are also continuing to be distributed fortnightly.

The centre is also offering weekly on-line activity clubs which keep young carers in contact with the staff and each other.

Referral contact details:

Telephone: 0151 288 6060

Email: help@carers.sefton.gov.uk

Online: www.sefton-carers.org.uk

(see young carers pages)

Who can make referrals?

Young carers, parents/carers and professionals.

Upon receipt of a referral the needs of the young carer will be assessed and an appropriate offer of support made.

How can this support be accessed?

Currently no face to face appointments, but available for telephone consultation and online.

Visit the young carers pages of the website for more information: www.sefton-carers.org.uk

Opening hours

9am to 5pm Monday to Thursday

9am to 4.30pm on Fridays

Further information

For the latest Alder Hey service updates and to find out more about covid-19 (also known as coronavirus) visit the [COVID19 information hub](#).

For the latest government advice, please go to the dedicated [NHS 111 website](#).

For queries relating to care of a patient, or an appointment at Alder Hey, call the hotline on 0151 282 4907 or email covidinfo@alderhey.nhs.uk.

Adult Mental Health Support

Urgent 24/7 support

For parents/carers with urgent mental health needs and emergency service staff requiring immediate mental health advice and support for a Sefton resident, Mersey Care's 24 hour helpline is available.

**Mersey Care's urgent mental health helpline - 24 hours a day,
seven days a week - 0800 145 6570.**

Non urgent support

Self-referrals for anxiety, depression and other common mental health conditions can be made directly to Access Sefton.

Access Sefton referrals – call 0300 303 2708, complete an [online referral](#) or email CWP.AdminAccessSefton@nhs.net

If you require this information in an alternative format or language, please contact email communications@sefton.nhs.uk or call 0151 317 8456.

Acknowledgement and thanks to all Sefton CAMHS partners in helping to produce this document, including NHS South Sefton and NHS Southport and Formby CCGs, CAMHS at Alder Hey Children's Hospital, Sefton MBC, North West Boroughs Health Care Trust, Sefton Council for Voluntary Services (CVS), The Venus Centre and Parenting 2000.