



Mental Health Awareness Newsletter



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of bite-size courses covering a range of mental health issues that impact children, young people and their families. Bite-size sessions coming up in August and September, delivered via Zoom unless otherwise stated:

- Managing Child Worry - 01/07/2024 10:00 am - 11:00 am [Book here](#)
- An Introduction to Eating Disorders - 03/07/2024 1:00 pm - 2:00 pm [Book here](#)
- Young Carers: Identification, needs and barriers - 05/07/2024 10:00 am - 11:30 am [Book here](#)
- Managing my stress response through a trauma lens - 11/07/2024 10:00 am - 11:00 am [Book here](#)
- Behaviour as Communication - 15/07/2024 10:00 am - 11:00 am [Book here](#)
- Managing Challenging Conversations - 15/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Understanding and Managing Anxiety - 17/07/2024 10:00 am - 11:00 am [Book here](#)
- Understanding Low Mood and Depression in Young People - 17/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Self-Harm 18/07/2024 10:00 am - 11:00 am - [Book here](#)
- Social Media and Mental health - 18/07/2024 4:00 pm - 5:00 pm [Book here](#)
- An Introduction to Eating Disorders - 29/07/2024 10:00 am - 11:00 am [Book here](#)
- Adolescent Brain Development - 29/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Body Image - 30/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Cultivating Self-Compassion - 31/07/2024 10:00 am - 11:15 am [Book here](#)



Make a referral to CAMHS online

Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662

Autism Post-Diagnosis Programme

Summer & Autumn 2024 Dates please check website www.addvancedsolutions.co.uk/our-offers/our-offer-in-liverpool.html

Alder Hey NHS Trust, or from either Axia ASD Ltd or Healios via Alder Hey NHS It's aim is to support and empower parents and carers in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support the child/young person.



Places for age-specific sessions can be booked via the links in their newsletter. Please see website for more information

Neurodiversity Clinic

Neurodiversity 1:1 sessions

Every Tuesday, 1:30 pm - 2:30 pm at Clubmoor & Ellergreen Children's Centre

Supporting your ND child - Strategies for Grandparents and Carers

Aimed at Grandparents and Carers in Liverpool to help support their neurodivergent children. Working alongside Positive Futures, we are offering **face-to-face workshops** to build skills and knowledge around neurodiversity.



Parents and carers can access the three-part “Understanding and supporting my child’s ADHD” programme, which explores different aspects of living with ADHD and strategies to support it.

The programme is delivered as live-streamed online sessions, with sessions available on various dates and times, including evenings and weekends.

Referrals for the programme can be made by CAMHS, Local Authorities and Paediatrics. However, families can also self-refer to the service by completing our online referral form.

HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts


SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number




YOUNGMINDS
fighting for young people's mental health

www.youngminds.org.uk
support for young people and parents/carers for mental health, urgent help and lots of resources and support.

YOUNGMINDS
fighting for young people's mental health


Talk to our Parents Helpline



If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online.

Our Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under.

Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.

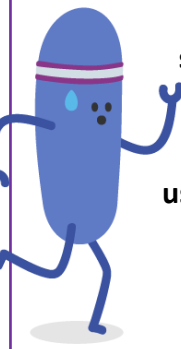
Parents Helpline >

EitC **Everton**
in the Community



Everton In the Community run a food market Every Thursday 10am -12pm £3.50 for roughly £25 worth of fresh meat, fruit/veg. It also offers support from Riverside Housing for housing advise and information, CAB – debt advise, GP as well as other services. Registration is required before you can access food market and will need to bring proof of address in form of a bill etc.

stem4
stemming teenage mental illness
supporting teenage mental health
www.stem4.org.uk
support for teenage mental health.
Has information on useful apps to support what your worried about etc



inourplace
If you live in Liverpool * then you are eligible to free, lifetime access to these online guides. Visit and enter the following access code: **PURPLEBIN**



ALL COURSES NOW AVAILABLE VIA THE MOBILE PHONE APP - COMPLETE A COURSE AT YOUR OWN PACE – ANYTIME

These evidence-based guides written by the Solihull Approach (NHS) will show you how your child develops from the womb right through to early adulthood. Liverpool parents, carers and grandparents can use these guides to understand their child and learn how to build lasting, positive relationships with them, benefiting the whole family.

