## 0-19 Healthy Child Programme (Health Visitors)

Support from birth including maternal mental health

### St Helens Wellbeing Service

Range of Wellbeing services on offer for all ages. Promotion of 5 Ways to Wellbeing for Children

### #GrowYourHappy

Easy to digest online page filled with ideas for young people to embrace taking care of their mental health.

## **Crisis Response**

Provides immediate crisis response and management out of hours for individuals who require urgent mental health support. Until 9pm. Professional referral.

All Ages

# **Urgent Mental Health Support Line**

Self-referral for anyone in crisis. Call the Urgent Mental Health Support Line 0800 051 1508 available 24/7

## **SHOUT Text** service

Shout 85258 is a free. confidential, 24/7 text messaging support service for anyone needing immediate support.

### Kooth

Online counselling and emotional support for CYP aged 11-25. Training and workshops are also available, including via schools.

### **ADDvanced Solutions**

Support for young people and their families living with

**Thriving** 

neurodevelopmental conditions

Listen and empower young people to know how to improve their mental health and emotional wellbeing. 1-2-1 support and peer support group available. CYP aged 12 - 18

The Listening Service

### **AMPARO**

Emotional support, advice, guidance and managed signposting within 24 hours of referral for children and families affected by suicide bereavement. Suicide bereavement counselling also available as is support for suicide incidents in school communities.

### **CAMHS and BOSS**

Support for young people with emotional, behavioural or mental health difficulties, and their families.

Provide specialist face to face therapies, including whole family holistic therapy, and also offer telephone consultations and virtual sessions. Other therapies include counselling, art and play therapy and solution focused interventions, and group work.

CYP up to age 18

# TITANIUM -**Listening Ear**

Counselling, training, support, advice and guidance for Children we Look After (CLA) and those on the Edge of Care, their Parents, Carers and Social Workers.

CYP aged 17 and under, or up to 25 for SEND

Multi-agency assessment of complex neurodevelopmental difficulties

## **Neurodevelopment Pathway**

Extensive treatment dealing with complex ssues and behaviours

Outcomes-focussed, evidence informed,

low-level intervention

# **Community Eating Disorder Service**

Assessment, treatment and support for young people with eating disorders and their families.

**CYP** aged 8 - 18