



# Contact Details

Monday to Friday

9pm-10pm

Saturday & Sunday

12pm to 8pm

For any queries or concerns, you can contact the Children & Young People's Out of Hours Advice Line on

Tel: 0151 488 8453

## Outside of Hours

- Contact the out of hours GP service.
- See one of the Helplines listed in our Resource Packs on the My Mind website:

<http://cwpcamhscentre.mymind.org.uk/>

### Immediate Concerns

If you are concerned about the immediate safety of your child, please take them to your local A&E Department.

To find out more about our CAMHS Service why not visit our website [www.mymind.org.uk](http://www.mymind.org.uk) or follow us on twitter @MyMindFeed



CYP Out of Hours Advice Line

This leaflet is available in other languages or formats

### Feedback

We welcome any suggestions you have, please send your comments, concerns and compliments to: PALS, Patient and Carer Experience Team, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).  
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CYP  
**Would you like to talk about child or young person's mental health?**

# Who are we?

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 including social work, psychology and nursing and will have experience and knowledge of a range of mental health difficulties.**



# What do we do?

As a team we offer telephone advice and support to young people, parents/carers and professionals from across Wirral & Cheshire West & East who may have concerns about a young person's mental health.

We also undertake assessments of young people on Saturday & Sunday who have been admitted to the paediatric wards in Wirral & Cheshire following self-harm concerns.

Need help?

Call the Advice Line: **0151 488 8453**

Self-help websites for young people:

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Resource packs available at:

<http://cwpcamhscentre.mymind.org.uk>