



Supporting mental health

NHS Every Child Matters – mind plan

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=EAlalQobChMlrP3Age2o6AIVCbTtCh3cuQgWEAAYASAAEgIK5PD_BwE

Interactive quiz for top tips and advice on mental health

Looking after your mental health

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Advice, guidance and links to stress management resources

Student minds

<https://www.studentminds.org.uk/coronavirus.html>

Links and resources to support mental health

Rethink Mental health

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

Links to local support groups, this is support for carers as well as young people

Safeguarding and keeping safe

Sense

https://www.sense.org.uk/get-support/information-and-advice/safeguarding-and-keeping-safe/?gclid=EAlalQobChMlvK34qO-o6AIVjLHtCh2JdGw-EAAYAiAAEgKuAvD_BwE

Recognising the signs and symptoms of abuse and links to raise a concern

NSPCC

<https://www.nspcc.org.uk/>

What to do if you suspect abuse

Childline

<https://www.childline.org.uk/>

Advice, guidance and support for children



Safeguarding Resource Hub	A hub of national safeguarding resources for children, young people and all adults supporting them www.safeguardingresourcehub.co.uk
Liverpool Early Help Directory	A comprehensive directory of local services for families www.liverpool.gov.uk/children-and-families/early-years-and-childcare/early-help-directory
Hub of Hope – local services directory	Directory of local support services www.hubofhope.co.uk
CAMHS - Child & Adolescent Mental Health Services	Crisis line 0151 293 3577 www.liverpoolcamhs.com/support/camhs-crisis-care-team
PAPYRUS – suicide prevention	0800 068 4141 www.papyrus-uk.org
Young Minds – 24/7 crisis support	Mental health crisis support Text YM to 85258 www.youngminds.org.uk
KOOTH – over 14s on-line counselling	On-line counselling for 14-25 yr olds www.kooth.com
Talk Liverpool – over 16s counselling	0151 228 2300 www.talkliverpool.nhs.uk
MindEd – information on mental health	www.minded.org.uk
YPAS - young people’s support service	0151 707 1025 www.ypas.org.uk
Samaritans – 24/7 listening support	24/7 listening support Tel: 116 123 www.samaritans.org
Childline - 24/7 support and advice	0800 1111
Harmless - self harm support & advice	Information and support www.harmless.org.uk
ADDvanced Solutions - ASC/ADHD/SEND support & info	Information & support for ASD/ASC/ADHD/SEND/Neurodevelopmental conditions 0151 486 1788 http://www.addvancedsolutions.co.uk
Switchboard - LGBT+ support & advice	Information and support www.switchboard.lgbt 0300 330 0630
Addaction – drugs information and advice	0151 541 2856 www.addaction.org.uk
REFUGE – domestic violence support and advice	www.refuge.co.uk
eCRIME – on-line abuse advice	www.ecrime-action.co.uk