One in five children and young people in England aged eight to 25 had a probable mental disorder in 2023*

- 20.3% of 8 to 16-year-olds
- 23.3% of 17 to 19 year-olds
- 21.7% of 20 to 25 year-olds

1 in 4 people in the UK have mental health issues

*Mental Health of Children and Young People in England 2023 report.

CRISIS DROP-IN'S

Across 3 Community Hubs



YPAS North Hub
Croxdale Road West,
L14 8YA



YPAS Central Hub
36 Bolton Street,
L3 5LX



YPAS South Hub
Lyndene Road,
L25 1NG

See website and social media for times

We can support you through times of crisis

- **STRUGGLING WITH YOUR MENTAL HEALTH?**
- **YOU OR YOUR CHILD ARE IN A CRISIS?**
- **FEELING LONELY & ISOLATED?**
- **NEED A LISTENING EAR?**
- **NEED A SAFE SPACE?**

Liverpool CAMHS
mental health is everyone's business



CHILDREN & YOUNG PERSON'S WELLBEING SUPPORT



Does this sound like you?

- I wish I was more confident.
- I can't switch off.
- I can't do it.
- Why can't I stop worrying?
- What if I fail my exams?
- What if I look stupid?

To make a referral contact us via the details below:

✉ referrals.liverpoolypas@nhs.net

☎ 0151 707-1025

scan here



Here are some important reminders for you this week.



@ypasliverpool

FIND MOMENTS



When life is busy, it can be tricky to find time for movement! But finding these moments might be easier than you think - use your 'waiting times' wisely!

SET GOALS



Set yourself small, achievable goals. As you make progress, you will create positive feeling that can boost your confidence and mood!

PLAN AHEAD



Having events and plans to look forward to is great for your mental health, it can give you a sense of hope and excitement for the future! So, include movement into your plans.

TAKE A BREAK FROM SITTING



Many of us sit for long periods of time during the day, research shows that this can be unhealthy - set a timer to take regular breaks to stand up, stretch and walk around.

FIND THE FUN



Choose activities you enjoy that get you moving. Instead of seeing movement as a chore, embrace it and find the joy in boosting your mood!

CONNECT WITH OTHERS



Social connections are great for mental health so combine movement with socialising to make it more fun.

MOVE IN NATURE



Moving in nature has greater positive effects on wellbeing compared to indoors. Find opportunities for movement outside!

TRY SOMETHING NEW



Pushing ourselves to try new things opens up new opportunities for movement. Having the courage to try something new also boosts confidence!

LISTEN TO MUSIC



Some songs are MADE for moving! We all know our favourite songs that get us dancing, so crank them up and get moving!



24/7

You can text us any time, day or night.



Confidential

Your messages with us are confidential and anonymous.



Free

It is free to text Shout from all major mobile networks in the UK.



“

I think Shout saved my life tonight... no one has ever made me feel so safe, listened to and understood

Shout texter

”

Free School Meals:

If you are a parent who is in receipt of certain benefits please check Liverpool City Council's website for eligibility for free school meals. You will need to complete the application form out. Please ensure that this is completed in advance so as soon as your young person has started they will be entitled to their free school meals.

[https://liverpool.gov.uk/ Apply for free school meals - Liverpool City Council](https://liverpool.gov.uk/apply-for-free-school-meals-liverpool-city-council)

School Uniform:

During the summer holiday, M&S will be running 20% off uniforms

Lidl is promoting a 3-pack of shirts from £2.49 and pleated trousers from £1.75 each

Sainsburys are promising to have locked in their 2022 prices with 2-pack of trousers from £7, shirts 2-pack from £4

Please check local supermarkets for up to date prices

If any households have any old Alsop High School uniforms they no longer require, please donate to school, as they could really benefit some families within our community.