



The mental health of our students and their families is always a priority for West Derby School. In these uncertain times, it's really important that we all know how to access support. With that in mind, we have signposted a range of useful links to mental health charities for families to access where needed.

Did you know? You can also raise your concerns with your GP, many are doing online and phone appointments. To make a referral for mental health support, you can use the single point of access: <https://seftonliverpoolcamhs.com/make-referral>

If your child requires immediate support, you can contact the CAMHS Crisis Line on 0808 196 3550 or 0151 293 3577 or, if needed, call 111, 999 or attend A&E.

The NHS website has some brilliant ideas for adults and young people on:

<https://www.nhs.uk/every-mind-matters>

Every Mind Matters is part of the **Better Health campaign**, which aims to use this unique moment in time to help kickstart our health.

Good mental health can help us to **relax more**, **achieve more** and **enjoy our lives more**. You're mental health and well-being is important to us! Let's find out what we can do to improve our own mental health and let's discuss what information is out there to educate ourselves on the topic of mental health...

every mind matters



On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

Kooth is an anonymous online service for young people to access advice:

<https://www.kooth.com>

Young Minds support young people with their mental health:

<https://youngminds.org.uk>

YOUNG Mi MINDS
fighting for young people's mental health



Young Person's Advisory Service



YPAS are a Liverpool based organisation providing young people with advice on various topics:

<https://ypas.org.uk/> (ypas.org.uk)

Mind Ed provide advice for families on how to support mental health:

<https://mindedforfamilies.org.uk>



MindEd
for Families

**IT'S OKAY
TO TALK**

SAMARITANS

Samaritans provide support to people of all ages:

<https://www.samaritans.org>

Mind provide various methods of support:

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



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus aim to support young people who are dealing with suicidal thoughts:

<https://www.papyrus-uk.org>

The Anna Freud Centre offers support and training to support mental health:

<https://www.annafreud.org/and>



Anna Freud
National Centre for
Children and Families



FreshCAMHS can provide a range of support strategies for young people too:

<http://www.freshcamhs.org>