

Safeguarding and general wellbeing advice and guidance for children and families

During the period of school closure, please be aware of the following resources designed to safeguard children and families.

Looking after young people's mental health:

Aside from contacting your GP to discuss any concerns regarding mental health and wellbeing, there are several options open to you.

➤ ***CAMHS Crisis Care Team***

Liverpool and Sefton: 0151 293 3577

The CAMHS Crisis Care team is a multi-disciplinary team providing phone support for children and families in crisis, with a hope to reduce hospital accident and emergency attendances and ultimately to prevent hospital admission if a risk management plan can be developed. The CAMHS Crisis Care team provide an assessment to young people on the hospital wards and in the community when concerns are raised regarding self-harm and suicidal ideation.

- Advice and guidance is provided over the phone 0800-2000 Monday to Friday, and 1000-1600, Saturday, Sunday, and Bank Holidays.
- Ward assessments are completed and followed up in the community when young people are admitted with concerns regarding self-harm and suicidal ideation.
- Same day and next day appointments are arranged with families when a risk management plan can be established and no need for medical intervention has been identified.
- The CAMHS Crisis Team reviews all referrals for the Liverpool and Sefton boroughs made to Liverpool and Sefton CAMHS.

If you are a Knowsley resident, you can reach CAMHS on 0151 290 4999 between the hours of 09:00 and 17:00. Outside of these hours and until 21:00 you can contact 01744 627 618

➤ **<https://alderhey.nhs.uk/services/camhs>**

➤ ***Kooth:* www.kooth.com**

Kooth is an NHS funded counselling and support website offering free, safe and anonymous support for young people aged 14-25. Support ranges from 1:1 online counselling to access to a library of resources.

➤ ***Young minds:* www.youngminds.org.uk**

Young minds is a charity which aims to meet the needs of vulnerable and excluded children and young people and to promote good mental health to more children and young people than ever before. Young people in crisis can contact their Crisis Messenger service by

texting YM to 85258. A trained volunteer will reply. Parents and carers can access a parents' helpline by calling 0808 802 5544.

- **Papyrus:** <http://www.papyrus-uk.org/>

Papyrus aim to support young people who have suicidal thoughts or feelings. Contact their HOPELINEUK on 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) or visit their website.

- **The Samaritans:** 116 123 (free 24-hour helpline) or www.samaritans.org.uk

The Samaritans will offer to listen and give advice to young people and their parents on a range of issues. You can ring them, email them or go in to see them at 25 Clarence Street, Liverpool L3 5TN.

- **Apps for smartphones**

As well as the resources listed above, there are several apps available to help young people cope with mental health concerns.

- *Calm Harm* is specifically designed to help with issues relating to self harm
- *Catch it* aims to help deal with negative thoughts
- *Chill Panda* teaches breathing techniques to help manage distress and anxiety
- *My Possible Self* helps people learn to manage fear, anxiety and stress
- *Sleepio* and *Sleepstation* are both designed to improve sleep health
- *Thrive* is a game based app that aims to combat anxiety and stress

Resources for safeguarding concerns

Children and their parents/carers may well have concerns about keeping children safe from harm and managing risk. If a child is suffering abuse or neglect, or if a child is at risk of causing or suffering serious harm, please call 999 without delay.

However, for non-emergency situations, the following resources may be useful:

- **Childline:** 0800 1111; www.childline.org.uk

Childline offer advice, resources and even 1:1 counselling for a while range of issues and concerns, from bullying to body image to relationships and family concerns.

- **CEOP:** www.ceop.police.uk

CEOP (Child Exploitation and Online Protection) is a law enforcement agency designed to help keep children and young people safe from sexual abuse and grooming online. You can report any suspected abuse directly to them or use their website to find advice on keeping safe online.

- **Ditch the Label:** www.ditchthelabel.org
- This international charity aims to combat bullying, and has a wealth of advice for young people and adults, on subjects such as cyber bullying and homophobia.

- **Frank:** www.talktofrank.com

Frank aims to give young people the skills and confidence they need to reject drugs and offer parents the information they need to talk to about drugs with their children. As well as offering advice and guidance, Frank will signpost you to local services, such as Young Addaction.

- **Hope Again:** www.hopeagain.org.uk

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people how to cope with grief and feel less alone.

- **Safeguarding Resource Hub:** www.safeguardingresourcehub.co.uk

This is an invaluable resource for children and adults as it collates and links to resources on all topics listed above and more.