

We are the Children & Young Peoples (CYP) Out of Hours Advice Line

Our aim is to provide access to a mental health service for children & young people, their families and concerned professionals outside of the usual business hours



All the clinicians you speak to will be trained in different backgrounds and will have experience and knowledge of a range of mental health difficulties

We offer telephone advice and support to young people, parents/carers and adults who work with children who have a concerns about the mental health of a young person. We can offer advice and support over the phone, as well as sending out resources and signposting to services. We can also process referrals to Child & Adolescent Mental Health Services (CAMHS) if appropriate.

visit mymind
www.mymind.org.uk



9am - 10pm Mon to Fri
12pm - 8pm Weekends

0151-488-8453



...and worried how to
start a conversation
with us?try these...

"Hi, I'm calling because
I feel really
low and sad all the time....."



"Hello, I think I need some help
with my mental health and I'm
not sure what to do or who to
speak to....."



For other outside of hours
support
contact the out of hours GP
service
See the helplines in our
resource pack on the
MyMind website



This leaflet is available in
other languages or formats

D-00HALW-18-783



**Are you struggling
with...**

autism
low mood
anxiety
body image
self-harm
relationships
bullying
suicide

Advice Line Children & Young People

Wirral & Cheshire Wide

visit mymind
www.mymind.org.uk



**If you are concerned about
the immediate safety of
your child please take them
to your local A&E
department**



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